



## Program Reminders



### 2020 Mandatory Annual Nutrition Training

The 2020 Mandatory Annual Nutrition Training is online at [www.choicesforchildren.org](http://www.choicesforchildren.org) under Programs>Child Care Food Program or you can directly access the page the training is on by clicking [HERE](#). The Online Annual Nutrition Training is mandatory to continue your participation with the CACFP and will be available online through August 31, 2019. You will receive a Certificate of Completion when you pass the 30 question quiz at the end of the training. You must email your Certificate of Completion to us which will be your proof of having completed this year's Annual Training.

### 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. Please provide this information to your child care parents by directing them to the [California WIC website](#) to see if they may qualify.

### Choices for Children would like to welcome all providers who have joined us from the 4C's of Santa Clara County CACFP!

We are here to support you in whatever way we can!

#### CONTACT INFORMATION:

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### Interested in Direct Deposit?

Contact our office at 530-676-0707 x3003 or email [adodd@choicesforchildren.org](mailto: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

### Wet Sponge, Hot Potato

On a hot day, have children sit in a circle, passing a wet sponge from person to person while the music plays. When the music stops, the child left with the sponge can either squeeze it over their head, or if another is willing, over someone else's head. Soak it again, turn on the music, and resume. Repeat until the kids are drenched and cooled off. Then, take a *drinking* water break!

Source: [www.cacfp.org](http://www.cacfp.org)

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

## Nutrition & Health News

### Social Distancing with Physical Activities for Children

**Free Dancing** (Home Zumba) Zumba is a combo between Latin dance and aerobics, which makes it a great way to be active, improve coordination, and build confidence. Use Zumba or other dance videos to create a dance to teach the children. Or let the children lead a group in a dance of their making.

**Tai Chi** is a Chinese martial art as well as a form of exercise. The moves are simple, done slowly, and flow into each other so you are in constant motion. Tai Chi helps train the body to move more efficiently, improve leg strength, balance, and body alignment. Take a class, invite over an instructor, practice yourself with videos, and share with the children.

**Yoga/Pilates** Both are a great way to create well-being awareness in a positive environment without the pressure that many competitive sports offer. They encourage children to pay attention to their bodies, focus, and learn to find the most comfortable way to pose. Yoga and Pilates fosters a child's more flexible state.



**Ultimate Frisbee** This sport is a team sport, but unlike many other team sports, it doesn't have the same competitive pressure. It is inexpensive, uses minimal equipment and can be played almost anywhere. It also facilitates good sportsmanship and fair play.

**Target Practice** Use corks, ping pong balls, or balls made from a crumpled piece of paper and throw at a target of your choice - an actual target the kids create, a box or basket, or chosen target (where the grass ends).

**Hula Hooping** is a fun activity that a child can master while learning coordination and movement skills from a young age. It's also a quick way to get a child's heart rate up!

**(Yard) Bowling** You need not go to a bowling alley to teach children how they can create their own fun game. Instead, a basketball or kickball and some safety cones in your back yard or at the playground could create hours of play.

**Obstacle Courses** Make an obstacle course out of materials you have handy. You can change the make-up of a course in a matter of minutes by incorporating any combination of crawling, running, skipping, throwing, jumping and climbing (and counting). Mix in some slow activities like bubble blowing, squeezing out a wet sponge to fill up a cup, trying to balance an object, and using tongs to transfer cotton balls. Anything fun where children can show off their skills. This activity can be set up as non-competitive too. EACH child does the course on their own and are timed. (The rest of the kids cheer them on!) They compete against themselves and can do so while observing social distancing Win-Win!



## KidKare Corner



### Having Problems with KidKare?

KidKare has a Help/Support site! If you're having problems, go to <https://help.kidkare.com/help/providers> where you can check **System Status** (if KidKare is having problems with the server), **Troubleshooting Tips**, and, if necessary, **Submit a Ticket**. The site has detailed information on: How to Enroll a Child, Print Reports, Use Your Provider Calendar, Record/Schedule Meals, etc. Additionally, there are recorded webinars on a wide range of KidKare subjects. We are here to help as well but it is always best to start with KidKare's Help/Support site if you are having problems.

