

Notes & Reminders

TABLETALK

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Daycare Centers,
Shelters, and At-Risk Sites

And Justice for All

The new Justice for All Poster must hang in a prominent location in the front of your facility so the parents can view it. You should find a copy of the poster included in this packet. At-Risk Sites will need to hang this poster at every feeding site.



Contacting the Office

Due to the pandemic and our staff having to work from home, we are in the process of updating our phone systems to new technology. Our office and fax numbers will remain the same, but there will be an automated attendant to direct your call appropriately. In the meantime, please continue using our emails to reach us.

If you are unsure of whom to email, please use documentation@childfoodprogramoftexas.org

Thank you for understanding



Crazy for Recipes!

Our recipe page is up and running, but we are still looking for triad and true recipes to add. If you have a recipe you love using, whether it came from the Internet or passed down through your family, we would love to display it on our website! Go to our recipe page at childfoodprogramoftexas.org/recipes.html, and click on the *Problems or Donations* button beneath the Menu icon to enter your recipe information!

Urgent Claim Update

The Texas Comptroller's office will shut down for end-of-year processing at the end of August. This will affect TDA's payment processing for August. TDA will suspend processing claims for payment after 12:00pm on Thursday, August 13, 2020. Claim processing will resume on Thursday, September 3, 2020.

This means the July's Claim and supporting documentation **must be in our office no later than August 5th** so our staff can process it. **Our claim needs to be uploaded to TDA no later than August 11th in order for your reimbursement to be processed.** If it is not here on time, your July claim will not be submitted until *after September 3rd*.



Introducing this year's Mandatory Training Civil Rights, and Rules & Regulations

Child Food Program of Texas has teamed up with Brighton Training Group to bring you a new approach to mandatory training. Instead of attending a physical location to complete this year's training, we now offer an online solution. Starting May 1st and ending September 1st, you will now have the ability to complete the yearly training at any time and any place of your choosing.

By now, each of our Daycare Facilities should have received an email with instructions on how to complete their training, including their Access Code. These instructions can now be found on our website's Continuing Education page. Furthermore, if you did not get this email, contact us immediately at documentation@childfoodprogramoftexas.org.

To begin your training, go here:
childfoodprogramoftexasaetraining.org

USDA & TDA Nationwide Waiver Updates

(1) Waiver of Monitoring Requirements for Sponsors in the CACFP

“All monitoring reviews will be conducted as a desk review to help minimize potential exposure to COVID-19.”

Our monitors will be calling your site to conduct your review through a virtual phone conference. You will be required to show video and pictures of your site during this session. Your monitor will read you the questions directly from the review form for you to answer. Once the review is over, you will be sent a signature page through your email. This will not require any programs on your computer; you will simply open the email and follow the instructions to sign and date the form. Once completed, the signature page will automatically return to our database. You will not have to email us any further documentation.

(2) Waiver to Allow Meal Pattern Flexibility

“There is an extension of the nationwide waiver to support access to nutritious meals to help minimize potential exposure to COVID-19.”

This means that all meal components, including milk in the right percentage (%), cannot be substituted by any other product. I.e: you cannot substitute 1% milk with juice, but you CAN substitute 1% milk with 2% or whole milk. You are required to fill out our substitution form for every substituted food component, and submit it with your receipts each time you are unable to purchase a planned meal component. You should find a copy of the form included in this packet; please make copies for your use and keep this as a master.

(3) Waiver to Allow Meal Service Time Flexibility

“There is an extension of the nationwide waiver to support adjusted mealtimes to nutritious meals to help minimize potential exposure to COVID-19.”

The adjusted meal service time must stay within your site’s operational business hours. You cannot serve breakfast before your site’s opening time. If you open at 6am, breakfast can only start at 6am. Dinner will need to be over at least 30 full minutes before you close; if you close at 6pm, you must serve dinner at or before 5:00pm and will need to be finished by 5:30pm.

