

Farm to CACFP Winter Newsletter

Start your year off fresh and build your Farm to CACFP program! Winter is the perfect time to start thinking about your plans for the next growing season. Interested in adding local food to your menu or starting a garden? Our website has resources to help get you started.

Farm to CACFP links children and adults in care with:



WHAT'S GROWING?

Sweet potatoes, apples, kale, spinach and herbs!



FROM THE FIELD

Starling International Child Care & Learning Complex, sponsored by Child Care Resources, uses a mix of growing beds and potted plants for their Children's Garden. The Children's Garden is an extension of the preschool classroom allowing children to plant, cultivate, and harvest herbs and vegetables for use in the preschool's kitchen. Children enjoy working in the soil while learning valuable concepts about science, measuring, pouring, digging, life-cycles, sharing, negotiating, and finding worms. Time working in the Children's Garden is the favorite part of the day.

Whipped Sweet Potatoes

Ingredients

- 14 oz. sweet potatoes, peeled and cut into quarters
- 1 tablespoon 1% milk
- 1 tablespoon margarine
- Salt & pepper to taste

Place sweet potatoes in a pot of water. Bring to a boil and cook until fork tender, about 20 minutes. Drain well.

In a medium bowl, immediately combine drained sweet potatoes, milk, margarine, salt and pepper.

Using an electric mixer, mix on medium speed until potatoes are smooth and fluffy.

Makes six 1/4 cup servings.

CACFP Crediting:
1/4 cup vegetable

Source: USDA



Source: cacfp.org



COVID-19

Worried about how to operate a Farm to CACFP program in line with COVID-19 safety standards? We've got you covered. Visit our website for a list of resources to help answer all of your questions.

EMERGENCY PANDEMIC RELIEF FOR FAMILIES

Please share the following information with the families of your participants:

Emergency Food Assistance Program (TEFAP) is a USDA food distribution program that has received additional food through the Families First Coronavirus Response Act (FFCRA) and the Coronavirus Aid, Relief and Economic Security Act (CARES). Contact your regional foodbank for more information on a site near you.

Farmers to Families Food Box Program links Virginia farms to families in need during the COVID-19 Pandemic. There are drop sites for these free boxes all over Virginia. Contact your regional foodbank to find a site near you.

Peninsula Foodbank
Hampton, Virginia, 757-596-7188

Foodbank of Southeastern Virginia
Norfolk, Virginia, 757-627-6599

Fredericksburg Regional Foodbank
Fredericksburg, Virginia, 540-371-7666

Feed More
Richmond, Virginia, 804-521-2500

Blue Ridge Area Foodbank
Verona, Virginia, 540-248-3663

Capital Area Foodbank
Lorton, Virginia, 571-482-4770

Feeding Southwest Virginia
Salem, Virginia, 540-342-3011



VirginiaCACFP.com/farmtoCACFP