

— NOVEMBER 2022 —

FOOD PROGRAM

Mahalo!

PATCH Food Program Annual Provider Training kicked off the week of October 17th through the 22nd and it was a great success! Providers were able to join in on conversation all about USDA CACFP Food Program, ask questions, and learn more about a valuable program from guest speaker Tami Robare of PATCH's Ka'Upena Program. If you missed it or would like to know more about CACFP Food Program or Ka'Upena, please contact us at (808) 839-1988



RAFFLE WINNER!!



SCHOLARSHIP OPPORTUNITY



Haven't heard of the **Child and Adult Care Food Program**? Not getting reimbursement for healthy meals you already serve children in your care during the day or afterschool? Do you already participate and need a refresher on the meal patterns and new ideas for making your menu planning easier?

This one-day powerhouse program is meant for you!

POWER of the FOOD PROGRAM

Wednesday, December 7th

8:00am - 1:30pm PST

Up to 6 hours of Continuing Education

For more information contact Shantel at
sgriffin@patch-hi.org

MUFFIN TIN RECIPES

for the CACFP

Using **large muffin tins** while preparing meals helps ensure that every child is receiving the correct serving size for each meal component. These recipes are per child served. Baking without a paper liner or silicone cup? **Brush tin with vegetable oil or use cooking oil spray before adding ingredients.**



WHAT DID THE MOMMY
GHOST SAY TO THE
BABY GHOST WHEN HE
ATE TOO FAST?



OMELET CUP

- 1 EGG
- 1 SLICE HAM
- ½ CUP DICED ONION, GREEN PEPPER, AND TOMATO MIXTURE
- 1 TBSP PARMESAN CHEESE
- 1 TBSP CHEDDAR CHEESE

PREHEAT OVEN TO 425° F. LINE EACH MUFFIN TIN WITH HAM. WHISK EGG, CHEESES AND VEGETABLE MIX TOGETHER. POUR INTO THE CUP AND SPRINKLE WITH SALT AND PEPPER. BAKE FOR 15 MINUTES.

STOP GOBLIN
YOUR FOOD!