

CACFP Nutrition News

Where Healthy Eating Becomes a Habit

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Farm to Plate Month

What is it and why does it matter?

The term “farm to plate” encompasses efforts to serve local or regionally produced foods in early child-care and education settings; provide hands-on learning activities such as gardening, farm visits, and culinary activities; and integrate food-related education into the curriculum. These factors can increase children’s willingness to try new foods. Farm to plate is actually recognized by the Centers for Disease Control and Prevention as an opportunity to increase access to healthy environments for improved early eating habits and obesity prevention in early care and education. With daily opportunities to serve local products through the CACFP, farm to plate can benefit local and regional farmers, ranchers, as well as food processors, manufacturers, and distributors. Incorporating seasonal and locally produced foods is included as a best practice in the CACFP meal pattern final rule.

Sourcing Local Foods

Local foods span the entire meal tray, and CACFP providers can define “local” however they choose. Definitions vary widely depending on several factors. CACFP operators can find local products through the same sources that K-12 schools use to source locally. Purchasing volumes are often small in preschool settings, opening the door to purchasing seasonally from farmers’ markets, community supported agriculture programs, or local producers that may not have the volume to meet the needs of a typical school district. Preschools may also be able to grow enough in a garden to meet some of their food needs.

Adapted from: USDA Farm to Preschool Fact Sheet

MIDWEST APPLE CRUNCH DAY

Help support local farms and encourage healthy food choices! On Thursday, October 13, 2016 at noon, consider adding local Kansas apple slices to the menu at lunch to celebrate Farm to Plate Month and be a part of the “crunch heard around the region.” More information about Apple Crunch Day will be posted on www.kn-eat.org.

October is...

Apple Month
 Cranberry Month
 Eat Better, Eat Together Month
 Farm to Plate Month
 Pork Month

Oct 10-14 Farm to Plate Week
 Oct 1 World Vegetarian Day
 Oct 3 Walk to School Day
 Oct 13 Midwest Apple Crunch Day
 Oct 16 World Food Day
 Oct 28 Chocolate Day
 Oct 29 Oatmeal Day
 Oct 31 Halloween

Source: <https://snaped.fns.usda.gov/nutrition-through-seasons/holiday-observances#topcalendar>



Cook's Corner

Smokin' Powerhouse Chili



Preparation Time	30 minutes
Cooking Time	1 hour, 25 minutes
Servings	6 (1 cup each)

Ingredients

- 1 cup onion, peeled, diced
- 2 tsp garlic, minced
- ¼ cup low-sodium vegetable stock
- 1 ¼ cups carrots, peeled, diced
- ½ cup red bell peppers, seeded, diced
- 1 cup sweet potatoes, peeled, diced
- 1 ¾ cups canned low-sodium diced tomatoes
- 1 cup canned tomato sauce
- ¼ cup cilantro, chopped
- 2 ½ tsp chili powder
- 2 ½ tsp ground cumin
- ¼ tsp salt
- 2 cups canned low-sodium black beans, drained, rinsed
- ½ cup frozen corn

Directions

1. In a large pot coated with nonstick cooking spray, cook onions and garlic over low-medium heat for 2 minutes. Add half of the vegetable stock and bring to a boil.
2. Add carrots and red bell pepper. Cook uncovered over medium heat for 10 minutes. Steam sweet potatoes in a steam basket over high heat. Cover and steam for 15 minutes or until fork-tender.
3. Add remaining vegetable stock to the pot along with diced tomatoes, tomato sauce, cilantro, chili powder, cumin, and salt. Cook uncovered over medium heat, stirring occasionally, allowing mixture to thicken and flavors to blend for about 15 minutes.
4. Add black beans, corn and steamed sweet potatoes. Cover and continue cooking over lower heat for 10-15 minutes.
5. Serve 1 cup chili with ¼ cup quinoa or brown rice.

Meal Pattern Contribution

- 1 cup chili and ¼ cup brown rice or quinoa provides:**
- ½ oz equivalent meat alternate
 - 1 cup vegetables
 - ½ oz equivalent grains

Adapted From:
<http://www.fns.usda.gov/tn/recipes-healthy-kids-cookbook-homes> See website to adjust quantities for centers or schools.



GET MOVING!

Color Walks

What better way to get physically active and enjoy the wonders of fall at the same time other than a “Color Walk”? The idea of this activity is similar to the popular “I Spy...” game. You simply choose a single color and go outdoors with the kids and walk around trying to identify as many items of that color as possible.

