

Program Reminders



CACFP Deadlines

KidKare Claims

KidKare 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.

Notify the Office if you will be Closed/Away during Meal Times

USDA regulations require that providers contact their sponsor (Choices for Children) in advance if they will be away during a scheduled meal time. Notifying the office avoids the chance that your CACFP Monitor arrives for an unannounced visit and finds no one home. This would apply whether you are closed, away from home (ie, on a field trip) or simply have no children in attendance during a regularly scheduled meal time. With the first violation, there will be a warning given. If there is a second violation, the provider will be placed in Serious Deficiency which could result in no longer being able to participate on the CACFP.



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

*** February Claim Deadlines ***

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



On the Move!



Indoor Hoops!

For cold rainy days, an indoor basketball hoop can be a great way for kids to stay active if you have the space and don't mind your little ones playing with balls inside. It's a great way to keep them on the move!!



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

Meal Pattern Reminders



March is National Nutrition Month!

This year's theme is "Eat Right, Bite by Bite" with a key message of "Learning How to Read Food Labels". Reading Food and Nutrition Facts labels is not only important in helping you choose healthier food items but items that are creditable on the CACFP. We will be bringing out a handout to your next monitor visit to help you learn what to look for on food labels.

MILK

"Look at the percentage of FAT not the color of the CAP!" Be sure to check the label and do not rely on the color of the cap when choosing milk. Different manufacturers use different colors for their milk types.

Remember, whole milk is required for children 1 year up to age 2 and fat free (0%) or low fat (1%) for ages 2 and older.

WHOLE GRAINS

One whole grain rich food item must be offered at least once per day.

Choose breads, pastas and tortillas with "100% whole wheat" or "100% whole grains" on the label. Or check the ingredient list to see if the word WHOLE is the first ingredient (or second after water) for example, "whole wheat flour." If it says "whole", its whole grain!



YOGURT

Be sure to check the Nutrition Facts label to make sure it meets sugar requirement. First check the serving size then the grams of sugar. **If the serving size is 6 ounces then the grams of sugar cannot be above 23 grams. If the serving size is 8 ounces, then the grams of sugar cannot be above 31 grams.**



READY TO EAT BREAKFAST CEREAL

Ready to eat breakfast cereals can have **no more than 6 grams of sugar per dry ounce**. If a cereal has a whole grain as the first ingredient AND is fortified, it meets the whole grain-rich criteria. Stick to the following cereals listed on the food chart in KidKare which meet both the sugar and whole grain rich requirement: **Cheerios (original and multigrain), Kix, Total, Frosted Mini Wheats, Life, Quaker Oatmeal Squares, Grape Nuts**. There are other creditable cereals listed on the food chart that meet the sugar requirement but may not necessarily meet the whole grain requirement. Hot cereals such as oatmeal meet the whole grain requirement but only original or plain (not flavored packets) meet the sugar requirement.



KidKare Corner



It's Tax Time Again!

Remember, Choices for Children does not send out tax statements (1099) to providers who participate on the CACFP. However, **you can access your Tax Report in KidKare by going to Reports>Claim Statements>Tax Report>Select Year 2019.**



Check out the following IRS link to learn about taxes as related to your Child Care business including how to report CACFP reimbursements:

[IRS Link for Child Care Providers](#)



CONGRATULATIONS!
Providers of the Month
KUNTAL SHERGILL
ROBIN & FRED LA FLEUR

Minute Menu Magic



<i>All Day with</i>		BREAKFAST		<i>All Day with</i>	
	Robin & Fred LaFleur	Walnuts	KUNTAL SHERGILL		
Ricotta Cheese	Whole Wheat Bread	Waffles	Cottage Cheese, Pancakes	Quinoa (WG)	
Diced Apples	Persimmons	Pears	Mandarin Oranges	Blueberries	
1% Milk	1% Milk	1% Milk	1% Milk	1% Milk	
SNACK					
Oyster Crackers	Wheat Thins (WG)	Whole Grain Chips	Raisin Bread	Baby Kale Caesar Salad	
Minestrone Soup	Tangerines	Tomato Soup	Corn and Apples	1% Milk	
LUNCH/DINNER					
<i>*Spinach & Egg Bake</i>	Ham	<i>*Orange Glazed Drumettes</i>	Garbanzo Beans	Sardines	
(WG) Pumpernickel Bread	Sourdough Bread	Savory Oatmeal	WG Roti Bread	Flour Tortillas	
<i>Spinach</i>	Zucchini Squash	<i>*Parmesan Green Beans</i>	Cucumbers	Avocado	
Blackberries	Pineapple	Asian Pears	Applesauce	Cantaloupe	
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	Refrigerated 1% Milk Eggs Ricotta, Cottage & Feta Cheeses	Meat Chicken Drumettes Ham		Spinach and Egg Bake (frittata) 2 1/4 C frozen chopped Spinach 5 Eggs 1 T Feta Cheese, crumbled 1 small Onion, chopped	1/8 tsp. Black Pepper 1/8 tsp. Salt Nonstick Cooking Spray
	Frozen Chopped Spinach Green Beans	Packaged/Canned Cooking Spray Minestrone soup Oyster Crackers Sourdough, Whole Wheat, & WG Pumpernickel Bread		Preheat oven to 350 ° Thaw spinach according to package direction; drain excess water. Whisk eggs in a small mixing bowl. Add feta, onions, salt, and pepper. Mix well. Lightly coat 8" x 8" baking dish with cooking spray. Spread spinach evenly on the bottom of the dish; top spinach with egg mixture. Bake for 15 minutes. Broil on high for 2 minutes or until the eggs are set and the top is a light to golden brown. Remove immediately to prevent burning. Cut into 6 even pieces. Serves 5, 3-5 years. <i>Source: www.choosemyplate.gov</i>	
	Produce Blackberries Zucchini Pineapple Mandarins Tangerines Persimmons Avocado Blueberries Baby Kale Cucumbers Asian Pears Cantaloupe Pears Corn Apples Onion	Quinoa Sardines Flour Tortillas Oatmeal Orange Marmalade Walnuts Whole Grain Chips Raisin Bread Wheat Thins Tomato Soup Garbanzo Bean Parmesan Cheese Low-Sodium Chicken Broth	Parmesan Green Beans 1 T Olive Oil 1/4 tsp. Garlic Powder 1 small Onion, thinly sliced 1 bag (16 oz) frozen Green Beans	1 C low-sodium Chicken Broth 1/4 C grated Parmesan Cheese 1/4 tsp. ground Black Pepper	Combine oil and garlic powder in a large saucepan; mix. Over medium heat, add onions, cook for about 5 minutes until soft. Add beans and broth. Bring to a boil and simmer for 2 minutes, until the beans are heated through. Sprinkle with parmesan cheese and pepper, and serve. Serves 10, 3-5 years. <i>Source: healthyeating.nhlbi.nih.gov</i>
			Orange Glazed Skinless Chicken Wing Drumettes 10 Chicken Wing Drumettes (skin removed) 3 T Butter 1 tsp. Seasoning Salt 6 T Orange Marmalade		Heat butter in skillet. Sprinkle drumettes with salt and place in skillet. Sauté until evenly brown on both sides, about 20 minutes. Spread with orange marmalade, continuing to sauté while basting frequently for another 20 minutes. Remove from skillet. 'Keep-Warm' in oven set at 170°F until ready to serve. Serves 6, 3-5 years. <i>Source: USDA Mixing Bowl</i>