

Program Reminders

2019—2020 Meal Benefit Form Renewals for Providers and Parents

If you are a Tier 1 provider by income or have children that qualify Tier 1 by their parents income, you will be mailed the appropriate Provider or Parent Meal Benefit Form with instructions on **July 1, 2019**. The deadline to return (original) Meal Benefit Forms with any necessary supporting documentation (ie, 2018 1040 and Schedule C) is **July 15, 2019**. If approved, Meal Benefit Forms will be effective July 1, 2019—July 31, 2020.

2019 Mandatory Annual Nutrition Training

The 2019 Mandatory Annual Nutrition Training is online at www.choicesforchildren.org. You can access the training by going to Programs>Child Care Food Program and clicking on the blue **2019 Annual Nutrition Training** button. The Online Annual Nutrition Training is **mandatory** to continue your participation with the CACFP and will be available online **May 1, 2019** through **August 31, 2019**.

This year's training consists of a training packet (which you can print) and a 30 question Annual Nutrition Training Final Quiz. You will receive a Certificate of Completion when you pass the quiz which will be your proof of having taken the Annual Training and can be emailed to us..

Interested in Direct Deposit?
Contact our office at 530-676-0707 x3003
or email adodd@choicesforchildren.org

* June Claim Deadlines *

July 1st: KidKare claim due by midnight
July 5th: Child Enrollment Forms
 (and Parent Sign In/Out sheets
 for Holiday/Weekend care) due in office

On the Move!

Sponge Run

Place a bucket full of water (or a kiddie pool) on one side of the yard and place several empty buckets on the other. Give a sponge to each player and have them stand by the full bucket of water (or kiddie pool). Players must dunk their sponge in the water trying to soak up as much water as possible. They then have to put the sponge on their head and hold it there while they run to their empty bucket, hoping to keep as much water as possible in the sponge. They then will wring out the sponge into their empty bucket and run back, continuing until someone reaches the full mark on their empty bucket.



Meal Pattern Reminders

Serving Smoothies in the Child and Adult Care Food Program

Smoothies are a popular menu item, can be a healthful food option, and are a great way to introduce new fruits and vegetables to children through nutrition education activities. Fruit and vegetable smoothies may be credited once per day toward a reimbursable meal or snack in the Child and Adult Care Food Program (CACFP).

As a best practice, the majority of fruits and vegetables that children consume should come from whole fruits and vegetables, including fresh, canned, frozen, and dried forms, rather than from juice, such as in a smoothie. Follow these Crediting Tips for Serving Smoothies in the CACFP!

Meat/Meat Alternate Component

- Dairy yogurt and soy yogurt are the only meat/meat alternates (M/MA) that are creditable in smoothies.
- Yogurt can only credit as a M/MA.
- Yogurt cannot contain more than 23 grams (g) of sugar per 6 ounce (oz) serving.

Milk Component

- Smoothies are the only example of a recipe made by CACFP Operators that can credit the fluid milk in the recipe. This is allowable in all meals and snacks.

Fruit and Vegetable Components

- Smoothies may only be used to meet the vegetable or fruit requirement at one meal or snack per day because once fresh, frozen, and canned fruit and vegetables are blended and served as a smoothie, **they credit as a juice**. Juice may only be used to meet the vegetable or fruit requirement at one meal or snack per day.
- Fruits and vegetables are credited based on the volume after they have been pureed. For example, 3 cups of whole raspberries credit as 2 cups after pureed. Smoothies containing a mix of fruits and vegetables or fruit and vegetable juice blends will contribute to the fruit or vegetable component present in the largest amount.
- Smoothies are not reimbursable when served to infants because juice is not creditable for infants in the CACFP.
- If the amount of fruit, vegetable, M/MA, or milk served in the smoothie does not fulfill the minimum serving sizes needed to meet the meal pattern requirements, additional components **must** be served with the smoothie to meet the meal pattern requirements.

For more information go to: [Serving Smoothies in the CACFP](#)



KidKare Corner

New Foods in Kidkare!

