

Child Care Food Program Newsletter

May 2021 • Volume 28, Number 5



www.catalystcomm.org



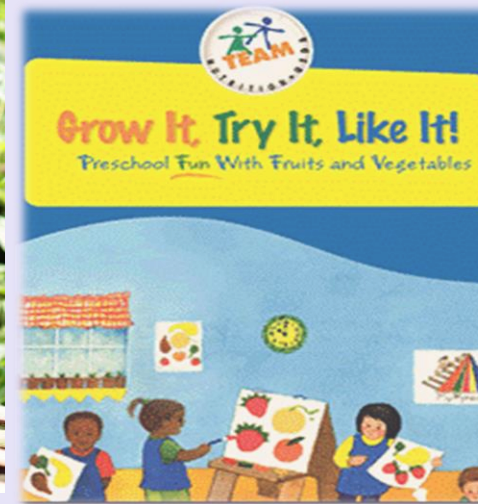
Nutrition & Health News Gardening with Children

There are many benefits to having children learn about gardening including, improved nutrition knowledge and social skills. They also learn about responsibility (from caring for plants) and about cause and effect (plants die without water). In addition, they will gain self-confidence (from achieving their goals and enjoying the food they have grown) and most likely increase their consumption of fruits and vegetables!

When children get hands-on experiences, it transforms abstract learning into something very real and meaningful. Creating this connection for children by enabling them to play a role in the success of the harvest can give them greater ownership of the garden and increase the likelihood that they will adopt the healthy behaviors associated with it. Learning these behaviors at a young age makes it easier for kids to maintain healthy habits into adulthood.

You don't need to be an expert gardener or have a green thumb. Even the most novice of gardeners create a special place for children to learn – whether you have a large plot of land or a sunny windowsill. The type of garden you choose will depend on your space, resources, time, and energy!

Learn about the many types of gardens and how to plan and maintain them using the [Dig In! Gardening Guide](#) from the USDA's Team Nutrition.



*****Enter to WIN!*****

We have 2 “**Grow it, Try It, Like It Preschool Fun w/ Fruit & Vegetable**” kits to give away! The kits include 6 booklets: 3 on fruits & 3 on vegetables, hands on activities, stories and songs, recipes, and cooking tips as well as a teacher's guide, DVD and CD. **Send a photo of your child care garden by May 15, 2021 to cthomas@catalystcomm.org For a chance to WIN!**

KidKare Corner KidKare Help/Support

KidKare has a Help/Support site! If you're having problems, go to help.kidkare.com/help/providers where you can check the current System Status, find Troubleshooting Tips, and, if necessary, Submit a Ticket.

The help site has detailed information on: How to Enroll a Child, Print Reports, Use Your Provider Calendar, Record/Schedule Meals, etc. Additionally, there are recorded webinars on a wide range of KidKare subjects. We are here to help with questions about KidKare, but if you are experiencing technical issues, its best to start with KidKare's Help/Support site and/or submit a ticket.

Catalyst Community CACFP
3161 Cameron Park Dr. Suite 101
Cameron Park, CA 95682
530-676-0707 x3
www.catalystcomm.org

**MARCH 2021 KidKare Claim Pay Date is:
April 26, 2021**

April 2021 Claim Deadlines

May 1st- KidKare claim due

May 5th- Child Enrollment Forms due
in Cameron Park Office

Program Reminders

Provider Compliance Checklist & Serious Deficiency Process

Thank you for helping us complete your “unannounced” virtual review visit by being available at the mealtime we specify and returning your signed Review Report to remain in compliance with to CACFP monitoring regulations.

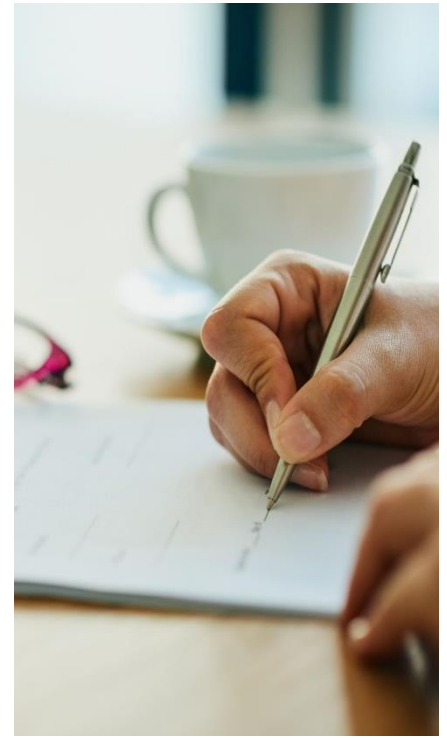
We are reviewing the **Provider Compliance Checklist** at your visit to remind you of important CACFP regulations. Adhering to the regulations keeps you in compliance and allows you to continue your participation with the CACFP.

Please be sure that you carefully review ALL CACFP regulations on the Provider Compliance Checklist before signing!

Serious Deficiency Process

If one or more of the CACFP regulations are not adhered to, it may result in receiving a **Warning Letter** and/or being placed into **Serious Deficiency**. If placed into Serious Deficiency, you will be required to submit a Corrective Action Plan. If the Corrective Action Plan is accepted, the Serious Deficiency will be ‘Temporarily Deferred.’ If the Corrective Action Plan is not accepted, it may lead to ‘Termination and Disqualification’ from the CACFP.

If a ‘Termination and Disqualification’ determination is made, you have the right to appeal however, if the appeal officer rules against you, you will be terminated from the CACFP and placed on the National Disqualified List (NDL) and unable to participate in the CACFP for a period of 7 years.



On the Move

Move to Create a Miniature Garden

In the backyard or at a park, have the children collect all sorts of natural ‘treasures’ such as little stones, twigs, moss, colorful flowers/petals, leaves and pinecones in a paper bag. Use a container (Tupperware tub, shallow cake tin, big glass bowl) and get them to create their own little garden with what they collected. A perfect combination of physical activity and creativity!

Recipe of the Month

Garden Minestrone

Cooking spray as needed
1/4 cup diced onions
1/2 cup diced carrots
1/2 cup shredded cabbage
1/4 cup sliced celery
1/4 cup sliced zucchini
2 tablespoons diced green peppers
2 cloves minced garlic
1 quart water
1 cup plus 2 tablespoons marinara sauce
1/4 teaspoon ground white pepper
3/4 teaspoon Italian herb seasoning (or a pinch of basil, rosemary, and oregano)
1/4 teaspoon salt
1 3/4 cups cooked white beans
1/2 cup macaroni (uncooked)

Spray a large pot with cooking spray. Sauté the onions, carrots, cabbage, celery, zucchini, green peppers and garlic until the vegetables are cooked and slightly limp. Add the water, marinara sauce, ground white pepper, Italian herb seasoning and salt. Bring the mixture to a boil. Add the white beans and macaroni. Reduce the heat to a simmer and cook until the macaroni is tender. Source: www.humanesociety.org

