



Program Reminders

October 2018 Annual Child Enrollment Renewal

The 2018-2019 Child Enrollment Renewal Worksheets and Instructions will be mailed out October 8, 2017.

Be sure to carefully read the instructions and return the updated and signed worksheets by the **October 26, 2018** deadline.

The Enrollment Renewal Worksheets are used to re-enroll all of your existing children as of October 1, 2018 and are good until October 31, 2019. **Parents must sign and date enrollment renewal in the month of October.**

IMPORTANT: Any NEW children that you enroll after October 1st must be enrolled as you normally do by submitting a signed enrollment form (even if their name appears on the enrollment renewal worksheet).



September Claim Deadlines

Web Kids: **Submit** by October 1st
Enrollment Forms: **Received** by October 5th



On the Move!

This activity uses 2 dice, which can be made out of wood or cardstock. This game is easily adaptable for outdoors or inside on a rainy day and can accommodate any amount of children. On one dice, write an action such as jumping jacks, hop on one foot, toe touches, arm circles, sit-ups, heel kicks on each of the six sides. On the other dice, write numbers. The level of the numbers can vary, using larger numbers when constructing the dice for older children.



Once the dice are created, have the children form a circle with the dice in the middle. Each child takes turns rolling the dice and then all children perform the action shown on the one dice for the number of times shown on the other (i.e. heel kicks & 8, all children do 8 heel kicks).



Meal Pattern Reminders



Whole Grain-Rich Requirement

Each day, at least one of the grain components of a meal or snack MUST be “whole grain-rich.” Whole grain-rich food items must be offered at least ONCE PER DAY, not once per meal/snack. In the CACFP, whole grain-rich means that at least half of the grain ingredients in a food are whole grains, and any remaining grains are enriched grains, bran or germ. This is a requirement for children only and not infants.

Not all meals require the grain component, such as a snack when 2 of the other components are served or breakfast if the grain component is replaced with a meat/meat alternate. However, if the grain component is served, there must be at least one meal or snack that day in which the grain was whole grain-rich. **As of October 1, 2018, if one or more grain components are served but they are not marked as whole grain-rich, the meal with the lowest reimbursement that included grains will be disallowed** (ie, snacks will be disallowed before breakfast, breakfast will be disallowed before lunch and dinner).



Some food items are already designated in KidKare as whole grain-rich (ie, oatmeal, brown rice, quinoa, etc.) Other items such as spaghetti, tortillas, and bread you will need to indicate as whole grain-rich by sliding the toggle bar to “yes” indicating the food item is whole grain-rich.

Tofu Now Allowed as Meat Alternate

As of October 1, 2018, you may now serve Tofu as a meat alternate. Tofu is a great source of protein for those looking for a meat alternative, and it’s also high in calcium, iron and contains no cholesterol. Furthermore, it’s inexpensive (generally \$2 a block, which yields 4-5 servings) which means it plays nice with a budget. Plus it’s so versatile! Cooking tofu is very similar to cooking chicken, and there are a number of different ways you can use it. Try tofu grilled, baked, stir fried, crumbled or raw.



Meals served through the CCFP are an opportunity for children to learn and eat healthy and balanced meals, therefore foods should be easily recognized by children as part of a food group that contributes to a healthy meal. Meals made with tofu that are not easily recognized as meat substitutes are not reimbursable. For example, tofu blended into a recipe, such as a soup or smoothie, would not be a recognizable meal substitute so would not qualify as a meat alternate.

Crispy Tofu Dippers

14oz package extra firm tofu, pressed and drained, cut into bite-sized pieces
2 tablespoons cornstarch
1/4 cup cornmeal
1/4 cup grated Parmesan cheese
Olive oil
Dipping sauce: Marinara, Ketchup, or Barbeque

Directions:

Step 1—Whisk together cornstarch, cornmeal, and Parmesan cheese
Step 2—Place tofu pieces in the mixture and toss to coat well
Step 3—Heat 1-2 tablespoons of olive oil in a skillet over medium-high heat. Toss coated tofu pieces in the hot pan. Cook on all sides until crispy and brown. Serve with desired sauce. Number of servings: 6