The following new food items have been added to the KidKare Food Chart as of June 1, 2019:

- ♦ **Coconut** (fresh or frozen only) is credited as a fruit
- ♦ **Hominy** (in its whole form) is credited as a vegetable
- ♦ **Hominy** (in its dried/milled form ie, grits) is credited as a whole grain-rich (WGR) grain
- ♦ **Corn Masa, Cornmeal and Corn Flour** are credited as whole grain-rich (WGR) grains
- ♦ **Popcorn** is credited as whole grain-rich (WGR) grain with 3/4 cup = 1/4 ounce equivalent (guidance on crediting ounce equivalents is forthcoming)



CONGRATULATIONS!
Providers of the Month
TIFFANY TAYLOR
DEBBIE CROWLEY

Minute Menu Magic



2019

<i>All Day with</i>		<i>All Day with</i>		BREAKFAST	
TIFFANY TAYLOR	DEBBIE CROWLEY				
English Muffin	Peanut Butter, Bagel	Berry Muffins	*Strawberry	Kix Cereal (WG)	
Kiwi	Oranges	Plums	Crunchies	Nectarines	
1% Milk	1% Milk	1% Milk	1% Milk	1% Milk	
SNACK					
Cottage Cheese	Goldfish Crackers	Avocado	*Sunshine Daydream Smoothie	HM Zucchini Bread	
Wheat Thins (WG)	Carrots	Corn Tortillas (WG)	Animal Crackers	1% Milk	
LUNCH/DINNER					
Scrambled Eggs	Ground Chicken	Deli Roast Beef	Pork Meatballs	Baked Fish	
Whole Wheat Bread	Quinoa (WG)	Flat Bread	Wh. Wheat Cous Cous	White Rice	
Fried Potatoes	Edamame	*Grilled Okra & Tomatoes	Crookneck Squash	*Baked Eggplant Sticks	
Watermelon	Bell Peppers	Asian Pears	Snap Peas	Fresh Figs	
1% Milk	1% Milk	1% Milk	1% Milk	1% Milk	



W E K L Y G R O C E R Y L I S T	Refrigerated 1% Milk Eggs Yogurt Cottage Cheese	Meat Roast Beef Ground Pork Ground Chicken Fish	Grilled Okra & Tomatoes 1.5 lb. fresh Okra 1/4 C Olive Oil 1/2 tsp. Salt 1 lb. Cherry Tomatoes 1/4 tsp. Pepper 1 clove Garlic, coarsely chopped Heat grill and prepare a grill basket. In a large bowl, combine all ingredients; toss to coat. Transfer to grill basket. Cover. Grill 2-3 minutes, turning occasionally. <i>Optional:</i> Serve with a dressing of your choice. Serves , 3-5 years. <i>Source: Better Homes & Gardens magazine</i>		
	Packaged/Canned Bagels Quinoa Corn Tortillas Wh.Wh. Cous Cous Wh. Wheat Bread English Muffins Peanut Butter White Rice Parmesan Cheese Kix Cereal Grape Nuts Cereal Animal Crackers Wheat Thins Goldfish Crackers Flat Bread Italian Seasoned Bread Crumbs	Frozen 100% Pineapple Juice Edamame	Produce Bell Peppers Okra Cherry Tomatoes Asian Pears Figs Potatoes Kiwi Oranges Plums Watermelon Nectarines Crookneck Squash Other Berries Strawberries	Sunshine Daydream Smoothie 6oz. plain Yogurt 12oz. Pineapple Juice 3/4 C chopped Mango 2 Bananas Combine all ingredients in a blender and puree until smooth. <i>NOTE:</i> Use peeled, frozen bananas for a frosty drink. Serves 6, 3-5 years. <i>Source: adapted from Bob's Red Mill</i>	
				Strawberry Crunchies 2 C whole Strawberries 2 C Yogurt 1 C Grape Nuts cereal Have kids dip whole strawberries into yogurt, then roll the dipped berries in whole grain cereal. Serves 4, 3-5 years. <i>Source: USDA</i>	
				Baked Eggplant Sticks 10 oz. Eggplant 1/2 C Italian Seasoned Breadcrumbs 2T grated Parmesan Cheese 2 large Egg Whites Preheat oven to 450° and line a large baking sheet with parchment paper. Cut off the eggplant ends and cut in half lengthwise. Cut 1/4" slices and then into 1/4" sticks. Mix breadcrumbs and chees in a bowl. In another bowl, whip egg whites. Dip eggplant sticks into egg whites and then roll in bread-crum mixture. Lay on baking sheet and bake for 10 minutes; turn over and bake for another 5 minutes. Makes 32 sticks. Serves 10, 3-5 years. <i>Source: CA CFP.org</i>	

