

Program Reminders



Parent Sign In/Out Required for Claiming Weekend/Holiday Meals

Providers must be preapproved in order to claim children's meals on weekends and/or holidays by notifying our office ahead of time.

Please send a list of any holidays you plan to be open in 2019 no later than 1/15/19 to the CCFP office.



New Weekend/Holiday Policy (effective 1/1/19)

Starting January 1, 2019, providers must keep a Parent Sign In/Out Sheet for weekend and holiday care. If you do not already keep a sign in/out sheet, you may print one in KidKare by going to: **Reports>Worksheets>Sign In/Out Sheets>Print**.

Parents must sign their children in/out daily with times and signatures in order to claim meals served to children on weekends and/or holidays. **Parent Sign In/Out Sheets are due in our office no later than the 5th of the following month (same time as Child Enrollment Forms).**

December Claim Deadlines

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

On the Move!

On the days when it is too cold or rainy to play outside, kids can still be active with these inside activities.

Fitness Shuffle: Each child will put a bean bag or coin on the tops of their feet. Keeping their feet together, the children will "shuffle" their feet forward without letting the object fall off their feet. Create a finish line and have the children race or have a tag team event.



Follow the Leader: Encourage the "leader" to add some active movements such as running in place or hopping on one foot.

Freeze Dance Party: Turn on some tunes and have the children move to the beat. When the music stops have the children freeze in a pose and hold it until the music begins again.

Upcoming Holidays:

New Years—Jan 1

Martin Luther King Day—Jan 21



Child Care Food Program Newsletter

Volume 25, Number 1

January 2019



Meal Pattern Reminders



Choosing Yogurt and Breakfast Cereals Lower in Added Sugar on the CACFP

Yogurt

Yogurt contains protein, calcium and probiotics ("good" bacteria for a healthy gut). The main culprit that turns yogurt from a healthy food into an unhealthy one is **added sugar**.

Yogurt on the CACFP must **not contain more than 23 grams of sugar per 6 ounces** so be sure to read the Nutrition Facts label when purchasing yogurt. For more information on how to determine the sugar content of yogurt, see [Choosing Yogurts That Are Lower in Added Sugars](#) on our website.

Remember: the following types of yogurt are NOT reimbursable on the CACFP:

- Go-gurt (too high in sugar)
- Drinkable yogurt (too high in sugar)
- HOMEMADE yogurt (food safety concerns)



Ready-to-Eat Breakfast Cereals

Whole grain-rich ready-to-eat breakfast cereals are a great way to meet the one serving of whole grain-rich per day requirement as long as you choose ones that are lower in added sugar. Breakfast cereals on the CACFP must be **6 grams or less of sugar per dry ounce**. For more information on how to determine the sugar content of cereals, see [Choosing Breakfast Cereals That Are Lower in Added Sugars](#) on our website.



Cheerios, Chex, Kix, Total, Wheaties, Mini-Wheats and Grape Nuts **meet both the sugar requirement and are also whole grain-rich**. For a more complete list of whole grain-rich and low sugar cereals approved to serve on the CACFP, see page 4 of the [Identifying Whole Grain Rich](#) training sheet on our website.

Remember: Not all whole grain-rich breakfast cereals meet the 6 grams or less per dry ounce sugar requirement and vice versa so you will have to check the Nutrition facts label when purchasing cereal.



KidKare Corner

Choices for Children CACFP Deadlines

DON'T MISS
THE DEADLINE!

CACFP Claims

Choices for Children CACFP Claims are always due the **1st of the month** for the previous month's claim (regardless if it falls on a weekend or holiday). Claims are submitted electronically in KidKare by going to **Food Program>Send to Sponsor> checking box that you Agree to Terms & Conditions>and then clicking the Send to Sponsor button**. If you have not been told that you are required to enter Check in/out times for children, then you can bypass the step to Verify in/out Times.

Child Enrollment Forms

Enrollment forms are due in our office no later than the **5th of the month** for the previous month's claim. Enrollment forms must be signed by both the provider and parent and dated the first date of enrollment. To print a Child Enrollment Form in KidKare go to **MyKids>click on Pending child's name>click on highlighted 'Enrollment Form'** under their name to generate the form and then print.

