



# News and View

Monthly Newsletter for Family Childcare Providers



Guilford Child Development  
1200 Arlington Street  
Greensboro, NC 27406



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We will be closed for the Holidays on 12/23, 12/24 and 12/25.  
We hope you enjoy time with your friends and family safely.



*If you are open and serving meals to children on Thursday, December 24th and/or December 25th, remember to make a menu comment stating that you are "open on a Holiday-12/24 and/or 12/25".*

*We regret to inform you that there will be no calendars available for the 2021 year.*

# WINTER GREENS

Preparation Time: 8 minutes

Cooking Time: 5 minutes

Makes: 6 servings

CACFP Home Childcare Crediting Information ½ cup (½ cup measuring cup or 4 oz spoodle) provides ½ cup vegetable (½ cup dark green vegetable).



## Ingredients

- 1 ¾ tsp Canola oil or Sesame oil
- 1 lb or 1 gal Fresh kale, pre-chopped stems removed
- 2 Tbsp Dried onion flakes
- 2 tsp Sugar
- ½ oz or 1 Tbsp Garlic, minced
- 2 tsp Vegetable base, low sodium
- ¼ tsp Red pepper flakes
- ½ cup Water ½ Whole fresh jalapeño, diced (optional)

## Directions

1. Heat oil in a large stock pot uncovered over high heat.
2. Add kale, onions, sugar, garlic, vegetable base and pepper flakes.
3. Cook over high heat for 3 minutes. Add water. Stir well.
4. Add the diced jalapeño (optional).
5. Critical Control Point: Heat to 140 °F or higher for at least 15 seconds.
6. Pour kale into a small serving dish.
7. Critical Control Point: Hold at 140 °F or higher until served.
8. Serve ½ cup (portion with ½ cup measuring cup or 4 oz spoodle).

Source: CACFP Home Childcare 6-Serving Recipe Project

We will be continuing our monitoring by way of a 'desk review'. You will be contacted by your Nutrition Specialist regarding this method of monitoring. Compliance must be maintained. If you have any questions, please contact your Nutrition Specialist by calling the cell # or using the email address listed below.

## Contact information (use only our cell# or email...we are still working remotely)

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- or
3. email: [program.intake@usda.gov](mailto:program.intake@usda.gov).

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