



## CAPS Program Update



DECAL is now the sole administrator of the Childcare and Parent Services (CAPS) Program. For the past few years CAPS has been administered through a partnership between DECAL and the Division of Family and Children Services (DFCS).

We ask for your help in spreading the word about how to contact the CAPS program.

Advise families to contact the program by calling 1 (833) 4GA-CAPS. (1-833-442-2277) For more information, visit the CAPS website [here](#).

## From Kitchen to Classroom

### Inspiring an Appetite for Learning

Check out this Education Matters [article](#) on integrating nutrition education into your curriculum. Atlanta Chef David Bradley explains how he uses “project-based learning to solve problems and work through new subjects” in his Food & Culture class.

## Thirty on Thursdays: USDA Webinar Series on Updated CACFP Requirements

USDA’s Team Nutrition initiative is pleased to present a new series of interactive, skills-building webinars on the updated Child and Adult Care Food Program (CACFP) meal patterns. FNS Regional Offices, state agencies, sponsoring organizations, and CACFP program operators, including child care providers, are invited to participate.

The webinar series, entitled [CACFP Halftime: Thirty on Thursdays](#), will take place on the third Thursday of each month and will be offered in both English and Spanish. The English webinar will be held from 2:00-2:30pm ET, and the Spanish webinar will

be held from 3:00-3:30pm ET. The webinars will be recorded and made available at a later date on the Team Nutrition website.

Future CACFP Halftime webinars will focus on other popular topics that include:

- Choose Yogurts That Are Lower in Added Sugars
- Serving Milk in the CACFP
- Menu Planning for the CACFP
- Identify Foods That Are Whole Grain-Rich
- Grain-Based Desserts in the CACFP
- How to Serve Meat and Meat

Alternates Instead of Grains at Breakfast

- Offer Versus Serve in the CACFP
- Recipe Development and Crediting
- Meal Pattern for 13-18 Year Old Age Group
- Feeding Infants in the CACFP

Please send questions about the CACFP Halftime Webinar Series to [TeamNutrition@fns.usda.gov](mailto:TeamNutrition@fns.usda.gov).

## Nutrition Ed Nook



It has been over two months since the USDA released the updated meal pattern requirements for CACFP. Nutrition Services has received feedback and questions about incorporating the whole grain requirement into meals. We understand that whole grains can be tricky, so here's another example of a nutritious meal that meets the USDA whole grain-rich criteria to meals. This delicious combination of five different whole grains, three vegetables, and chicken makes for a tasty entrée on any menu! Meal Components: Red/Orange vegetables  $\frac{1}{4}$  cup, whole grains 1 oz., lean meat 2 oz.

### Rainbow Rice

Recipe Size: 50 portions, 1 serving size equals 1 cup

For recipe details click [here](#).

#### Ingredients

- 3 cups of long-grain brown rice
- $1\frac{1}{2}$  cups of brown and wild rice blend, dry
- 1 qt Barley, quick pearl, dry
- 1 cup of quinoa, dry
- 2 cups of bulgur wheat, dry
- $\frac{1}{4}$  cup and 2 tsp of low-sodium chicken base
- 2 qt of fresh carrots, diced
- $6\frac{1}{2}$  cups of fresh red bell pepper, diced
- 2 Tbsp and 2 tsp extra virgin olive oil
- 2 tsp Kosher salt
- 7 lbs of cooked chicken

#### Directions

1. Heat a large pot of water to a rolling boil. Combine brown rice, brown and wild rice blend, barley, water, and base in stockpot. Add  $2\frac{1}{2}$  qt water and 2 Tbsp and 2 tsp base.
2. Cook until water is absorbed, about 30-40 minutes. Stir once. Cover and cook an additional 10 minutes over low heat. Fluff.
3. Rinse quinoa in a fine mesh strainer until water runs clear, not cloudy. Combine quinoa, bulgur wheat, water, and remaining base in a stockpot. For 50 servings, add 1 qt and 2 cups water and 2 Tbsp base.
4. Bring to a boil. Reduce heat to low and stir occasionally. Simmer until water is completely absorbed, about 15 minutes. Note: When done, quinoa will be soft and a white ring will pop out of the kernel. The white ring will only appear when it is fully cooked.
5. Combine carrots, red peppers, oil, and salt. Toss to coat.
6. Lightly coat steam table pan ( $12" \times 20" \times 2\frac{1}{2}"$ ) with pan release spray. Transfer vegetables to steam-table pan. For 50 servings, use 2 pans.
7. Roast: Conventional oven:  $375^{\circ}\text{F}$  10 minutes
8. Fold in rice/barley combination, quinoa/bulgur combination, chicken, and spinach. Return to oven and bake for 10 minutes.
9. Portion with 8 fl. oz. spoodle (1 cup).



## Child and Adult Care Food Program Menu Planning Resource Guide Coming Soon

The Child and Adult Care Food Program Menu Planning Resource Guide will soon be available for care facilities, shelters, afterschool programs, and all other organizations that participate in the federally-funded CACFP. This guidebook is a resource that we hope inspires you to find creative ways to serve healthy and nutritious meals to the children and adults in your care.

This guide provides recipes that are compliant with the updated meal pattern requirements that went into effect October 1, 2017. The menu planning resource guide will be available on DECAL's website in January 2018. Stay tuned!

## The ALFI Orchard Project Application is Now Open



The Atlanta Local Food Initiative (ALFI) Orchard Project plants edible school gardens and community orchards that feed, teach and inspire. Since 2010, hundreds of trees, bushes and vines have been planted in 45 orchards, providing direct access to local food and improving the region's landscape. Schools, community groups and urban agriculture organizations collaborate to ensure the orchards receive the proper care and maintenance they need to thrive.

To learn more about the ALFI Orchard Project and to apply, visit this [link](#).

**THE DEADLINE TO APPLY IS JANUARY 8, 2018 @ 5:00pm.**

For questions about the Orchard Project, contact Allison Duncan at [aduncan@atlantaregional.org](mailto:aduncan@atlantaregional.org) or call (470) 378-1575.