Due to no monitor visits,  
POM will temporarily be put on hold

# Minute Menu Magic



2020

BREAKFAST				
Pecans				Egg Bites
Buckwheat Waffles (WG)	Cottage Cheese	HM Zucchini Muffins	Bran Flakes (WG)	Whole Wheat Toast (WG)
Banana Rounds	Diced Pears	Plumcots	Nectarines	Mixed Vegetables
1% Milk	1% Milk	1% Milk	1% Milk	1% Milk
SNACK				
Cous Cous	Biscuits	Edamame	*"Go Fish" Snack Peanut Butter	Pesto Zoodles
Blackberries	Egg Salad	1% Milk	Bread Stick & Fish Crackers	1% Milk
LUNCH/DINNER				
*Spicy Tofu	BBQ Tri Tip	Carnitas (Shredded Pork)	Cubed Cheeses and Chicken	Tuna Salad with HB Eggs
With Coconut Rice	Brown Rice (WG)	Corn Tortillas (WG)	Hard Pretzels	Toasted Slider Buns
And Vegetables	Sweet Potato Fries	Refried Beans	Cucumber & Radish Slices	Kale Chips
Blackberries	Spring Salad Mix	Tomato & Avocado	*Watermelon Pizza	Cantaloupe Slices
1% Milk	1% Milk	1% Milk	1% Milk	1% Milk

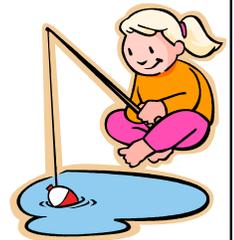
<b>WEEKLY GROCERIES LIST</b>	<b>Refrigerated</b>	<b>Meat</b>
	1% Milk	Beef Tri Tip
	Eggs	Chicken
	Cottage Cheese	Pork Tenderloin
	Extra-Firm Tofu	<b>Packaged/Canned</b>
	Cheddar Cheese	Tuna
	Jack Cheese	Fish Crackers
	<b>Frozen</b>	Hard Bread Sticks
	Edamame	Hard Pretzels
	<b>Produce</b>	Roasted Cashews
	Blackberries	Pecans Cashews
	Blueberries	Cayenne Pepper
	Nectarines	Unsweetened Coconut Milk
	Cantaloupe	White & Brown Rice
	Watermelon	Whole Wheat Bread
Snow Peas	Corn Tortillas	
Scallions	Peanut Butter	
Cucumbers	Cous Cous	
Radishes	Slider Buns	
Kiwi Fruit	Bran Flakes Cereal	
Tomatoes	Refried Beans	
Baby Bok Choy	Buckwheat Flour	
Sweet Potatoes	Pesto Sauce	
Spring Salad Mix		
Zucchini		
Plumcots		
Avocado		
Bananas		
Kale		
Pears		
Lime		



### \*"Go Fish" Snack

- 1 T Peanut Butter
- 1 hard Breadstick
- 10-12 fish-shaped Crackers

Give child all ingredients on a dinner-sized plate. Let them dip the breadstick in the peanut butter and then use the peanut butter to "fish" for the fish-shaped crackers on their plate. Serves 1, 3-5 years old. *Source: Redleaf Press Calendar Keeper*



### Watermelon Pizza

- 1 seedless Watermelon
- 1 C Nectarines, sliced
- ½ C Blueberries
- 3 Kiwi Fruit, halved and sliced

Slice up watermelon into round, circle slices. Slice each round into "pizza" slices. Top the "pizza" slices with a few nectarines, sliced kiwi, and berries. Each slice serves 1, 3-5 years old.

### Spicy Tofu and Vegetables with Coconut Rice

- 1 13.5-oz. can unsweetened Coconut Milk
- 3 T Vegetable Oil, divided
- 1 ½ tsp. Salt, divided
- 8 oz. Snow Peas, halved
- 1 C White Rice
- 4 heads Baby Bok Choy, quartered lengthwise
- 1 Lime for 2 tsp. Lime zest & 1 T Juice
- 3 Scallions, thinly sliced, white and green parts separated
- 1 14-oz. pkg. Extra -firm Tofu
- ½ C Tamari or Soy Sauce
- ½ tsp. Black Pepper
- ¼ C roasted Cashews, chopped
- 1/8 tsp. Cayenne Pepper

Combine well-shaken coconut milk and ½ tsp. salt in medium saucepan; bring to a boil. Add rice and reduce heat to low. Cover and cook until rice is tender and liquid is absorbed, 20 to 22 minutes. Remove from heat and let stand for 10 minutes. Add lime zest and fluff with fork. Meanwhile, slice tofu 1" thick. Press between layers of paper towels. Cut into cubes and season with peppers and ½ teaspoon salt. Heat 2 T oil in a large nonstick skillet over medium-high. Add tofu and cook until golden on 1 side, about 2 minutes. Continue to cook, turning occasionally, until golden all over, 4 to 5 minutes more. Transfer tofu to a plate. Heat remaining 1 tablespoon oil in skillet. Add snow peas, bok choy, and scallion whites; cook until tender, 2 to 3 minutes. Stir in tofu, lime juice, and remaining ½ teaspoon salt. Serve tofu and vegetables over rice and top with scallion greens and cashews. Serves 12, 3-5 Years