

Child Care Food Program Newsletter

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Nutrition & Health News

Choosing Meats & Meat Alternates on the CACFP

Children need a variety of healthy meat and meat alternates on the CACFP each week to meet their protein, vitamin and mineral requirements.

Choosing Meats on the CACFP

Fish and seafood (fresh, frozen, or canned) such as salmon, tuna and cod can be prepared in different ways: baked, grilled, or in sandwiches or tacos. Poultry, like chicken or turkey, can be served grilled, roasted, or in pastas or burritos. Look for lean cuts of meat, including beef, pork, and lamb. Try round steaks and roasts such as top loin, top sirloin, and chuck. The leanest pork choices include pork loin, tenderloin, or center loin. Choose the leanest ground meats possible (including beef, pork, chicken, and turkey), preferably meats labeled "90% lean" or higher. The higher the % lean, the lower the amount of solid fats.

Choosing Meat Alternates on the CACFP

Use a variety of cooked, canned, or frozen dry beans and peas in soups, stews, and chili. Eggs can be served in a variety of different ways-hard-boiled egg slices, scrambled eggs, or deviled eggs. Offer nuts and seeds (including almonds, peanuts, sunflower seeds), and their butters. Remember that nuts and seeds as well as chunks or a spoonful of nut butter can be a choking hazard for younger children. Yogurt and cheese are other types of meat alternates. Yogurt should be commercially prepared and contain no more than 23 grams of sugar per 6 ounce serving. When selecting cheese, choose low-fat or reduced-fat versions. Cheese must not include the words "cheese product" or "imitation cheese" on the label. Commercial tofu is also creditable as long as it contains at least 5 grams of protein per 2.2 ounces.

Limiting Processed Meat Products on CACFP

Processed meat products such as chicken nuggets, fish sticks and corn dogs as well as lunch meats, hot dogs, pepperoni and sausages are higher in fat and often contain binders and extenders which can limit the amount of protein they contain. As a result, these items are limited to being served **NO MORE THAN TWO TIMES PER WEEK**. Please note that lunchmeats, hot dogs, sausage and pepperoni must also be supplemented with an additional protein source (ie, cheese) in order to be creditable on the CACFP.

Items such as chicken nuggets, fish sticks and corn dogs must have a Child Nutrition (CN) label which identifies the ounce equivalent for the meat portion of the CACFP meal pattern. Usually it is the larger (bulk) size products that contain the CN label on the packaging. Remember, you **MUST** keep the packaging on hand of you serve these items so we can verify that the product is creditable. **TIP: Try making homemade chicken nuggets instead of purchasing the commercial product (see recipe on the next page)!**

KidKare Corner

Indicating School Days Out for School Age Children

With the many different hybrid school schedules occurring because of the pandemic, we are no longer able to enter each school district's calendar into KidKare.

Therefore, it is your responsibility to indicate when a school age child was not in school by clicking on the three lines next to the child's name and then clicking "No School" when recording am snack or lunch in KidKare. Once school is out for the summer you can use the child's calendar to indicate an extended school break/vacation.

See [How to Use Child's Calendar](#) in KidKare for summer break.

Catalyst Community CACFP

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APRIL 2021 KidKare Claim Pay Date is:

May 24, 2021

MAY 2021 Claim Deadlines

June 1st- KidKare claim due

June 4th- Child Enrollment Forms due in

Cameron Park Office

Program Reminders

Nationwide Waiver of Area Eligibility for Family Day Care Home Providers: ALL CACFP Providers reimbursed at the Tier 1 rate!

The USDA Food & Nutrition Services (FNS), which funds the Child and Adult Care Food Program (CACFP), recognizes that state agencies and local program operators [Family Day Care Home Providers] continue to need additional support and flexibility to serve meals to children in need while managing the impacts of COVID-19. The Nationwide Waiver of Area Eligibility requirements provides improved access to nutritious meals and snacks for children by allowing state agencies to provide benefits to children who may be newly eligible due to the economic impacts of COVID-19.

Therefore, the USDA FNS waives the area eligibility requirements and waives the definitions of "Eligible area," "Low-income area," and "Tier I day care home," with regard to area eligibility determination, allowing ALL day care homes participating in the CACFP, regardless of their location, to receive the Tier I reimbursement rate for all meals and snacks.

This waiver is effective July 1, 2021 and remains in effect through June 30, 2022.

USDA Reference: <https://www.fns.usda.gov/cn/child-nutrition-response-93>



On the Move Balloon Badminton

Have the children color and decorate paper plates. Then make paddles by simply taping tongue depressor sticks to the back of the paper plates. Use the paper plates as 'paddles' to keep a blown-up balloon up in the air. This works best when played outdoors with plenty of room to move around. It can be played individually or as a game in teams!

Recipe of the Month Healthy Homemade Chicken Nuggets

- 1 ½ cups panko breadcrumbs
- Nonstick olive oil cooking spray
- 1 teaspoon salt
- 1 teaspoon black pepper
- 1 teaspoon onion powder
- 1 teaspoon paprika
- ½ teaspoon garlic powder
- 2 large eggs
- 2 tablespoons almond milk (or milk of choice)
- 1 lb. boneless skinless chicken breast cut into 1" cubes

Preheat oven to 400 degrees. Spread breadcrumbs out on a large baking sheet in an even layer. Spray breadcrumbs with nonstick olive oil cooking spray and bake for 2 minutes, then stir breadcrumbs (or just give the pan a shake) and bake for 2-3 minutes or until they are golden brown. Transfer breadcrumbs to a medium bowl. Whisk in salt and spices: Set aside. In a separate medium bowl, whisk together the eggs and almond milk. Line baking sheet with an oven safe wire metal rack. Spray with nonstick cooking spray. Dip each chicken cube into the egg mixture, then use a tong to grab each chicken nugget and toss into the breadcrumb mixture and coat with breadcrumbs. Use tongs to transfer to the wire rack, placing about 1 inch apart. Generously spray the tops of the chicken nuggets with nonstick spray. Bake in the oven for 15-20 minutes until cooked through and temp reaches 165 degrees F with a meat thermometer. Serves 8.

