

# Child Care Food Program Newsletter

December 2020 • Volume 27, Number 12



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## Nutrition & Health News

### 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 their first year are based upon the infant's development. This is related to how well the infant can control their 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 in introducing solids. This allows you, as the childcare 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, they would receive 2 tablespoons. In all of these instances, the meal would be reimbursable. As a childcare provider, start offering a baby solid food 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 iron fortified infant formula (that the parent provides), the meal is reimbursable as long as the provider has an iron fortified formula that they offer and have on hand. 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 to claim the meal.

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

## KidKare Corner

### Using Your Provider & Child Calendars in KidKare

You must notify us ahead of time of any upcoming closures by calling the office, emailing your Monitor or using your Provider Calendar in KidKare. To use your Provider Calendar, go to Calendar then highlight the Provider box. Drag and drop 'Closed for Business', 'Off Site Meal' or 'Open for Holiday' on the specific day(s) you are closed/open. **Remember, if you are Open for a Holiday/Weekend, you must notify us and mail in parent sign in/out sheets for those days.**

Use the Child Calendar to indicate if a school age child is not in school (distance learning). Highlight the Child box, then choose the child from the drop down box. Drag and drop "No School" on one day on the calendar. Click on the event to open, then enter the range of days school is out. When a meal box is highlighted in blue, it means the child was not in school and is ok to receive that meal.

**For more information:** [Manage Provider & Child Calendars in KidKare](#)

### Catalyst Community CACFP

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### \*November Claim Deadlines\*

**December 1st-** KidKare claim due by midnight

**December 5th-** Enrollment Forms due in office

**Holidays- December 24, 2020**

**December 25, 2020**

## Program Reminders

### Thank you for participating in our Virtual Review Visits!

We are still adjusting to this new normal and greatly appreciate your willingness work with us to keep the Catalyst Community CACFP in compliance with USDA regulations and operating successfully.

### Even though the review visits are currently being conducted offsite, the other monitoring requirements still stand.

Under program regulations at 226.16(d)(4)(iii), CACFP sponsoring organizations must review each facility three times each year and: at least two of the three reviews must be unannounced; at least one unannounced review must include observation of meal service; and not more than six months may elapse between reviews.

**Your cooperation is vitally important to remain in compliance with USDA regulations.** Please be sure to respond to our calls, emails, or texts as we attempt to schedule your virtual site visits. Working with us ahead of time in scheduling your review visit and deciding on the best method (ie, Facetime, Zoom, etc.) for you will allow us to honor your time. We will do our best keep the virtual visit short (about 15 minutes). As always, you **must** let us know ahead of time of any days/meals you will be closed.

### Please help us by adding your monitor's phone number to your phone so you will know when she calls:

- **Denise Weldemere** (Nevada/Placer/Sacramento Counties) **669-454-6442**
- **Gloria Pena** (San Mateo County)- **669-454-6443**
- **Luisa Linares** (Santa Clara County)-**669-454-6444**
- **Carol Ledesma** (Amador/El Dorado County)-**530-683-7680**

Thank you for helping us stay in compliance so you can successfully continue your participation on the **Catalyst Community CACFP!**

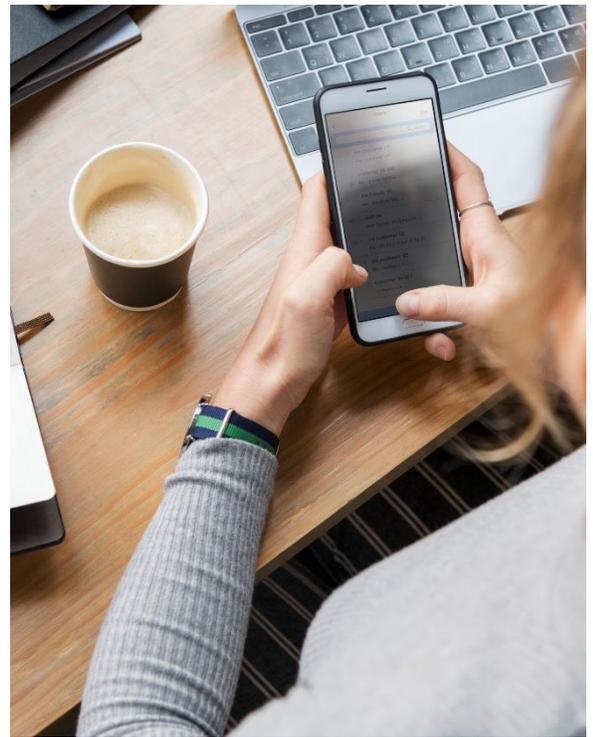
## Recipe of the Month

### Holiday Hummus Wreath

- 1 (17-ounce) container of purchased plain hummus (or use your favorite homemade)
- 1/2 cup reduced-fat, crumbled feta cheese
- 1/4 cup thinly sliced green onions (from about 2 onions)
- 3/4 cup chopped Italian flat-leaf parsley
- 1 teaspoon extra virgin olive oil
- 1/16 teaspoon kosher salt
- 5 cherry tomatoes, halved
- 1 - 1 1/2 tablespoons very finely crumbled, reduced-fat feta cheese
- Optional: 1 large red pepper, for bow
- 1 box of whole-grain brown rice or nut crackers

In a medium-sized bowl, combine hummus, 1/2 cup feta, and green onions. Place a small bowl in the center of a large, round platter. Use a rubber scraper to spread the hummus mixture in a circle all around the bowl/glass you placed at the center. Remove the bowl/glass from the center using a gentle, upward twisting motion. In another small bowl, toss parsley, oil, and salt until the oil and salt are evenly distributed. Spoon parsley mixture in a circle on top of the hummus layer.

Place halved cherry tomatoes, cut-side down, on the parsley layer. If making the optional bow out of red pepper, cut one broad, flat side off the pepper and press a metal, bow-shaped cookie cutter through the pepper; place the bow on your wreath. Sprinkle wreath lightly with a dusting of the finely crumbled feta, to look like snow. Serve with crackers. Serves 12, 3-5 years (for snack)



## On the Move Freeze Dance

Turn on and turn up some **holiday music** and ask the children to dance until the music stops. When it does, tell them to **freeze** in whatever position they find themselves in. To make the game even more fun, tell them to freeze in specific poses: animals, shapes, letters, etc. Turn the music back on and start all over again!



*Wishing You a Happy &  
Healthy Holiday Season!  
Your CACFP Staff!*