

Child Care Food Program Newsletter

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Nutrition & Health News

Identifying Whole Grains on the Child Care Food Program

The CACFP requires that at least ONE serving of grains each day contain a whole grain-rich (WGR) component. Foods that meet the whole grain-rich criteria are foods that contain at least 50% whole grains and the remaining grains in the food are enriched or are 100% whole grain. Remember, grain-based desserts (cookies, cakes, pastries, etc.) do not count toward the grain component on the CACFP, even if the grain-based dessert is whole grain rich.

Here are 3 main ways to help identify if a product is "whole grain rich"

1). The Food is Labeled "Whole Wheat" & Meets FDA's Standard of Identity

Certain bread and pasta products specifically labeled "Whole Wheat" on the package and which conform to an FDA Standard of Identity can be considered whole grain rich. An FDA Standard of Identity is a set of rules for what a product must contain to legally be labeled with that product name. ONLY breads and pastas with these EXACT product names conform to FDA Standard of Identity and can be considered whole grain-rich using this method:

- whole wheat bread • graham rolls • whole wheat macaroni • entire wheat bread • whole wheat buns • whole wheat spaghetti • graham bread
- entire wheat buns • whole wheat vermicelli • whole wheat rolls • graham buns • whole wheat macaroni • entire wheat rolls product

2). One of the following FDA statements is included on the labeling:

- "Diets rich in whole grain foods and other plant foods and low in total fat, saturated fat, and cholesterol may reduce the risk of heart disease and some cancers."
- "Diets rich in whole grain foods and other plant foods, and low in saturated fat and cholesterol, may help reduce the risk of heart disease."

3). The Rule of Three is applied

The first ingredient (second if after water) must be whole grain, and the next two grain ingredients (if any) must be whole grains, enriched grains, bran, or germ. Any grain derivatives may be disregarded. Any non-creditable grain ingredients that are labeled 2% or less are considered insignificant and may also be disregarded. For a step-by-step guide on identifying whole grain rich foods using the Rule of Three, see:

[Identifying Whole Grain Rich Foods for the CACFP Using the Ingredient List](#)

Catalyst Community CACFP

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January 2021 Claim Deadlines

February 1st- KidKare claim due by midnight

February 5th- Enrollment Forms due in Cameron Park Office

Upcoming Holidays:

President's Day- 2/15/2021

KidKare Corner

Taxes and the CACFP

As a reminder, Catalyst Community CACFP (Catalyst Family, Inc.) does not send out tax statements (1099s) to providers who participate on the CACFP.

Your 2020 Tax Report in KidKare can be accessed by going to Reports>Claim Statements>Tax Report>Select Year (2020).

If you have tax questions related to the CACFP, please visit [Tom Copeland's Taking Care of Business blog](#). Tom is considered the nation's leading expert on the business of family childcare and is very knowledgeable about the business side and advantages of participating on the CACFP.

Program Reminders

UNANNOUNCED Virtual Review Visits to start in February!

According to USDA regulations, 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 (7CFR 226.16(d)(4)(iii)).

Your cooperation is vitally important in to remain in compliance with USDA regulations. **Please be sure to respond to our calls, emails, or texts as we attempt to schedule your UNANNOUNCED virtual review visit.**

HERE'S HOW IT WILL WORK: We will contact you **the week before your unannounced visit** to let you know which meal or snack we will be reviewing in the upcoming week and the time we plan to contact you. Please be sure to have your cell phone with you at the meal or snack and agreed upon time **each day of the review week** so you do not miss our call. Also, please enter [your Monitor's name and number](#) in your cell phone contacts so you will know when they are calling!

IMPORTANT REMINDER:

As always, you must contact us ahead of time for any planned and unplanned closures during mealtimes (7 CFR 226.16(I)(2)(ix)).



On the Move Indoor Ice Skating

Create an indoor ice-skating rink by either taping butcher paper to the floor in or simply outline the rink on the floor using making tape. Give each child two paper plates to step on as their ice skates. Have the children dress up with mittens, caps and scarves to skate in the rink. It won't take long to see their cheeks get rosy!

Recipe of the Month

Salmon with Potatoes and Red Onion

- 2 tsp. extra-virgin olive oil
- 2 small red onions, quartered, leaving root ends intact
- Coarse salt and ground pepper
- 1 lb. small potatoes, halved
- 1 1/2 C low-sodium chicken broth
- 8 sprigs thyme
- 4 skinless salmon fillets (4 ounces each)

In a large skillet, heat oil over medium-high. Add onions and season with salt and pepper. Cook until onions are golden brown, 4 minutes, turning once. Add potatoes, broth, and 4 sprigs thyme and bring to a boil. Reduce to a simmer and cover. Cook until potatoes are just tender when pierced with a knife, about 20 minutes.

Season each fillet with salt and pepper and top with 1 sprig thyme. Place salmon on top of potatoes. Cover and cook until salmon is opaque throughout, 7 to 9 minutes.

Serve salmon with potatoes, onions, and cooking liquid.

CACFP Meat/Meat Alternate Servings-

- Ten 1.5-ounce servings for 3-5-year olds
- Eight 2.0-ounce servings for 6-12-year olds