(4) Waiver to Allow Non-Congregate Feeding

“There is an extension of the nationwide waiver to allow non-congregate feeding of nutritious meals to help minimize potential exposure to COVID-19.”

Daycare Children at your facility are allowed to be separated from each other during meal or snack times. You are required to tell your sponsor which method(s) of meal service you plan to use.

(5) Waiver to Allow Grab & Go Meals and Snacks *

“There is an extension of the nationwide waiver to allow Grab & Go of nutritious meals to help minimize potential exposure to COVID-19.”

Grab-and-Go meals or snacks are still approved for your enrolled children that are not attending your facility at this time. You are required to tell your sponsor which method(s) of meal service you plan to use.

(6) Waiver to Allow Household Delivery of Meals and Snacks *

“There is an extension of the nationwide waiver to allow delivered meals to help minimize potential exposure to COVID-19.”

Facilities are allowed to deliver meals and snacks to an enrolled child’s home address. You are required to tell your sponsor which method(s) of meal service you plan to use.

*** Daycare Centers and At-Risk Sites are to hang the included poster, “Duplicate Meals are NOT Permitted”, in a prominent location in the front of your facility so all can view it.**

New CACFP Rates

July 1, 2020 – July 30, 2021

Daycare Centers, Shelters, and At-Risk Sites			
Meal Services	FREE	REDUCED	PAID
Breakfast	\$1.89	\$1.59	\$0.32
Lunch/Supper	\$3.51	\$3.11	\$0.33
Snack	\$0.96	\$0.48	\$0.08

Homes		
Meal Services	TIER 1	TIER 2
Break fast	\$1.39	\$0.50
Lunch/Supper	\$2.61	\$1.58
Snack	\$0.78	\$0.21

Pick of the Season

BANANAS

How to Store Them

Bananas ripen faster when stored in a sealed container or a brown paper bag with other fruits. Putting a banana in the refrigerator will only darken the peel while keeping the banana fresh.

Wrap banana stems tightly in cling wrap to make them last three to five days longer.

Regulate Your Bowels!

If you suffer from frequent diarrhea or ulcers, give bananas a try! Bananas are known to control gastrointestinal problems because they're high in fiber, which helps regulate your stomach. One banana could provide almost 10% of your daily intake of fiber.

Feeling Unusually Tired?

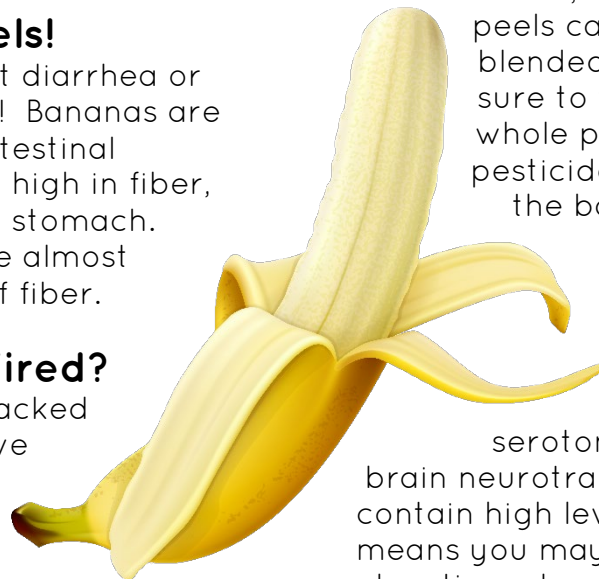
Because bananas come packed with Vitamin B6, they'll give you a burst of energy while also replenishing your electrolytes. Studies show that the banana's serotonin and dopamine levels will improve your overall performance during exercise, while the natural caffeine intake of Vitamin B6 will increase your energy. So while you normally drink a sports drink when you're refueling during an exercise, try eating a banana and drinking water instead.

Did You Know?

