

THANK YOU!!!

Our program is not successful without YOU. Thank you for all that you do to ensure that the children in your care are safe and receive nutritious meals. You are creating healthy eating habits for children in our communities, and that is a major accomplishment! FDCFP Staff would also like to thank providers for returning requested documentation.

**Merry Christmas and
Happy New Year!**

Recipe

Banana Sushi Rolls



Ingredients

- ✓ Whole Wheat Flour Tortilla, Small
- ✓ 1 Large Banana
- ✓ 2 Tablespoons Peanut Butter

Directions

1. Have a pair of children work together to make this snack.
2. Give each pair a tortilla with the peanut butter and let them spread it using the back of a spoon.
3. Place peeled banana at one end and roll it up.
4. Slice into eight pieces.



Don't Forget!

- ✓ **ONLY 2 meals and 1 snack OR 2 snacks and 1 meal can be claimed per child daily**
- ✓ **One meal or snack should have a 100% whole grain component DAILY**
- ✓ **Please let us know if you will be closed or away from the home during meal service times (including vacations or sickness)**



REMINDERS

- ✓ Enter your pre-planned menus in KidKare (at least 5 days in advance)
- ✓ Take attendance daily
- ✓ Update menus *when* changes/substitutions happen
- ✓ Follow meal pattern guidelines
- ✓ DHHR certificate, FDCFP agreement, and enrollments forms should always be available (needed for monitoring reviews)
- ✓ Update calendars to reflect closures and when school-age children are out of school and in your care
- ✓ Request updated phone numbers and email addresses for parents
- ✓ Return Medical Statements as soon as possible
- ✓ When in doubt, contact us and ask 😊



Scan above for more recipes!

Did You Know???

There are **6 vegetarian diets**. Any of these diets can be accommodated while still meeting the FDCFP meal pattern requirements. Some **meat alternatives** include **legumes (beans, peas, lentils), cheese, eggs, nuts and seeds, tofu, tempeh, and yogurt or soy yogurt**. These meat alternatives can easily be added to your favorite recipes and can be tasty, nutritious, and meet the needs of the child's diet.



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This organization is an equal opportunity provider.

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