



Program Reminders



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.

WIC Information



WIC (Women, Infants and Children) serves low income pregnant and breastfeeding women and parents raising infants under the age of 5. WIC, like the CACFP is a federally funded program aimed at improving nutrition in infants and children. To see if you or your childcare parents may qualify, go to the California WIC website.

Interested in Direct Deposit?

Contact our office at 530-676-0707 x3003 or email adodd@choicesforchildren.org

*** July Claim Deadlines ***

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



On the Move!



Backyard Water Obstacle Course!

A water obstacle course is a nice way to **stay cool, get outside and spend time together**. Lay out the obstacle course in a giant circle. This way you can keep going through it repeatedly. Add as many stations as you would like and your yard will allow. Use a stopwatch to time each other. How fast can you complete the obstacle course? Create your own course and have a blast!



Continuing Development, Inc. (Choices for Children) is an equal opportunity provider.



Meal Pattern Reminders



Feeding Infants in the CACFP

Developmental Readiness

All infants develop at their own rate, therefore the foods fed to an infant at different times during his or her first year are based upon the infant's development. This is related to how well the infant can control his or her muscles and digest certain foods. Although age and size are often related to developmental readiness, these should not be used as the only factors in deciding what and how to feed infants. An infant's feeding skills are a good clue of what food textures the infant may be ready to eat.



The CACFP Infant Meal Pattern provides flexibility. This allows you, as the child care provider, the ability to feed infants based on their developmental readiness, ensuring that infants get what they need to grow and be healthy.

Understanding Serving Sizes on the CACFP Infant Meal Pattern

The Infant Meal Pattern lists minimum serving sizes of breastmilk, infant formula, and solid foods as a range of numbers, rather than one specific number. For example, for vegetables and fruit, the serving size for infants 6 through 11 months is 0-2 tablespoons. The baby does not have to eat the entire amount served for the meal to be reimbursed. Minimum serving sizes are listed as ranges for infants because not all infants are ready to eat solid foods at the same time. For example, an infant that has not yet started solid foods would receive a serving size of 0 tablespoons. An infant that has just started eating a certain vegetable may receive 1 tablespoon. Once an infant has been regularly eating a specific solid food, he or she would receive 2 tablespoons. In all of these instances, the meal would be reimbursable. As a child care provider, start offering a baby solid foods after the parents have told you that the child is developmentally ready and is eating solid foods at home. Once an infant is regularly eating solid foods, you must offer all required food components.

Parents may provide only one of the Meal Components

One food component provided by parents that meets the infant meal pattern requirements may be part of a reimbursable meal. If an infant is only drinking breastmilk or infant formula (that the parent provides), the meal is reimbursable. Likewise, the meal is reimbursable if a mother breastfeeds her baby at your child care site. If a parent brings a food component other than breastmilk or iron fortified formula (e.g., pureed meat), then the provider must offer iron-fortified infant formula and all other required food components in order to claim the meal.

Adapted from: USDA's Guide to [Feeding Infants in the CACFP](#) (Click on link for more detailed information.)



KidKare Corner



School Days Out in KidKare

When enrolling school age children in KidKare be sure to indicate the child's **School District and Grade Level**. By indicating School District, KidKare will automatically cross check with the appropriate School District Calendar for school breaks and holidays in order to allow any am snack and/or lunches claimed for the school age children in your care.

Please Note: YOU must indicate Minimum Days and Sick Days yourself by using the ☰ icon next to each school age child's name when recording meals.

You can also indicate school days out on each child's calendar in KidKare by going to Calendar>Child>Select child, then drag and drop for "No School" or "Sick".



CONGRATULATIONS!