- Bananas will float in water because they are less dense in comparison.
- Bananas are actually classified as berries.
- Humans share about 50% of their DNA with bananas.

Eat That Peel!

For ages, the big myth surrounding banana peels was how poisonous they are when eaten. Turns out, banana peels are actually edible and contain extremely high amounts of Vitamin B6, Vitamin B12, Magnesium, Potassium, and moderate amounts of fiber and protein. In many parts of the world outside of America, banana peels are often eaten alongside other unusual foods. Though usually cooked, boiled, or fried, banana peels can also be eaten raw or blended with other fruits. Just be sure to thoroughly wash the whole peel because of the pesticides that were sprayed in the banana groves.



Fight Depression and Sleep Well!

The human body converts tryptophan into serotonin, a mood-elevating brain neurotransmitter. Since bananas contain high levels of tryptophan, this means you may receive a boost of mood-elevation when your body converts it. Bananas are even known for their magnesium intake, which is a natural muscle relaxer. Between the mood-elevating neurons and the relaxed muscles, bananas can help ensure a good night's rest.

Why are Bananas Important?

One medium banana has:

- 89 calories
- 75% water
- 1.1 grams of protein
- 22.8 grams of carbs
- 12.2 grams of natural sugar
- 2.6 grams of fiber
- 0.3 grams of fat
- 33% daily recommended intake of Vitamin B6

Pick of the Season's Daily Menu

Find more on our website!
childfoodprogramoftexas.org



Chef Bob's Cookbook

BREAKFAST

Mom's Banana Bread from myrecipes.com

COOK: 45 min | YIELDS: 1 loaf, or 20 servings

- 1 cup sugar
 - 1/4 cup light butter, softened
 - 1 2/3 cups mashed ripe banana (about 3 bananas)
 - 1/4 cup skim milk
 - 1/4 cup low-fat sour cream
 - 2 large egg whites
 - 2 cups all-purpose flour
 - 1 teaspoon baking soda
 - 1/2 teaspoon salt
 - Cooking spray
- Note:** Can use up to 5 bananas max
1. Preheat oven to 350°.
 2. Combine sugar and butter in a bowl; beat at medium speed of a mixer until well-blended. Add banana, milk, sour cream, and egg whites; beat well, and set aside.
 3. Combine flour, baking soda, and salt; stir well. Add dry ingredients to creamed mixture, beating until blended.
 4. Spoon batter into 4 (5 x 2 1/2-inch) miniature loaf pans coated with cooking spray. Bake at 350° for 45 minutes or until a wooden pick inserted in center comes out clean. Let cool in pans 10 minutes on a wire rack; remove from pans. Let cool completely on wire racks.

LUNCH or DINNER

Tofu, Sugar Snap Peas and Banana Risotto from vegalicious.recipes

YIELDS: 4 servings

- 150 grams tofu, cut in bite sized chunks
 - 1 cup risotto rice
 - 1 onion, chopped
 - 2 bananas, peeled and cut in bite sized chunks
 - 2 tsp. Sambal Oelek
 - 1&1/2 cups water
 - 1 tsp. saffron or turmeric
 - 250 grams sugar snap peas, cleaned and halved
 - 3 tbs. sunflower oil
 - sugar
 - cinnamon
 - salt and pepper
1. Sauté the onion in the oil, when glassy add the tofu and sambal.
 2. Sauté so that the sides of the tofu are gently browned.
 3. Add the risotto rice, water and turmeric or saffron, a pinch of sugar, dash of cinnamon and the salt and pepper.
 4. Cook, stirring often, until the rice is soft.
 5. Shortly before serving add pea pods, cook for a few minutes until the pea pods are al dente.
 6. At the last minute add sliced banana chunks, otherwise they will over cook and get too soft.
 7. Season to taste with salt and pepper.

Note: This is a good meal made in one pan, so can be made as a camping meal.

