



News and View

Monthly Newsletter for Family Childcare Providers



Guilford Child Development
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Greensboro, NC 27406

CACFP

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Tomato Soup

Makes: 6 servings

Prepare for a timeless taste of nostalgia!

Our Tomato Soup recipe is a smooth and creamy blend that includes canned plum tomatoes, fresh onions, and spices.

This all-time childhood favorite never tasted so good.



Preparation Time: 8 minutes

Cooking Time: 12 minutes

Ingredients

- 1 ½ cup or 6 oz Fresh onions, diced
- 1 ½ tsp Garlic powder
- 2 cup or 1 lb 4 oz Canned plum tomatoes, undrained
- 3 ¼ cup Water
- ½ tsp Low-sodium chicken base
- 2 ¼ tsp Dried basil
- ¼ tsp Ground black pepper
- 1 tsp Sugar
- ¼ cup or 2 oz Canned no-salt-added tomato paste
- 2 Tbsp or 1 oz Margarine, trans fat-free

Directions

1. In a medium saucepan, add onions, garlic powder, tomatoes, water, chicken base, basil, black pepper, and sugar. Bring to a boil. Reduce heat to medium.
2. Add tomato paste. Simmer uncovered over medium heat for 7 minutes. DO NOT OVER COOK.
3. Remove from heat and transfer all ingredients from saucepan to a high-speed blender and blend at high speed for 60 seconds or until mixture has a smooth consistency.
4. Return the mixture to the saucepan.
5. Add margarine. Simmer uncovered over medium heat for 2-3 minutes. Stir well.
6. Critical Control Point: Heat to 140 °F or higher for at least 15 seconds.
7. Pour soup into large soup tureen or large soup bowl.
8. Critical Control Point: Hold at 140 °F or higher until served.
9. Serve 1 cup (portion with 1 cup measuring cup or 8 oz spoodle).

CACFP Home Child Care Crediting Information 1 cup (1 cup measuring cup or 8 oz spoodle) provides ¾ cup vegetable (½ cup red/orange vegetable, ¼ cup other vegetable).

Source: CACFP Home Childcare 6-Serving Recipe Project

February is Heart Month.

Here are some ideas for staying healthy. Don't let the cold weather stop you!

Most can be done indoors.

- Have a dance party or march to music.
- Create a timed indoor scavenger hunt.
- Mark a hopscotch course on the carpet or floor using masking tape.
- Hold animal races: Hop like a frog; squat and waddle like a duck; scurry like a crab.
- Bring back classic games like tag, Duck Duck Goose, and Simon Says.
- Play Follow the Leader, using energetic movements like jumping jacks and running in place.
- Include more heart healthy foods; fresh fruits and vegetables, lean meats, and whole grains.
- Yoga movements.

Exercise and de-stressing techniques help to keep you healthy and happy!



Remember to make comment "open on holiday" when you are open on a Federal or Observed Holiday: 1/1 New Year's Day, 1/18 Martin Luther King Day; 2/15-President's Day; 4/2 Good Friday, 4/4 Easter, 4/5 Easter Monday; 5/31 Memorial Day; 7/4 Independence day; 9/6 Labor Day; 10/11 Columbus Day; 11/11 Veterans' Day, 11/25 Thanksgiving; 12/24 Christmas Eve, 12/25 Christmas Day; 12/31 New Year's Eve

*****ENROLLMENT FORMS*****

1. Must be on current form. (manual forms will have the date (06/20) at the bottom. KidKare users who print enrollment forms from KidKare will be using the current form.
2. Parent/Guardian must sign and date the form.
3. Manual forms- make sure all information is completed -Child's name, Date of Birth and Hours of care must be written on the form. Typical Days of care, and Meals Normally eaten must be circled. Look over form to make sure all is complete before sending it in.
4. KidKare forms- make sure all information is entered into the system before printing, then read over the form to make sure all information is there before getting parent to sign and date.

KIDKARE ENROLLMENT PRINTING INSTRUCTIONS

These are the steps for individual enrollments:

The child's information will need to be in the computer already

On the right hand side of screen Click "Reports"-select a category-Child-

select a report-Child Enrollment-select a child-click on the child's name-click "run"-print Click on next child's name who needs enrollment and click run and print.

To update all at the same time:

Click "Reports"

-select a category-worksheet-select a report-enrollment renewal worksheet-CURRENT MONTH-run-print (cannot be signed by parent with date prior to date you printed forms)

If you cannot find a child listed, make sure you have pending children listed. If child was previously withdrawn, make sure withdrawn children are listed. To list pending and withdrawn children, click on the 'gear' in the upper left-hand side of your screen. Click on pending or withdrawn to highlight them in blue and they will be available for choosing for printing enrollments.

ALL KIDKARE USERS CAN ENTER CHILD'S INFORMATION AND PRINT ENROLLMENT FORMS FOR PARENT'S SIGNATURE AND DATE



Contact information (use our cell# or email...we are still mostly remote)

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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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