Sanford’s Family Day Care Network
July, August, September 2018

**Cycle Menus**

<table>
<thead>
<tr>
<th>Cycle</th>
<th>Due</th>
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<tr>
<td>Sept/Oct/Nov/Dec</td>
<td>August 2018</td>
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<td>Jan/Feb/March/Apr</td>
<td>December 2018</td>
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<td>May/June/July/Aug</td>
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*Menus need to be pre-approved before claiming*

**Menus:**
Menus for September, October, November and December are due in the FDCN office by the end of August.

**Annual Training:**
Training dates are set. It is **required** to attend annual training to participate in the CACFP. Register today by calling (605) 312-8370 or:
1. Go to www.sanfordhealth.org keyword: Family Day Care Network
2. Under ‘Upcoming Events’, look for ‘Annual Training’ and click to register

- **Mitchell** – Thursday, August 16 ~ 6:30 - 8:30 p.m. (Mitchell Technical Institute, Room 146)
- **Yankton** – Tuesday, August 28 ~ 6:30 - 8:30 p.m. (Yankton Public Library)
- **Sioux Falls** – Tuesday, September 4 ~ 6:30 - 8:30 p.m. (Sanford Hospital, Schroeder Auditorium)
- **Sioux Falls** – Saturday, September 15 ~ 9 - 11 a.m. (Sanford Hospital, Schroeder Auditorium)
- **Online** – Thursday, September 20 ~ 6 - 8 p.m. (Registration required by Monday, September 10)
WIC:
The South Dakota WIC Program has released the updated program income guidelines effective May 1, 2018. WIC is a special supplemental nutrition program for eligible women, infants and children.

As a CACFP provider, you must make the enclosed fact sheet about WIC available to the families you serve by either posting or making a copy for each family in your daycare. Please post the updated fact sheet and recycle the old one.

Website:
We now have a website specific to the FDCN. You will be able to print off forms and find other pertinent information about the FDCN. Check it out!

www.sanfordhealth.org keyword: Family Day Care Network

CACFP creditable recipe:

Fruit Blast

2 cups strawberries, sliced
1 cup pineapple, chunks
1 cup mandarin oranges, canned
2 cups yogurt, low-fat, low-sugar

Mix fruit. Measure ½ cup of mixed fruit into serving bowl. Top with ¼ cup yogurt. Kids will enjoy helping make this snack and getting to eat it too!

Find more recipe ideas at www.cacfp.org.