Providers of the Month

TANIER TIRADO

OLGA MORALES

Minute Menu Magic



<i>All Day with</i>		BREAKFAST		
OLGA MORALES	Pistachios			
Banana Muffins	Pumpnickel Toast	Overnight Oatmeal (WG)	Total Cereal (WG)	Scrambled Eggs
Papaya	Grapefruit	Cherries	Pears	Asparagus
1% Milk	1% Milk	1% Milk	1% Milk	1% Milk
<i>Snack & Dinner with</i>		SNACK		
Grapes	TANIER TIRADO Bran Muffins, Carrots	<i>*Chilled Blueberry Soup</i>	Honeydew Melon slices	Jicama sticks
Potato Bread	1% Milk	Cornbread	wrapped in Ham	1% Milk
LUNCH/DINNER				
Mozzarella Cheese	Ground Beef	Pork Cutlets	Chicken Legs	<i>*Sardine, Cucumber, and Tomato Sandwich</i>
Corn Tortillas (WG)	Whole Wheat Pasta	Egg Noodles	<i>*Sandcastle Couscous</i>	<i>WW Bread</i>
Fresh Tomatoes	Zucchini Squash	Corn-on-the-Cob	Brussel Sprouts	<i>Cukes, Tomato, Onion</i>
Lentils	Cantaloupe	Raspberries	Pluots	Sweet Potato Fries
1% Milk	1% Milk	1% Milk	1% Milk	1% Milk

W E E K L Y G R O C E R Y L I S T	<p>Refrigerated 1% Milk Eggs Plain Low-Fat Yogurt Mozzarella Cheese</p> <p>Frozen 100% Apple Juice Peas & Carrots Combo</p>  <p>Packaged/Canned Potato Bread Bran Muffins Corn Tortillas Wh.Wh. Pasta Egg Noodles Wh. Wheat Bread Total Cereal Sardines Oatmeal Lentils Couscous Vegetable stock Pumpnickel Bread Cornbread mix Pistachios</p>	<p>Meat Ground Beef Pork Cutlets Chicken Legs Ham</p> <p>Produce Tomatoes Carrots Jicama Onion Pears Sweet Potatoes Pluots Honeydew Melon Zucchini Squash Blueberries Grapefruit Lemon Corn Raspberries Cantaloupe Brussels Sprouts Bananas Grapes Cucumbers Papaya Cherries Asparagus Mint Leaves</p> 	<p>Chilled Blueberry Soup 2 C fresh Blueberries 1 1/2 C plain low-fat Yogurt 1 C 100% Apple Juice 1 tsp. cinnamon Fresh mint leaves for garnish</p>  <p>Rinse berries; set aside a few for garnishing. Blend all ingredients in food processor/blender. Serve immediately. Garnish with mint leaves and blueberries, if desired. Serves , 3-5 years. <i>Source: www.whatscooking.fns.usda.gov</i></p> <p>Sand Castle Couscous 1 box (5-6 OZ) Couscous 2 T butter or margarine 1 (14 OZ.) can Vegetable Stock 1/2 C frozen Peas & Carrots combo 1 small bowl or glass cup (this is the mold for your castle)</p>  <p>Cook veggies according to directions. Prepare couscous according to directions, substituting stock for the water. Fluff couscous with a fork, add butter and veggies and mix gently. <i>To make the sand castle:</i> Spoon couscous mixture into the bowl/cup and pack down using the back of the spoon. Place a plate over the top of the bowl/cup and turn the plate over. Gently remove the bowl/cup. Voila, a sand castle! Serves , 3-5 years. <i>Source: "So Easy Toddler Food", Ahlers & Tallman</i></p> <p>Sardine, Cucumber and Tomato Sandwich 8 slices whole-wheat Bread, toasted 1 Cucumber, thinly sliced 1/4 C Lemon Juice 2 cans 4-oz. Sardines, drained 1 large Tomato, thinly sliced 1 red or white Onion, peeled and thinly sliced</p>  <p>Arrange cucumber slices on 4 pieces of bread. Distribute sardines evenly over cucumbers, gently mash with a fork; spread to cover cucumbers. Squeeze juice over sardines. Add tomato slices and then onions. Cover each with another piece of bread; cut in 1/2. Serves , 3-5 years. <i>Source: www.whatscooking.fns.usda.gov</i></p>
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