

# Child Care Food Program Newsletter

October 2020 • Volume 26, Issue 10



[www.catalystcomm.org](http://www.catalystcomm.org)



## Nutrition & Health News

### CACFP Meal Pattern reminders to get your maximum reimbursement!

- Serve whole milk to 1-year olds and 0-1% milk served to children 2 and older.
- Non-Dairy Milk Substitutes must be nutritionally equivalent to cow's milk (ie, some soy milks) and require signed Parent Request form.
- Non-Dairy Milk Substitutes not nutritionally equivalent to milk (ie, almond milk, coconut, rice milk, etc.) require a signed Medical Statement.
- At least one serving of whole grain or whole grain rich must be offered per day (use the KidKare toggle bar to indicate if a grain served is whole grain).
- Grain based deserts are not reimbursable but Graham Crackers and Animals Crackers are ok (no more than 2 times per week).
- Ready-to-eat breakfast cereals must contain no more than 6 grams of sugar per day ounce.
- Yogurt must contain no more than 23 grams of sugar per 6 ounces or 31 grams per 8 ounces.
- 100% fruit juice is limited to once a day for children 1 and older.
- At least one vegetable must be served at lunch and dinner. Two vegetables at lunch and dinner may be served. A vegetable and a fruit can serve as two components for snack.
- Meat/meat alternates may be substituted for the entire grain component at breakfast (maximum of three times per week).
- Convenience Foods such as chicken nuggets, corn dogs and fish sticks must have a Child Nutrition (CN) label or be on the approved list.
- Convenience foods and processed foods (ie, hot dogs, lunchmeat, etc.) limited to no more than 2 times per week.
- Infants in your care must be offered the food program and you must have a brand of iron fortified formula on site that you offer to parents.

**Always have your CACFP Meal Pattern posted and keep Nutrition Facts Labels on hand** when serving: milk, nondairy milk substitutes, infant formula, whole grains, ready-to-eat cereal, yogurt, convenience foods (ie, chicken nuggets, fish sticks, corn dogs) in the event you have a monitor visit.

For more information please see the [Meal Pattern Training Sheets](#) on our website at [www.catalystcomm.org](http://www.catalystcomm.org) under Programs>Child Care Food Program.

## Choices for Children CACFP is now Catalyst Community CACFP!

**Catalyst Community CACFP**  
3161 Cameron Park Dr. Suite 101  
Cameron Park, CA 95682  
530-676-0707

**\* September Claim Deadlines \***  
**October 1:** KidKare claim due

**October 5:** Child Enrollment Forms due in office

## KidKare Corner

### Indicating "No School" for Distance Learners in Your Care

If you have school age children in your care who are doing "distance learning" because their school is closed and you wish to claim their meals, you must indicate "No School" in KidKare.

Indicate "No School" on the Child's Calendar, by following these steps:

1. From the menu to the left, **2.** Click Calendar. **3.** Click Child. **4.** Select a child.
- 5.** Drag the No School event from the Draggable Options to the right and drop it on the calendar. **6.** Click the event. The Event Details open. **7.** Use the From and To boxes and set a date range for the closure. **8.** Clear the meals that would have been served while school is in-session. **9.** Click OK!

## Program Updates & Reminders

### Virtual Monitor Visits to Begin October 2020

In response to the COVID-19 pandemic, the USDA has issued Nationwide Waivers of Monitoring Requirements for CACFP Sponsors with one of them waiving conducting onsite monitor visits.

As of October 1, 2020, we will be conducting **offsite (virtual) monitor visits** to fulfill our contract requirements. Your first monitor visit will be announced. We will contact you ahead of time to discuss how we will be conducting your virtual visit with you (ie, Facetime, Google Duo, Skype, Zoom, etc.). The visit will be during a mealtime and should take no more than 15 minutes to complete. As always, please let us know ahead of time what days/meals you plan to be closed for.

### Child Enrollment Renewals October 2020

This year, we will be renewing child enrollment forms using the **EFORMS feature in KidKare**. Please take a moment to view this 4 minute [Eforms Training Video](#). Eform renewals can be completed electronically by the parent directly over email or with you when they are onsite. There is still an option for you to print and have them sign the paper form. All Child Enrollment Renewals must be completed by **October 31, 2020**.

## Virtual Monitor Visits to begin October 2020!



### On the Move Pumpkin Bowling

Find two small pumpkins without stems to be the "bowling balls".

Make "bowling pins" out of empty plastic bottles with some dry rice in the bottom to keep them from falling over easily. Let the students decorate the bottles using a fall theme (leaves, apples, etc.) or fall colors. Now it is time to bowl!

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

## Recipe of the Month

### Chickpea Chili with Corn and Butternut Squash

- 1 T Olive oil
- 1 small green pepper, chopped
- 1 small yellow onion, chopped
- 1 small jalapeño, seeded and minced (optional)
- 1 C frozen corn
- 1 can (15 oz.) garbanzo beans (chickpeas), rinsed and drained
- 2 cans (14.5 oz. each) no-salt-added diced tomatoes
- 1 C raw butternut squash, cut into ½-inch cubes
- 1-2 T Chili powder
- 2 tsp. Cumin powder
- Salt, to taste
- 1/3 C shredded cheddar cheese, for garnish

In large soup pot, heat olive oil. Sauté green pepper, onion, jalapeño, and corn for 5 minutes. Add beans, tomatoes, squash, chili powder, cumin, and salt. Bring to a boil, then reduce to a simmer for 20 minutes, partially covered, stirring occasionally. Serve individual bowls, and garnish with cheese.

Source: AICR Fall 2020 Newsletter