SNACK

Peanut Butter-Banana Yogurt Parfaits from tasteofhome.com

PREP: 5 min | TOTAL: 5 min | YIELDS: 4 servings

- 3 cups vanilla yogurt
 - 1 cup dried banana chips, crushed
 - 1 cup Peanut Butter Multi Grain Cheerios
 - 2 large ripe bananas, sliced
 - 1/4 cup unsalted dry roasted peanuts, chopped
1. Layer 3/4 cup yogurt, 1/4 cup banana chips and 1/4 cup cereal into four parfait glasses.
 2. Top with banana slices and peanuts.

Sink or Float?

From sciencekiddo.com

Required Materials:

- Large clear bowl of water

Note: Clear bowl is preferred so you can see inside

- Various fruits or vegetables, such as bananas, oranges, apples, and grapes
- Pencil and paper (if you want to write notes)

Instructions:

1. Prepare the fruit and vegetables by either slicing or leaving them whole.
2. Ask the children what they think will happen for each fruit or vegetable.
3. Choose one piece and slowly lower it into the water.
4. Repeat for every remaining fruit or vegetable.

Note: Results may change between sliced or whole fruit.

Paper Plate Bananas

From gluedtomycraftsblog.com

Required Materials:

- Large Paper Plate {one plate makes TWO bananas}
- Yellow Colored Tissue Paper {[affiliate link](#)}
- Black Colored Cardstock {[affiliate link](#)}
- School Glue
- Craft Scissors
- Hand-Held Office Stapler



Instructions:

1. First cut your yellow tissue paper into small squares {great for practicing cutting skills}
2. Take your paper plate and cut it in half.
3. Trim out the center, leaving the rim to create the shape of the banana.
4. Next put a good amount of glue all over the paper plate halves.
5. Have children place the tissue paper on top of the glue, until they are completely covered.
6. While they are working on that, cut out some banana ends from the black cardstock.
7. To finish off the Paper Banana kid craft – staple/glue the cardstock pieces in their designated spots on the paper plate.
8. Then display proudly! {or add other embellishments to really make it your own!}

Edible Pudding Slime

From thesoccermomblog.com

Required Materials:

- 1/4 cup instant pudding mix
- (banana flavored for the banana edition)
- 1 cup corn starch
- 1/3 cup warm water

Instructions:

1. Add instant pudding mix and half of your cornstarch to a mixing bowl. Add 1/3 cup water and stir until slime begins to form (it will be pretty sticky at this point)
2. Slowly add the rest of your cornstarch, stirring as you go. When slime thickens and is hard to stir with a spoon, finish kneading by hand.

Important Note: While this pudding slime recipe is technically edible, it's not meant to be consumed as food or a snack. The goal here was to make a non-toxic slime that wouldn't be harmful if kids tasted it or stuck their fingers in their mouth (as kids do).