CONGRATULATIONS!
Providers of the Month
KELLY MEDINA
ABELICIA GAETA

Minute Menu Magic



2019

All Day with

BREAKFAST

All Day with

	ABELICIA GAETA	Canadian Bacon		KELLY MEDINA
W. Wh. Persimmon Muffins	Total Corn Flakes	Pancakes	Cream of Wheat	Yogurt, Oats
Kiwi	Apples	Tangerines	Spiced Pumpkin	Strawberries
1% Milk	1% Milk	1% Milk	1% Milk	1% Milk

SNACK

Carrots & Parsnips	WG Rye Crackers	Quinoa	*Confetti Soup	Almonds, Wh. Wheat Crackers
Black Bean Dip	1% Milk	Turban Squash	1% Milk	Cauliflower & Strawberries

LUNCH/DINNER

*Spicy Tofu &	Ground Chicken	Roast Beef	Sliced Turkey Breast	Salmon/Snapper
Coconut Rice &	Spaghetti Noodles	Sautéed Beets & Beet Greens	Whole Wheat Tortillas	Wild Rice
Vegetables	Broccoli	Turnips	Avocado & Tomatoes	Sugar Snap Peas
Asian Pears	Papaya	Red Pears	Guavas	Watermelon
1% Milk	1% Milk	1% Milk	1% Milk	1% Milk

WEEKLY GROCERY LIST	Refrigerated 1% Milk	Produce Apples Parsnips Red Pears Scallions Broccoli Beets & Beet Greens Tangerines Asian Pears Persimmons Kiwi Papaya Tomatoes Sugar Snap Peas Watermelon Turban Squash Cauliflower Strawberries Snow Peas Baby Bok Choy	Confetti Soup 1 ¾ tsp. Canola Oil ¾ C Onions, diced ¾ C Celery, diced ¾ C Carrots, peeled, diced ½ tsp. each, Salt & Pepper ¼ tsp. whole Fennel Seed 1 ½ T Parsley, chopped	1 ½ C canned Black-eyed Peas, drained, rinsed 3 ½ C Water 6 oz. Extra-lean Turkey Ham, diced 1/4" 1/3 C Kale, coarsely chopped	 <p>In a large pot, heat oil over medium heat. Add onions and celery. Cook for 2-3 minutes or until tender. Add carrots, salt, pepper, and fennel seed. Cook 2-3 minutes more. Add peas and water. Cook, uncovered for 25 minutes over medium heat. Add turkey ham and kale. Cook covered for an additional 10 minutes until kale is tender. Add parsley right before serving. Serves , 3-5 years.</p> <p><i>Source: whatscooking.fns.usda.gov/recipes</i></p> <p>Spicy Tofu and vegetables with coconut rice</p> <p>1 13.5-oz. can unsweetened Coconut Milk, well shaken 1 C Water 1 ½ tsp. Salt, divided 1 C long-grain White Rice 2 tsp. Lime zest + 1T fresh juice (from 1 lime) 1 14-oz. pkg. extra-firm Tofu</p> <p>Dash Cayenne Pepper 3 T Vegetable Oil, divided 8 oz. Snow Peas, trimmed and halved 4 heads Baby Bok Choy, quartered lengthwise 3 Scallions, thinly sliced, white and green parts separated ½ tsp. Pepper ¼ C Tamari ¼ C roasted Cashews, chopped</p> <p>Combine milk, water, and ½ tsp. salt in med. saucepan; bring to a boil. Add rice and reduce heat to low. Cover & cook until rice is done; 20 to 22 min. Remove from heat, let stand for 10 min. Add lime zest and fluff with fork. Meanwhile, slice tofu 1" thick. Press between 2 layers of paper towels. Cut into cubes and season with pepper, cayenne, and ½ teaspoon salt. Heat 2 T oil in large skillet over med-high heat. Add tofu and cook, undisturbed, until golden on 1 side, about 2 min. Continue to cook, turning occasionally, until golden all over, 4 to 5 min. more. Transfer tofu to a plate. Heat remaining 1 T oil in skillet. Add snow peas, bok choy, and scallion whites; cook until tender, 2 to 3 min. Stir in tofu, lime juice, and remaining ½ teaspoon salt. Serve tofu and vegetables over rice and top with scallion greens and cashews. Serves 8, 3-5 years.</p> <p><i>Source: Real Simple Magazine</i></p>
	Yogurt				
	Extra-Firm Tofu				
	Meat				
	Salmon/Snapper				
	Turkey Ham				
	Canadian Ham				
	Roast Beef				
	Ground Chicken				
	Turkey Breast				
	Packaged/Canned				
	Wh. Wheat Tortillas				
	Oats				
	Coconut Milk				
	Black Beans				
	Rye Crackers				
	Whole Wheat Crackers				
	Wild Rice				
	White Rice				
	Almonds				
	Pumpkin				
	Fennel Seed				
	Cream of Wheat				
	Total Corn Flakes				
	Quinoa				
	Tamari				
	Cashews				
	Black-Eyed Peas				