

Child Care Food Program Newsletter

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www.catalystcomm.org

Nutrition & Health News

Reducing Added Sugar on the CACFP

Kids need the vitamins, minerals, and other nutrients in foods such as fruits, vegetables, whole grains, low-fat dairy, and lean protein foods. Too often however, kids are filling up on foods high in added sugars and low in nutrients. The CACFP Meal Pattern limits the amount of added sugar by eliminating grain based desserts and limiting sugar in breakfast cereals and yogurt.

Grain Based Desserts are NOT Creditable on the CACFP

Grain-based desserts cannot credit in the CACFP Meal Patterns, even if they are whole grain rich. Examples of grain-based desserts include: brownies, cookies, cakes, cupcakes, coffee cakes, cinnamon streusel quick breads, pie crusts in sweet pies (e.g., apple, coconut, blueberry, and pecan), cinnamon rolls, doughnuts, cereal bars, granola bars, breakfast bars, sweet rolls, pastries, toaster pastries, sweet scones (e.g., blueberry, raisin, and orange cranberry), rice pudding, and sweet bread pudding.

Grain-based desserts **do not** include graham crackers, animal crackers, muffins, quick breads such as banana bread and zucchini bread. However, these items are **limited to serving no more than two times per week** because of their higher sugar content. For more information on what is considered a grain based dessert, see the USDA's handout, [Grain-Based Desserts in the CACFP](#).

Creditable Breakfast Cereals on the CACFP

Creditable Breakfast Cereals must have whole grain or enriched grain as the first ingredient OR be fortified AND have no more than 6 grams of sugar per dry ounce. See the list of Allowable Breakfast Cereals as well as the USDA's handout for [Choosing Breakfast Cereals Lower in Sugar](#).

Creditable Yogurt on the CACFP

Yogurt must not contain more than 23 grams of sugar per 6 ounce serving and 31 grams per 8 ounce serving. Most yogurts meet this requirement, but you can check by using the USDA's handout, [Choose Yogurts that are Lower in Sugar](#) to see if it's creditable.

General Mills has recently partnered with the National CACFP Association to provide education and support to CACFP providers and have launched a "CACFP Creditable Stamp" program. This will help providers identify CACFP eligible products such as cereal, yogurt and snacks. The resources they offer include a list of [creditable products](#), [sample meal patterns](#) and [recipes](#).

For more information go to **General Mills Hub for CACFP Eligible products, Resources & Recipes** at www.generalmillscacfp.com

KidKare Corner

Recording your Daily Meals by Midnight in KidKare

We recognize that occasionally there may be extenuating circumstances that prevent you from inputting your meals before the end of the day in KidKare. These can be due to weather related issues, natural disasters and/or computer crashes. Please plan to always have a back up method of claiming (ie, smartphone) if your primary method of claiming (laptop, computer, ipad) is not working or unavailable.

Remember, KidKare is accessible from any device/phone with internet and does not require an app since it is accessible on the website (www.kidkare.com). In the event that KidKare is experiencing technical issues, we will notify you by email and let you know when the problem has been resolved. You can also check the system status by going to <https://status.kidkare.com/>

Catalyst Community CACFP

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October Claim Deadlines

November 1st- KidKare claim due by midnight

November 5th- Enrollment Forms due in office

Don't Forget Daylight Savings Time on November 1st



Program Reminders

Offsite (Virtual) Review Visits Have Begun!

We will be conducting OFFSITE (virtual) review visits (as opposed to onsite visits) per the [Nationwide Monitoring Waiver](#) released by the USDA. We are required to conduct 3 site review visits with you per program year (October 2020-September 2021).

Your first OFFSITE review visit will be ANNOUNCED and will occur sometime between October 2020 and January 2021. We will be contacting you ahead of time to discuss the best way to conduct your review visit with you and when/how it will occur.

We understand this is a new way of doing things and we want to be sensitive with your time. Please respond to your monitor as soon as she contacts you to arrange the first of your 3 required review visits. The review visit should not take longer than 15 minutes to conduct. You may wish to have your Monitor's contact information handy or enter her cellphone number into your cellphone for future reference:

Carol Ledesma-530-683-7680 Luisa Linares- 669-454-6444
Gloria Pena- 669-454-6443 Denise Weldemere- 669-454-6442

We appreciate your availability and flexibility in working together with us to continue your participation on the Catalyst Community CACFP!



On the Move Fall Colors Hike

Fall colors are flourishing and it's a great time to get outside and enjoy the mild temperatures. Enlist everyone to take a hike around the block, neighborhood or in your own backyard. Have the children jump, hop, skip and walk backwards while gathering leaves of all colors. Use the leaves to create a collage of fall fun on paper or a bulletin board. Add new leaves to the collage each time you go outside for some exercise!

Recipe of the Month

Berry Breakfast Couscous

1 C Couscous
1/2 C Dried Cranberries
2 C Cranberry Juice or Apple Juice
9 ounces Strawberries, diced
9 ounces Mixed Berries
3/4 C mixed Walnuts, Almonds, Pumpkin Seeds and/or Sunflower Seeds

12 fresh Mint Leaves, for garnish
Maple Syrup, to garnish
6 T Plain Yogurt, for garnish

Place the couscous and the dried cranberries together in a large bowl. Place the fruit juice in a small saucepan over medium-high heat. Bring to a boil and remove from heat. Pour the hot juice over the couscous and cranberries, cover and let stand for 10 minutes, or until the couscous is cooked and has absorbed the juice. Fold the strawberries, berries, nuts and seeds into the couscous cranberry mixture.

Divide into 6 portions and garnish with mint, maple syrup and yogurt to taste.

Source: [veggie.num.num](#).



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