

Child Care Food Program Newsletter

August 2021 • Volume 28, Number 8



www.catalystcomm.org

Nutrition & Health News

Celebrate National Farmers' Market Week: August 1-7, 2021

Summer is the perfect time to set out on a farmer's market field trip to support a healthy food system, celebrate healthy eating, and expand children's palates and skills. Not only will your kids get to support the work of farmers in your community, but they will also learn where food comes from and what grows in your area. Here are some of fun ways to make the most of your farmer's market field trip:

Turn shopping into a food-filled scavenger hunt. Before you head to the farmers' market, download [these printable activities](#) from *Farmers' Market Create-and-Play Activity Book* and take the scavenger hunt list along to turn your field trip into a learning adventure. Accompany children as they search for foods that grow underground (say, potatoes) or foods with seeds you can eat (peas in a pod). This activity will familiarize young shoppers with the wide range of foods grown or produced in your region.

Eat the Rainbow. Give kids a say in what you buy! Ask them to pick out some colorful fruits and veggies to bring home. (Use the [Eat a Rainbow activity sheet](#) for a list of foods to try.) Explain that foods of different colors provide different vitamins and nutrients their bodies need. At home, have them keep track of what they eat over the course of the week by posting the sheet on the fridge.

Get cooking! Help kids pick out a few recipes using their farmers' market finds. For fun, kid-friendly recipes check out [Kid Friendly Recipes Fresh from the Farmer's Market](#).

Cultivate young growers. Take inspiration from your farmers' market field trip and have kids help with planting a vegetable garden in the yard or in pots and containers. You can pick up starter plants at the market or plant carrots, lettuces, and radishes from seed.

For Farmers Market lesson plans, [download this educator's guide](#) and add a learning element to your children's farmers market adventures! Kids will learn important classroom and life skills, such as identifying the names of fruits and vegetables, practicing addition and subtraction, and making healthy food choices.