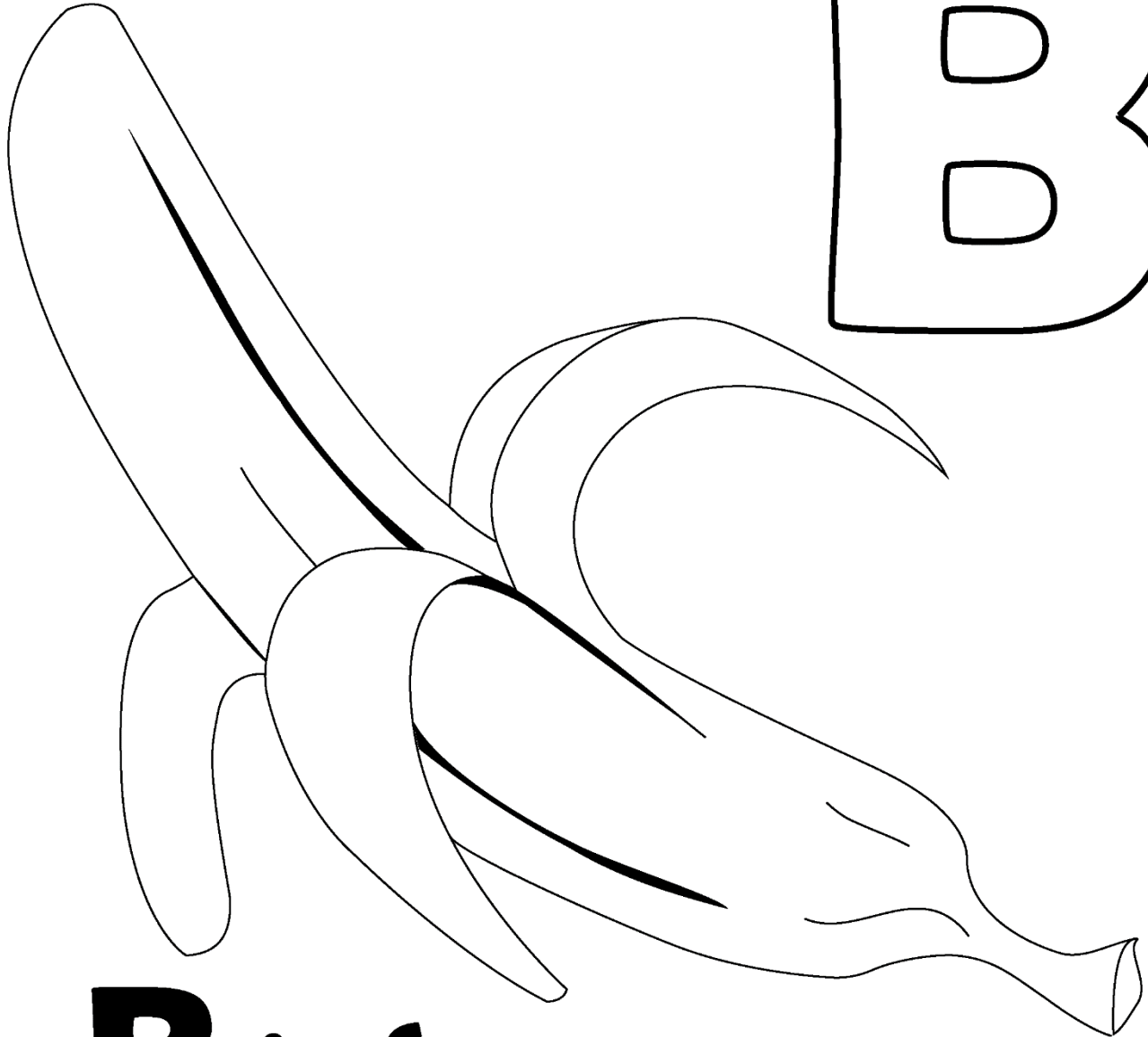
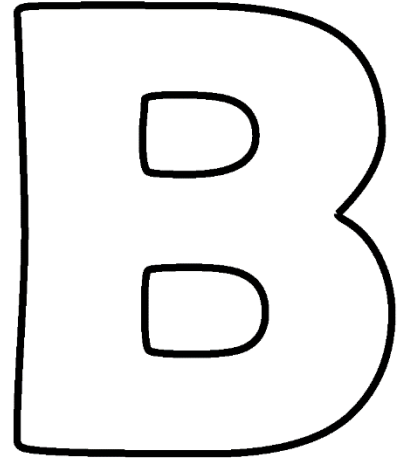
Also, though our pudding slime smells amazing, it doesn't taste that great. That's because a large portion of the recipe is cornstarch, which on its own tastes pretty blah. That was intentional, so kids don't want to eat it once they taste it.

Always supervise kids when playing with slime, even taste-safe slime.

Pick of the Season's
Seasonal Activities

Find more on our website!
childfoodprogramoftexas.org

Name



B is for
Banana

