



Guilford Child Development
1200 Arlington Street
Greensboro, NC 27406

News and View

Monthly Newsletter for Family Childcare Providers

August

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CACFP

Creamy Wild Rice

Makes: 6 servings Cook time: 1 hour 15minutes Prep time: 5 minutes

the INGREDIENTS

- 1 /3 cup wild rice, uncooked
- 1 cup brown rice, uncooked
- 1½ cups water
- 13 ounces turkey, ground, fresh or frozen
- 1 cup onions, fresh, ¼" diced
- 1 cup celery, fresh, ¼" diced
- 1 cup cream of mushroom soup, condensed ¾ cup milk, non-fat (skim)
- 1 tablespoon garlic powder
- 1 teaspoon pepper, black, ground
- Nonstick cooking spray



the DIRECTIONS

1. Preheat oven to 350 °F.
2. Combine wild rice, brown rice, and water in a small stockpot. Stir once.
3. Heat on medium–high heat to a rolling boil. Cover, and reduce heat to medium. Cook until water is absorbed, about 15–20 minutes. Fluff the rice gently with a fork, and set aside.
4. Place a medium skillet on medium–high heat.
5. Brown ground turkey. Add onion and celery. Continue cooking on medium heat until onions and celery are soft, 5–7 minutes, and the internal temperature of the meat reaches 165 °F or higher for at least 15 seconds. Drain.
6. Stir in rice and remaining ingredients. Bring to a boil. Remove from heat.
7. Lightly coat a medium baking dish (8" x 8") with nonstick cooking spray.
8. Spread mixture evenly into baking dish. Cover with foil. Bake for 30 minutes or until liquid has absorbed and dish is creamy.
9. Serve ¾ cup. Critical Control Point: Hold at 140 °F or higher.

CACFP CREDITING INFORMATION ¾ cup provides 1½ oz equivalent meat, 1/8 cup vegetable, and ¾ oz equivalent grains.



If you haven't turned in your yearly training yet, please do so before 9/30/2020.

Many trainings are now being offered on-line in a variety of formats.

Contact your licensing consultant, check the DCDEE website www.ncchildcare.net and check our website www.guilfordchilddev.org for upcoming training opportunities.

Trainings are also available at the following websites:

<https://theicn.org/cacfp>

<https://www.classcentral.com/course/childnutrition-816>

<https://www.fns.usda.gov/tn/halftime-cacfp-thirty-thursdays-training-webinar-series>



We are still working away from the office.

The office building is closed to the public, and very limited access for staff.

Contacting us should be done by cell phone or email. We are not there to answer the office phone and try to check messages every day, this may cause a delay in returning messages.

Please make sure we have an active email for contacting you and check your email daily.

Postal mail is checked regularly. Mailed claim paperwork must be received at the office by the 5th of each month. KidKare users should submit on the 1st of each month. Please write *CACFP* on any mail coming to us, to ensure it goes to the right department.

Enrollment information:

KidKare users-enter child's information into the KidKare system. Print the enrollment form, have parent's sign and date the enrollment. When enrolling infants, the Infant Feeding Consent Form must also be completed and sent with the enrollment form. Make a copy of the enrollment form and infant feeding consent form if used, and put the original(s) in your notebook. When you are enrolling a new infant, please contact your Nutrition Specialist to ensure you have the most current form.

Contact your Nutrition Specialist if you have any questions about enrollment forms.

Manual Claims-current enrollment forms were mailed to providers for use. When enrolling infants, the Infant Feeding Consent Form must also be completed and sent with the enrollment form. You must make sure that the information on the handwritten form is complete before sending the enrollment form to us.

Enrollment forms and Infant Feeding Consent forms completed must be on the most recent form
Mail copies to CACFP 1200 Arlington St. Greensboro, NC 27406

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To file a program complaint of discrimination, complete the USDA Program Discrimination Complaint Form, (AD-3027) found online at: How to File a Complaint, and at any USDA office, or write a letter addressed to USDA and provide in the letter all of the information requested in the form. To request a copy of the complaint form, call (866) 632-9992. Submit your completed form or letter to USDA by:

1. mail: U.S. Department of Agriculture
Office of the Assistant Secretary for Civil Rights
1400 Independence Avenue, SW
Washington, D.C. 20250-9410;
2. fax: (202) 690-7442;
- or 3. email: program.intake@usda.gov.

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