Source: www.storey.com

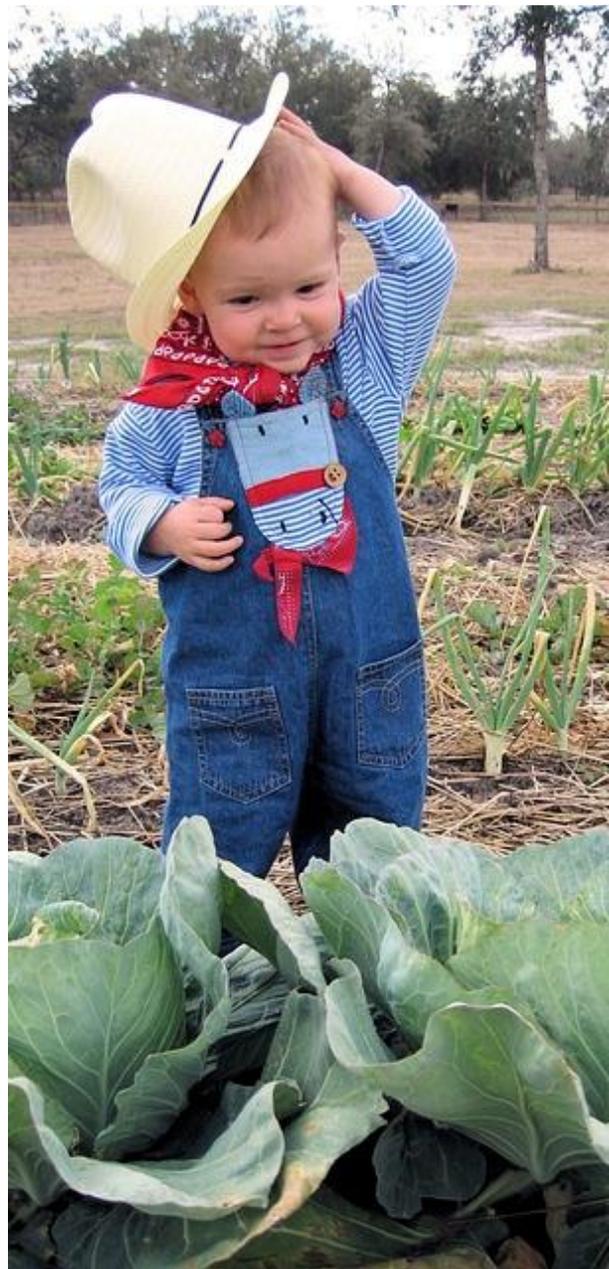
KidKare Corner

CACFP Mealtime Spacing Rule Set to Disallow on 10/1/2021

The CACFP Meal Spacing Rule states that there must be a minimum of 2 hours between the start of a main meal (B,L,D) and a snack or 3 hours between two main meals (if there is no snack between) for children ages 1 and older. Infants on the CACFP (0-11 months) are fed "on demand" and have no mealtime restrictions.

The Mealtime Spacing Rule was previously waived in KidKare to allow for non-congregate feeding during the pandemic however, **as of October 1, 2021 the Meal Spacing Rule will be reset to DISALLOW if violated.**

Please be sure to check your current mealtime spacing in KidKare for children 1 year and older to make sure that there are 2 hrs. between a main meal and snack and 3 hrs. between two main meals (if no snack in between) to avoid any future meal disallowances.



Catalyst Community CACFP

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JUNE 2021 KidKare Claim Pay Date is:
July 26, 2021

JULY 2021 Claim Deadlines

August 1st- KidKare claim due

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

Program Reminders

IMPORTANT: 2021 Mandatory Annual Training July 1-August 31, 2021

The **2021 Mandatory Annual Nutrition Training** has two parts and is available on our website at www.catalystcomm.org (*Programs>Child Care Food Program>Provider Trainings*) from **July 1, 2021- August 31, 2021**.

You must complete Parts 1 & 2 of the Mandatory Annual Training:

Part 1: Providers Using eForms will show you how to complete your Child Enrollment Renewals electronically using eForms in KidKare, which saves you time, money and paper! Child Enrollment Renewals using eForms will be from September 1, 2021 through October 31, 2021 (**except for previously 4C's providers who completed their Child Enrollment Renewals in June**).

Part 2: CACFP Compliance covers all the required annual training components for the Child Care Food Program.

Both parts are **mandatory** for continued participation on the CACFP. Each part will have a short quiz at the end. When you pass each quiz you will receive a Certificate of Achievement completing your 2021 Mandatory Annual Training.

The training(s) will only be available from July 1, 2021 through August 31, 2021 so be sure to complete both parts before the **August 31st deadline**.



On the Move Follow The Leader



This classic game allows kids to get creative and be in charge. Whether the leader is marching or running backwards with both hands in the air, everyone else must follow. Even if the leader is rubbing his/her stomach and patting his/her head...you can at least attempt to follow! This game, which everyone knows and loves, can be done inside or outside and kids of all ages can participate.

Recipe of the Month Protein Packed Breakfast Burritos

8 medium egg
1/4 cup milk
3/4 teaspoon salt
1 1/4 pound turkey, ground
1 tablespoon taco seasoning
1/2 cup, chopped onion
15 ounce black beans, canned
10 ounce tomatoes with green chilies, canned
3 cup spinach
15 medium tortilla, whole wheat
4 ounce cheddar cheese

Place a large skillet over medium heat and coat with nonstick cooking spray. In a medium bowl, whisk together eggs, milk, and salt. Add eggs to hot pan and scramble. Once cooked, remove from pan. Using the same pan, add ground turkey and taco seasoning. Use a wooden spoon to break up meat into small pieces. Add chopped onions and continue to cook and stir until meat is cooked. Drain and rinse black beans and add to the pan. Drain the tomatoes and add to pan; stir and heat through. Add in chopped spinach and cooked eggs. Stir to combine and remove the pan from the heat.

Warm tortillas in the microwave so they're easy to roll and sprinkle with shredded cheese. Place a small amount of filling along the center and roll into burritos. Serve warm!

Recipe from: www.superhealthykids.com



TIP: Wrap leftover burritos in foil and place in a large ziplock bag for future quick and easy breakfasts. Keeps in freezer for up to 3 months. Reheat in a 350 degree oven for 15 minutes.