



Alaska Family Child
Care Food Program
7926 Old Seward Hwy
Suite A-7
Anchorage AK 99518

Food Program Newsletter

Child Care Authorizations needed for October

If you are in a Tier II neighborhood please do not forget to turn in Child Care Assistant Authorizations, which include the month of October, for the children in your care.

If you care for children with OCS authorizations, those will also need to be handed in with your October claim.

If you care for children on Cook Inlet please have their parents fill out a Confidential Income Statement for the new fiscal year. Call the front desk if you need to have one mailed to you.

Upcoming Holidays Needing Holiday Care Logs

- October - No Holiday Care Logs Needed
- November - Thanksgiving - November 24, 2016
- December - Christmas Eve - December 24, 2016
- December - Christmas Day - December 25, 2016

What's in my Sandwich?

Did you know that many deli meats (whether bought by the pound in the deli section or pre-packaged in the refrigerated section of your grocery store) are NOT allowable on the CACFP?

Who knew that most deli/lunch meats are not 100% meat but have binders, extenders and by products? Binders and extenders hold processed meats together and may aid in retaining product moisture.

Examples of Binders/Fillers	Examples of Extenders/By-Products
• Carrageenan (a byproduct of algae or seaweed)	• Stomachs
• Cereal, cereal flours, bread crumbs	• Tripe
• Starchy vegetable flour	• Hearts
• Dried milk or whey	• Tongues and Lips
• Isolated soy protein, milk protein	• Fats, fatty tissue
• Sodium caseinate	• Spleen
• Modified corn starch	• Soy protein concentrate, soy flour
• Polysaccharides	• Textured vegetable protein (TVP)
• Gelatin, wheat gluten, tapioca	• Snouts

USDADISCLAIMER:

If you are interested in participating in the USDA Child and Adult Care Food Program, meals will be reimbursed and made available to enrolled children in each of our sponsored child care homes and will be provided at no separate charge without regard to race, religion, color, national origin, sex, age, or disability. Anyone who believes they have been discriminated against should write immediately to the USDA Director, Office of Civil Rights, Room 326-W, Whitten Building, 14th and Independence Avenue, SW, Washington D.C. 20250-9410 or call 202-720-5964.

Example: OSCAR MAYER DELI FRESH – TURKEY BREAST

INGREDIENTS: TURKEY BREAST, WATER, MODIFIED CORNSTARCH, CONTAINS LESS THAN 1% OF SODIUM LACTATE, SALT, SUGAR, SODIUM PHOSPHATES, CARRAGEENAN, NATURAL FLAVOR, SODIUM DIACETATE, POTASSIUM CHLORIDE, SODIUM ASCORBATE, SODIUM NITRITE, CARAMEL COLOR

This is a "binder"



What to do...what to do...what to serve?

- Canned tuna or chicken, egg, cheese, peanut or nut butter or hummus sandwiches.
- Ham and turkey ham (turkey ham has no pork in it) are allowable because they are a "standardized" product – meaning that every manufacturer has the same amount of lean meat in the product. However, these highly processed meats are usually high in fat and sodium and should be limited.
- Cook your own healthy (and less expensive) sandwich meats.

Workshops November and December

November 19, 2016

KidKare Introduction- Raquel Hanni - AFCCA office - 10am-12pm

MANAGE YOUR DAYCARE BUSINESS FROM YOUR DEVICE.

KidKare runs on any mobile device with an internet connection.

****Bring your device with you for this class****

ANYTIME, ANYWHERE ACCESS

Access KidKare from any device with an internet connection: mobile phone, tablet, laptop, or desktop computer.

December 17, 2016

Make ahead Meals: Chicken Nuggets and Lasagna - Raquel Hanni - AFCCA office - 10am-12pm

Please sign up by the 12th of December so we can send you the shopping list for this workshop. You will need to provide the Meat and the Cheese, the rest of the ingredients will be provided for you including the bags or pans to store them in. You will leave with a copy of the USDA recipes and 25 servings of Chicken Nuggets and 25 servings of Lasagna.

It is very important to register in advance as class size is limited to 16 providers.

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