



FEBRUARY 26

NEWSLETTER



President's Corner- Heart Healthy Foods for Daycare Kids

Good nutrition in early childhood supports growth, brain development, and lifelong heart health. Daycare meals for children ages 3–5 should follow USDA Child and Adult Care Food Program (CACFP) meal pattern guidelines.

Fruits: Fresh apples, berries, bananas; frozen fruit; or fruit canned in juice (no added sugar).

Vegetables: Steamed carrots, peas, sweet potatoes, green beans, spinach.

Whole Grains: Whole wheat crackers, whole grain-rich oatmeal, brown rice, whole wheat tortillas.

Lean Proteins: Grilled chicken strips, turkey, black beans, lentils, eggs, hummus.

Dairy: Low-fat (1%) or fat-free unflavored milk; low-fat plain yogurt (≤ 12 g sugar per 6 oz per CACFP); 1 oz cheddar or mozzarella cheese stick.

Water: Offered throughout the day instead of sugary drinks.

Meal: CACFP-Compliant Menu

Breakfast: Whole grain-rich oatmeal, sliced strawberries, banana, unflavored 1%/skim milk

AM Snack: Apple slices, low-fat cheddar cheese stick, Water

Lunch: Grilled chicken, Brown rice, Steamed carrots, kale, unflavored 1%/skim milk

PM Snack: Whole wheat graham crackers, Fresh grapes, Water

Provider Voices

"I have been a participant with T&T Tutor World since I began my childcare career in 2011. Their support has been an essential part of my journey, providing guidance in planning daily menus, offering a variety of helpful recipes, and most importantly, assisting me financially so I can consistently provide nutritious meals for the children in my care. I truly appreciate the dedication of the staff and the ongoing support the company provides to help me continue moving forward." Orisia Davis



Training Reminder – Add It to Your Calendar

Our next required training is coming up soon.

CACFP Recordkeeping
Requirements Training
February 25, 2026 at 1:00 PM

Recordkeeping is one of the most reviewed areas during monitoring and state reviews. This session will help you stay organized and confident.

[Register here](#)

Training is required for anyone with CACFP duties. Please add this to your calendar and share it with your staff.



Infant Formula Reminder

We want to share a quick reminder about infant formula so everyone stays on the same page.

The infant formula offered at your daycare **cannot** be exempt. If a parent would like to provide a different, exempt formula, that is allowed, but a completed medical statement must be on file first.

The medical statement must:

- Be signed by a recognized medical authority
- Include the medical reason
- Clearly list the requested formula

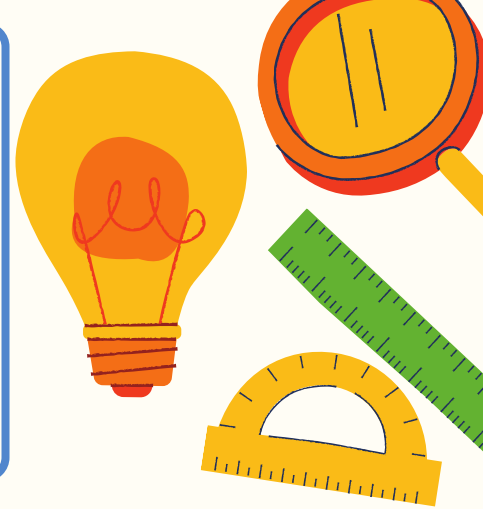
[Here](#) is a list of non exempt infant formulas that may be served without a medical statement.

If you ever have questions about a specific formula, please reach out to us. We are happy to help.



Provider Voices

"Since 2018, Divine Child Development Center has been a part of the Food Program. It has truly benefited our center. It has ensured that the children in our care receive nutritious meals every day and it has supported us in creating a healthy, consistent environment for them. We are grateful for the resources, guidance, and reassurance the program provides. It has made a real difference for our staff, our families, and, most importantly, our children." Vashanda Nero, Divine CDC



SC DSS Administrative Review Update

SC Daycares, our centers are currently under review, and our homes will likely be reviewed next.

We are excited about this review because it allows us to show how organized and compliant our program is. We have been staying on top of our records, and now we get to demonstrate it.

Providers, please take time to review both of your binders.

Food Program Binder

Make sure these sections are complete and filed properly:

- Permanent File
- Training Certificates
- Monitoring Reviews
- Monthly Claim Documents
- Enrollment Forms

Maintain records for the current year plus three additional years.

Menu Documentation Binder

Ensure this binder includes:

- Standardized recipes for combination foods prepared on site
- CN Labels for commercially prepared main dishes
- Product labels for whole grain items and ground meats

If someone asked to see a document, you should be able to find it quickly and confidently. Let's show SC DSS the strong program we have built together.





Provider Voices

"The Food Program has been such a blessing to our center and the children we serve. It has given us the support and resources we need to provide healthy, balanced meals every day, and the guidance has helped us make better nutrition choices for our little ones. The program not only eases the financial burden but also reassures us that we are meeting the highest standards for our children's well-being. We are truly grateful for the difference it makes in our center and in the lives of the families we serve." Donna Fogleman



Seasonal USDA Recipe Spotlight

Need winter meal ideas? Try these Team Nutrition CACFP recipes from the United States Department of Agriculture:

[Beef Vegetable Soup](#)

[Chicken and Rice Soup](#)

[Baked Beans](#)

These recipes include standardized portions and crediting information to help you stay compliant.



45th Anniversary Gala – April 18, 2026

We are counting down to our 45th Anniversary Childcare 911 Scholarship Gala on April 18, 2026 at the Francis Marion Hotel in Charleston, SC.

This will be a special night of celebration and connection. Many of our daycare providers and centers will be attending, and we would love to see you there.

[Purchase tickets here.](#)

Let's celebrate 45 years of impact together.