

# HORIZONS

A Bimonthly Newsletter for ND Child Care Providers Participating  
in the Heartland Child Nutrition USDA Food Program

January/February 2020

## Free Workshop: Feeding Infants in the CACFP

Approved for 2 hours of Growing Futures Continuing Education

Heartland Child Nutrition is sponsoring a 2-hour training session for on the topic of feeding infants.

Details of the infant meal pattern will be the main focus of the training. See the back of this page for other topics to be covered.

Participants will receive a Feeding Infants manual (USDA), a convenient covered freezer cube tray for storing baby food portions, and a potential choking hazard tester tube.

**Registration is limited to only Heartland provider license holders and those full-time employees that are directly caring for infants.**

There will be interesting group activities and a chance to ask questions. This training is optional to attend. We hope to see you at the training most convenient to you.



Limit: one freezer tray per daycare



Limit: one choke tester per daycare

### Bismarck

**Saturday, March 21 10am to noon**

Ramada Inn; 1400 E Interchange Ave  
(Intersection of Hwy 83 and I94)  
Judicial Room; Use Door 5 or Main Entrance

### Dickinson

**Saturday, April 4 10am to noon MT**

Dickinson Library Community Room, 139 Third Street West

### Fargo

**Saturday, March 28 9am to 11am**

C'mon Inn Meeting Room, 4338 20th Ave SW

### Grand Forks

**Saturday, March 7 10am to noon**

4000 Valley Square (Retirement Community)  
Use east entrance under the canopy

### Jamestown

**Saturday, March 28 2pm to 4pm**

Fairfield Inn, 930 25th St SW

### Linton

**Tuesday, March 24 7 to 9pm**

Linton Community Center, 101 NE 1st Street

### Minot

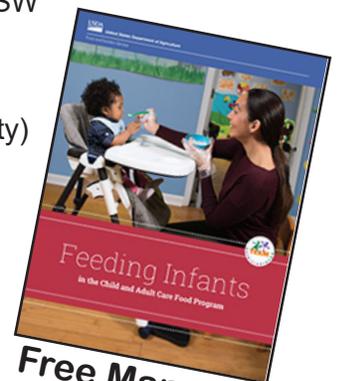
**Saturday, February 29 10am to noon**

Expressway Suites, 1605 35th Ave SW

### Williston

**Monday, March 9 7 to 9 pm**

Gloria Dei Lutheran Church, 1821 9th Avenue W



Free Manual

### Registration Required!

Register at [www.heartlandnutrition.org](http://www.heartlandnutrition.org).

Look for the registration box on our home page.

Registration deadlines are two weeks prior  
to the session you plan to attend.



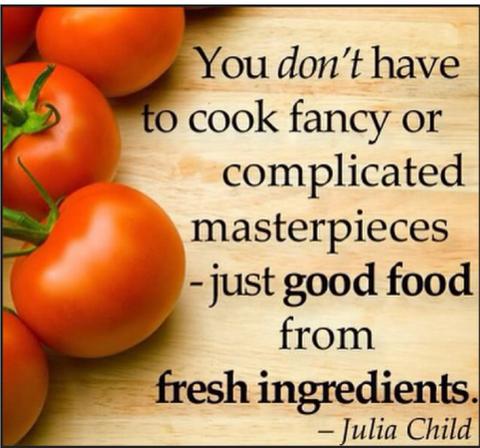
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## Feeding Infants in the CACFP Training

### Topics that will be addressed include:

- ▶ There's more flexibility in times for infant meals and snacks than you may think. Learn how a baby's usual eating habits can fit within the CACFP infant meal pattern.
- ▶ "Responsive" feeding is encouraged in the CACFP. Learn what this is at the training.
- ▶ The new infant meal pattern allows for more types of solid food for infants than the previous meal pattern. Find out what foods are reimbursable during a group activity.
- ▶ Modifying food textures, including making your own baby purees will be discussed. Take home your own baby food freezing tray - a \$7.95 value!
- ▶ Choking is always a concern as a baby learns to eat. The choking tester tube, given to participants, is an aid in determining the size of diced food.

Growing Futures training credit is in Competency Area of Health, Safety and Nutrition and CDA Competency 1. It does not apply to Career Pathways placement



### Wishing you a happy, fruitful Valentine's Day!



Source: vegetablesaccidentally.com on Pinterest

Important

## 2020 Mandatory CACFP Training

Deadline: 6/1/20

The *Feeding Infants* workshop is optional to attend and will not include the annual mandatory food program training. What is not optional each year for **ALL CACFP child care providers** to complete CACFP training covering the food program basic requirements. HCN offers this mandatory training in the form of several review pages followed by a quiz to complete to show your understanding of the key policies. This training is enclosed with this newsletter.

Return your completed quiz in one of 4 ways: 1) give to your HCN Regional Rep at her next visit; 2) Mail to the Heartland office; 3) Fax to 250-0144 or 4) Email the completed quiz (scan or take a picture) as an attachment to: **[hcn@heartlandnutrition.org](mailto:hcn@heartlandnutrition.org)**

### Attention: KidKare Users

You do not have to have all the children on your roster activated in order to submit your claim. KidKare will still allow you to submit your claim.

Remember to read your KidKare messages. Every month before claim payment online providers receive a message, with a deadline notice, regarding sending in certain missing information (such as documentation, forms, etc.) to correct errors before payment.

## 2019 Tax Reports Have Been Mailed

Last week, Heartland mailed all providers their food program income statements for 2019 tax purposes. This same statement is available to you online by logging into your KidKare account and referring to the "Reports" section.

All providers - including those receiving Tier II rates - may use the Tier I rates as a business cost deduction. Additional meals or snacks served to children in care, that were not reimbursed by CACFP funds, may also be claimed on your tax submission if you have kept adequate records of those meals and snacks. Please refer all tax questions to your tax preparer.