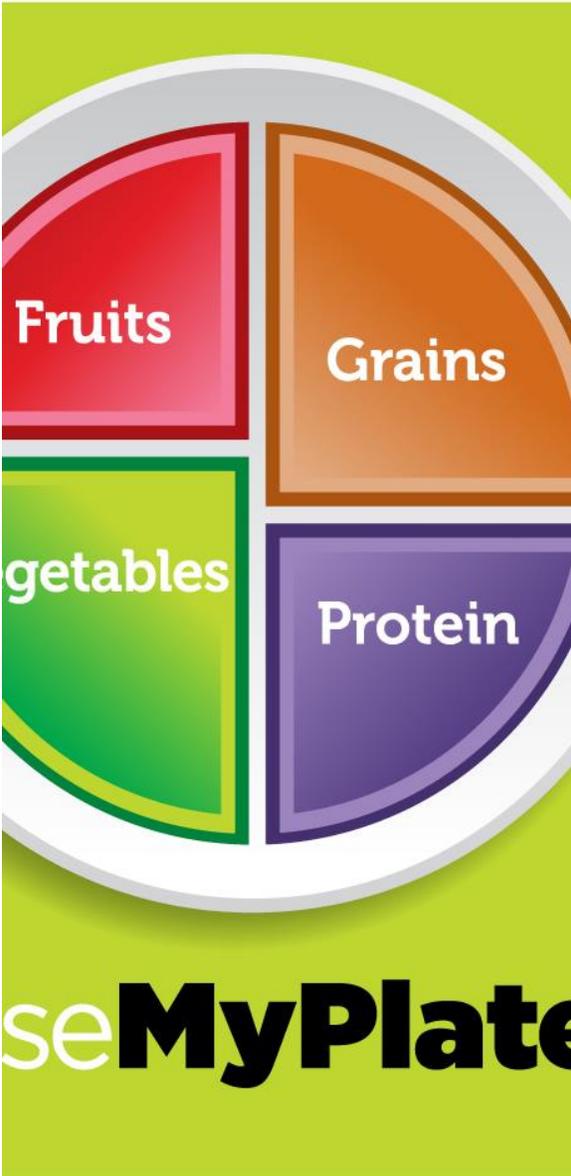


# Child Care Food Program Newsletter

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



## Nutrition & Health News

### MARCH is National Nutrition Month-Let's Celebrate MyPlate!

Did you know that the USDA created **MyPlate** from the Dietary Guidelines for Americans as an easy-to-follow guide to help figure out how to create nutritious and well-balanced meals? Did you know that you are also creating nutritious and well-balanced meals by following the CACFP Meal Pattern?

By following the CACFP Meal Pattern and the 5 key messages from MyPlate, you are providing optimal health and nutrition for the children in your care.

#### 5 Key Messages of MyPlate:

- **Make half your plate fruits and vegetables** and focus on whole fruits and vary your vegetables- fresh, frozen or canned.
- **Make half your grains whole grains**-look for whole grains listed as the first ingredient.
- **Vary your protein** to include seafood, poultry, lean meats and meatless protein sources such as nuts, beans and tofu.
- **Choose fat free or low-fat dairy:** milk, yogurt and cheese.
- **Choose foods and beverages with less added sugars, saturated fats and sodium-** read Nutrition Facts labels and drink plenty of water.

The theme of this year's National Nutrition Month is: "Personalize Your Plate." Check out the many resources and tool kits available at:

<https://www.eatright.org/food/resources/national-nutrition-month>

#### \*\*\*\*\*MyPlateCONTEST\*\*\*\*\*

In celebration of National Nutrition Month's theme of "Personalize Your Plate," send us a photo of your favorite "MyPlate" with all of the MyPlate components (including milk) for a chance to win an actual 10-inch MyPlate (like the one in the picture) as well as an assortment of fun nutrition books for kids. Get your kids involved with creating your "MyPlate!" We will have five MyPlate Nutrition Kits to give away to each of the five winners.

If you wish to participate in the contest, send your MyPlate photo to: [CFC\\_Child\\_Care\\_Food\\_Program@catalystcomm.org](mailto:CFC_Child_Care_Food_Program@catalystcomm.org) **by March 15, 2021.**

Five winners will be announced, and the winning photos will be featured in the April 2021 CACFP Newsletter!

## KidKare Corner

### Use 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' on the specific day(s) you are closed/away.

Use the **Child Calendar** to indicate if a school age child is not in school but with you doing distance learning. Go to Calendar, 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: see [Manage Provider & Child Calendars in KidKare](#)

### Catalyst Community CACFP

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**JAN 2021 KidKare Claim Pay Date is:**

**February 22, 2021**

### **\*February 2021 Claim Deadlines\***

**March 1st-** KidKare claim due

**March 5th-** Enrollment Forms due in

Cameron Park Office

## Program Reminders

### UNANNOUNCED Virtual Review Visits are Underway!

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)).

**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 WORKS:** Your Monitor will contact you **the week before your unannounced visit** to let you know which meal or snack she will be reviewing in the upcoming week. **Please be sure to have your cell phone with you at the meal or snack and at the agreed upon time EACH DAY of the review week so you do not miss the call.** Be sure to enter [your Monitor's name and number](#) in your cell phone contacts so you will know when they are calling for your unannounced visit!

#### **IMPORTANT REMINDER:**

**You must contact us ahead of time for any planned and unplanned closures during mealtimes to remain in compliance with USDA regulations (7 CFR 226.16(I)(2)(ix)).**



### On the Move MyPlate Race

Post a picture of **MyPlate** so children can see all 5 food groups represented. Print and cut out [MyPlateFoodCards](#). Give each child a food card making sure there are enough cards to create teams of 5 using all the food groups. When ready, instruct them to find other children with different foods to form a five-person "MyPlate group" with all the food groups represented. The first five person "MyPlate group" formed needs to run as a group to the designated finish line. Review everyone's food cards represented on the **MyPlate!**

## Recipe of the Month

### Pesto-Parmesan Chicken

*This recipe is just in time for St. Patrick's Day if you are looking for something green to serve. You can make your own homemade pesto sauce using fresh basil leaves or buy it already made to save time.*

#### **Ingredients**

4 boneless, skinless chicken breast halves, about 1lb.  
1 C of grated Parmesan  
4 oz. Romano or Asiago Cheese  
4 Tbsp. Pesto sauce

#### **Directions**

Preheat oven to 425° F. Mix 1 1/2 Tablespoons of grated cheese with pesto. Rub or pat pesto mixture onto chicken breast until you have a light, even coating. Sprinkle the remaining cheese onto a plate. Press both sides of the chicken into the cheese to form a coating. (You will probably need to refresh your plate of grated cheese several times. Be careful that you do not contaminate your container of cheese by handling it after you have handled the raw chicken.) Place chicken into a 10x6inch baking dish. Bake for 25 minutes to an internal temperature of 165°F. Serve with whole grain pasta. **Serves** 10, 3-5 years.

*Source: Secrets of Feeding a Healthy Family by Ellyn Satter.*

