**The Good News**

**May Volume 4 / Issue 8**

**May is . . .**

May Day (May 1), Orange Juice Day  (May 4), No Diet Day (May 6), Providers Appreciation Day (May 10), Shrimp Day (May 10), Mother's Day (May 12), Quiche Lorraine Day (May 20), Brown-Bag-It Day (May 25), Memorial Day (May 27), Herb Week (1st Week), Screen-Free Week (April 29 - May 5, 2019) , Women's Health Week (May 12-18, 2019) , Food Allergy Week (May 12-18, 2019) , Frozen Yogurt Week (4th Week), Asparagus Month, Barbecue Month, Beef Month, Celiac Awareness Month, Egg Month, Hamburger Month, Mediterranean Diet Month, Osteoporosis Prevention Month, Salad Month, Salsa Month, Strawberry Month

<https://food.unl.edu/may-food-calendar>

**April Claim - May 31, May Claim - June 20, June Claim - July 26, July Claim - August 30, August Claim - September 23, September Claim - October 31, October Claim - November 26, November Claim - December 27.**

**\*\*\*The May Claim is Due Early in June; we need all your menus and supporting documentation by June 14th! \*\*\***



**Concordia - 5/7/19 - CCCC Room 257, 6:30-8:30**

**Manhattan – 5/25/19 - Manhattan Public Library - 9:30-11:30**

**Kansas Team Nutrition Sub-grants and Resources**

**Celebrating National Garden Month (a month late)**

* Take a journey through the Tasty Acres Farm with Team Nutrition’s Grow It, Try It, Like It! Fun with Fruits and Vegetables at Family Child Care.
* Discover other gardening resources from Team Nutrition at <https://www.fns.usda.gov/tn/team-nutrition-garden-resources>.

**Healthier CACFP Award**

Be one of the first daycare home providers in Kansas to be recognized for the Healthier CACFP Award! Are you looking for a way to promote your child care program and stand out from all others? The Healthier Child and Adult Care Food Program Award is a USDA recognition system which supports child care centers and day care home providers taking steps to improve the nutrition, physical activity, nutrition education and/or environment for children in their care. Apply today to win an award! Those who qualify will receive statewide recognition as a Healthier CACFP Award Winner and a certificate to showcase the award at their site. In addition, the first 20 Healthier CACFP Awarded sites in Kansas will receive a monetary award of $500/child care center or $200/daycare home! For more information on the criteria and/or for assistance with applying, contact Emily Brinkman at [ebrinkman@ksde.org](mailto:ebrinkman@ksde.org) or (785) 296-2276.

**Farm to Plate**

This summer try incorporating local foods to encourage kids to try new foods – what they interact with, they will want to try. Consider pairing local foods with fun, hands-on activities such as gardening or a visit to the farmer’s market to help kids understand where their food comes from and build healthy eating habits. The From the Land of Kansas website has a Farmer’s Market list by county or city with dates/times and contact information www.fromthelandofkansas.com/market/list. ‘Kansas Fresh’ is a

mobile app available for smart phones and tablets in the Apple app store and Google Play store to help you locate registered farmers' markets near you, anywhere in Kansas. You can also find recipes and videos for your fruits and vegetables, as well as identify which products are currently in season. Your local Extension Office and/or Local Farm and Food Council may also know producers in your area. Summer is a perfect time to highlight local products and get kids involved in food, agriculture, and nutrition-based activities.

**Food Safety Tip of the Month**

Did you know…about 40 percent of the food produced in the United States each year is never eaten? That amounts to about $162 billion lost every year due to food loss or food waste! Freezing is a natural way to keep perishable foods safe and it a great strategy for reducing food waste in child nutrition programs. Freezing prevents microorganisms from growing and slows enzyme activity that causes food to spoil. Since freezing preserves the quality, flavor, and nutritive value of foods, it is also a great way to take advantage of obtaining seasonal local foods and enjoying them all year long. The Partnership for Food Safety Education is taking a fresh look at frozen foods. Resources on the why and how of freezing foods and methods for handling frozen foods are available on the Fight BAC website at <http://www.fightbac.org/take-a-fresh-look-at-frozen-foods>

**Kansas Farm Fresh Fridays Challenge**

Celebrate Kansas farmers and local foods by participating in an initiative to unify the success of our farms, children and CACFP Sponsors. Registration is open to all CACFP Sponsors. Pledge to offer a meal consisting of at least two ‘locally sourced’ menu items at least one Friday per month at one or more serving sites. Once registered, you will have access to the KS Farm Fresh Fridays Marketing Kit. Take the challenge at <https://www.surveymonkey.com/r/DTMMXKR>.

The yearly calendar that we usually purchase in August and distribute September – January to all of you who wants one will no longer be a reimbursable expense for us. We usually ask for a donation of $5. This will no longer be optional, if you want a calendar we will order them, but you will have to call and sign up to get one, and by you signing up for a calendar you are letting us know that you will pay the $5 charge for the calendar. We need to know by June 7th if you would like us to order you a calendar for 2020. Go to <https://www.cacfp.org/marketplace1/calendar-and-record-keeping-system/> and take a look at the 2020 calendar, then call and let us know! 

When baking breads from scratch and you are using whole wheat flour you will need to specify in the recipe whole wheat flour vs. wheat flour in order for us to credit the product for whole grain rich.

Muffins are creditable if sugar isn’t the first dry ingredient in the product ingredient list. The muffins at the deli that are pre-made and delicious have sugar as the first ingredient so they aren’t creditable. Be sure to check those labels!

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**Ham and Cheese Crescent Sandwiches**

Ingredients:

1 can (8oz) crescent dinner rolls

4 thin slices of cooked ham

4 thin slices of Swiss cheese

Steps:

1. Heat oven to 375 F
2. Unroll crescent rolls; separate into 4 rectangles. Firmly press perforation to seal. On ungreased cookie sheet, press or roll each to form 7X5 inch rectangle.
3. Place one ham slice and one cheese slice on each rectangle. Fold dough in half over filling and press edges firmly to seal.
4. Bake 10 to 13 minutes or until golden brown.

**Contact Us**

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Mail: U.S. Department of Agriculture

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