



JANUARY, 2019



Division of Child Care and
Early Childhood Education

Be In The Know...



When the weather outside is frightful,
enjoy some warm fresh baked...

Gingerbread

UPCOMING DEADLINES:

SFSP APPLICATIONS OPEN

Schools and Government
applications open
Monday, January 14,
2019

All other programs
open Friday, February
15, 2019

Applications close
April 30, 2019

Upcoming events:

SFSP Training 1-17-18
AR Workforce Center
541 S. University LR
72209
9-4pm

CACFP New Participant
Training 1.30.18
AR Workforce Center
541 S. University LR
72209
9-4pm

USDA Memos:

[Update of Food Credit-
ing in the Child Nutri-
tion Programs](#)

[SP09-2019;CACFP03-
2019;SFSP2019 Lapse in
FY Appropriations](#)

[SP-10-2019; CACFP-04
-2019; SFSP-04-2019
Update on Funds](#)

Ingredients	Weight	Measure	Directions
Whole-wheat flour	7 1/2 oz	1 2/3 cups	<ol style="list-style-type: none"> Place flour, baking soda, ginger, cinnamon, and cloves in a commercial mixer (batch as needed). Using a paddle attachment, mix on low speed for 1 minute. Leave dry ingredients in mixer. Set aside for step 4. Combine margarine, sugar, molasses, and boiling water in a large bowl. Stir until margarine is melted. Add eggs. Add molasses mixture to dry ingredients and stir until lumps are removed. (Optional) Add lemon or orange zest. Pour 1 qt 2 cups (about 3 lb) batter into a half steam table pan (12" x 10" x 2 1/2") lightly coated with pan release spray. For 25 servings, use 1 pan. For 50 servings, use 2 pans. Bake until edges are dark and middle is firm to touch: Conventional oven: 350 °F for 35-45 minutes. Convection oven: 325 °F for 30-35 minutes. Portion: Cut each pan 5 x 5 (25 pieces per pan).
Enriched bread flour	7 1/4 oz	1 1/2 cups 2 Tbsp	
Baking soda		2 tsp	
Ground ginger		1 Tbsp 1 1/2 tsp	
Ground cinnamon		2 tsp	
Ground cloves		1/2 tsp	
Margarine, trans fat-free	3 oz	1/3 cup	
Brown sugar	6 oz	3/4 cup	
Molasses	11 oz	1 1/3 cups	
Boiling water		1 1/3 cups	
Frozen whole eggs, thawed	6 oz	2/3 cup	
(Optional) Lemon or Orange zest		1 Tbsp	

<https://whatscooking.fns.usda.gov/recipes/print/9939>

NSLP Crediting Information: 1 piece provides 1 oz equivalent grains.

CACFP Crediting Information: The Dietary Guidelines identify grain-based desserts as sources of added sugars and saturated fats. To better align the CACFP meal patterns with the Dietary Guidelines, grain-based desserts cannot count towards the grain requirement at any meal or snack under the updated CACFP meal patterns (7 CFR 226.20 (a)(4)(iii)).

Getting to know you... Bridget Bauer, Program Eligibility Specialist

Ms. Bauer has worked for DHS for five years. She was hired in an extra help position in 2013 as an editor. It was during this time that she oversaw the maternity depression tool kit. Now, Ms. Bauer enjoys her job as a full-time Program Eligibility Specialist.

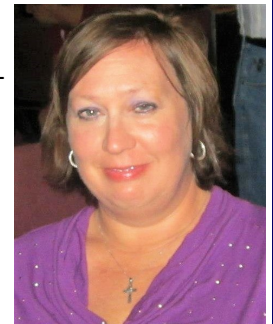
Graduated from: University of Arkansas

Hometown: Monett, Mo.

Hobby: Enjoys extra curricular activities like volley ball and freelancing for the local newspaper.

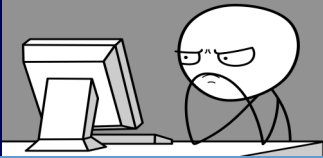
Favorite Quote/Verse: The greatest discovery of any generation is that a man can alter his life by altering his attitude.— William James (1842-1910)

Favorite School Lunch memory: Enjoying homemade cinnamon rolls when she attended private Catholic school.



Technical Assistance Tip of the Month By Perry Hunter

Documentation:
Establish an open enrollment date for your center. This way all required forms are completed, verified, and



Why choose breakfast?



Breakfast is considered the most important meal of the day. Your body goes a long time without food during sleep. Breakfast is a great way for the brain be refueled for energy to do work and school as well as keeping weight under control.

Foods should be high fiber and protein, but low in added sugars and saturated fats. Whole grains are important to stay full longer. Calcium is a good source for growing and aging bones.

Good choices for breakfast:

- Whole grain toast with an apple and cheese
- Smoothies made with low fat milk or yogurt and fruit, add oats for a more filling smoothie
- Whole grain muffin with milk and fruit
- Yogurt that is low in sugar paired with fruit
- Nut butter on a whole grain bagel or toast
- Whole grain tortilla with eggs, beans, salsa, and cheese
- Oatmeal with fresh fruit



Keep those Healthy New Year's Resolutions! Here are some great ways to stay physically active with the family...



- Walk/Wash the family dog
- Go to the park to play
- Wash the car
- Enjoy a family bike ride or walk
- Plant a garden
- Build a snowman
- Play a ball game in the back yard
- Play interactive video games such as Wii® or Kinect®



[We Have Spanish Materials Available!!](#)

Recursos Disponibles de Team Nutrition en Español. For more information go to

<https://www.fns.usda.gov/tn/spanish-materials-available-team-nutrition>