

# The

# Scoop

A Healthy Plate Solutions Initiative

## Just Released: HPS YouTube channel!



Scan me!



We have gone bilingual! On our channel we will share with you helpful tips and training materials in English and Spanish. Our goal is to help your center with CACFP meal patterns, navigate through Kidkare and Minute Menu and share fun CACFP recipes for you to try!

## TDA 2021-2022 Audit

Healthy Plate solutions would like to give a round of applause to all our test centers who helped us complete a successful audit. Texas Department of Agriculture commended our sites for completing all required documents and remaining compliant!

### Our 2021-2022 test sites:

- Big Dreams & Lil' Wonders Academy
- Big Dreams & Lil' Wonders Christian Academy
- Champions Learning Academy
- Fundamental Learning Center
- Happy Times Academy
- Kids Learning Academy
- Kids R Kids #1
- Kidz Kampus Learning Center



## New CACFP RATES For Childcare Centers

July 1, 2022- July 30, 2023

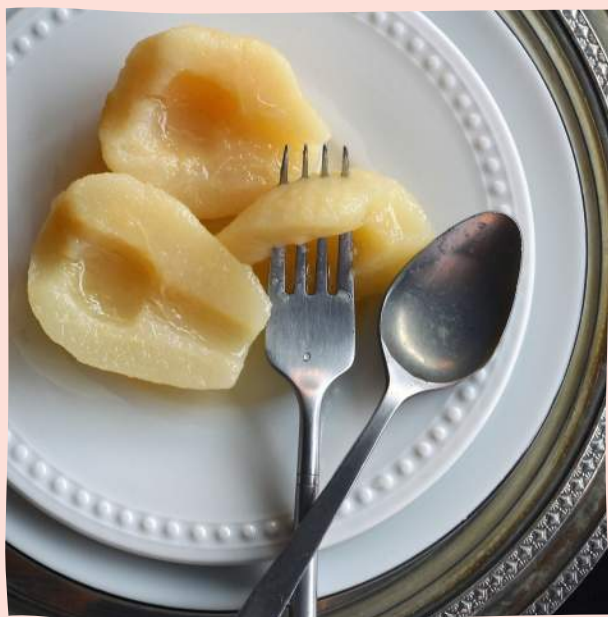
	Breakfast	Lunch/Supper	Snacks
<b>Paid</b>	\$0.45	\$0.47	\$0.19
<b>Reduced</b>	\$1.91	\$3.63	\$0.64
<b>Free</b>	\$2.21	\$4.03	\$1.18

The cash-in-lieu value of USDA Foods (commodities) is \$0.30.

NOTE: The extra \$0.10 per meal and snack provided by the Keep Kids Fed Act are included as part of these published rates. Note that these additional reimbursements are temporary and only apply for School Year 2022-2023.

# Focus on Whole Fruits

## Pear it Together!



## Did You Know?

Pears are one of the highest-fiber fruits, offering six grams per medium-sized fruit, helping you meet your daily requirement of 25 to 30 grams.

### CACFP Approved Snack Options:

Baked pear with granola topping  
(Fruit/Grains)

Pear wedges with peanut butter  
(Fruit/Meat Alternate)



Courtesy of Wide Open Eats

## Ditch The Paper & Go Green!

Did you know that you can upload your COMPLETE claim packet to Dropbox?

It's simple, easy, and secure! We will send you a link at the end of each month to upload all the required documents.

Tip: Best way to keep track of your receipts? Save every receipt in a file on your desktop and drag into Dropbox at the end of the month.



## Halloween Recipe: Monster Apples

CACFP Approved Snack!

### Ingredients:

- 👁️ Green apples
- 👁️ Peanut butter
- 👁️ Sunflower Seeds
- 👁️ Strawberries (sliced)
- 👁️ Candy eyeballs

### Recipe:

**Step 1:** Slice the apples into quarters and cut out the core. Then slice out a small section in the middle on the backs of each quarter. This will be the mouth opening.

**Step 2:** Next, spread the peanut butter into the mouth openings. Make sure to not overload them.

**Step 3:** Create the monster's teeth by sticking the sunflower seeds into the mouth openings. Place them in any arrangement that you want.

**Step 4:** Place 1 strawberry slice into each mouth to act as the tongue of the monster.

**Step 5:** Finally, place the candy eyes onto the apples. Make them stick with a little bit of peanut butter.

