

# Child Care Food Program Newsletter

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



## Nutrition & Health News July is National Berry Month

Kick off the month of July with a handful of your favorite berries! July celebrates **"National Berry Month"** and includes all berries including blackberries, strawberries, blueberries, and raspberries. Since they are in season, July is the perfect time to start incorporating berries into your daily routine!

### The many reasons to consume berries:

Berries pack a nutritional punch in each bite. They are highly nutritious, containing many vitamins and minerals. Did you know that one cup of strawberries provides a whopping 150% of the Recommended Dietary Intake of Vitamin C? Berries are also loaded with antioxidants. Antioxidants may help boost immune function, fight inflammation, and protect against cancer and heart disease. Another great thing about berries is they are a good source of fiber. Consuming fiber helps you to feel fuller longer and promotes digestive health.

### Tips on how to include more berries into your diet:

Luckily, this is an easy and delicious step! Feel free to simply add berries to the foods you already eat. For example, try adding some strawberries to a bowl of yogurt or oatmeal in the morning. At lunch, sprinkle some blackberries or blueberries on a salad with a grilled protein of your choice (chicken, shrimp, tofu). For a tasty dessert, try adding a berry of your choice to some Greek yogurt. Berries are also delicious by themselves. Have fun with it! Try mixing a variety of berries together to make a beautiful multicolored "Berry Salad."

### What to look for when shopping:

Berries are now in season so take advantage of local farmers' markets where you can buy fresh, locally grown produce. Look for firm, plump, and full-colored berries. Avoid buying any bruised or oozing berries. If you are buying berries in a container, make sure to check the berries at the bottom, too. Before preparing or eating, wash berries under clean, running water, then let dry. Consume right away, or store in the refrigerator. For maximum flavor and freshness, use within 1-3 days. Berry Bonapetit!

*Adapted from: [mannapa.org](http://mannapa.org)*

## KidKare Corner

### Don't Miss Out on Meals-Have a Backup Method

USDA regulations require providers to maintain meal records on a **DAILY BASIS** which includes: menus and types of foods served to enrolled children at each meal, number of meals by type served to enrolled children, number of enrolled children served at each meal and number of children in attendance. (7CFR 226.16(I)(2)(v), 226.10 (c&d), 226.11(c)(1),226.18)).

### It is YOUR responsibility to have a backup method of claiming

(ie, connecting through your smartphone) in the event your primary method of claiming (laptop, computer, ipad) is not working and/or your wifi/internet service is not available. KidKare is accessible from any device/phone with internet and does not require an app. The mobile version can be accessed on your smartphone by going to: <https://app.kidkare.com>

You can also regularly check KidKare's operational system status by going to <https://status.kidkare.com/> to stay updated on any technical issues!

## Catalyst Community CACFP

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



**MAY 2021 KidKare Claim Pay Date is:  
June 28, 2021**

### **\*JUNE 2021 Claim Deadlines\***

**July 1st-** KidKare claim due

**July 6th-** 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](http://www.catalystcomm.org) (*Programs>Child Care Food Program>Provider Trainings*) **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 31<sup>st</sup> deadline.**



### **On the Move Duck, Duck, Splash!**

Grab a pitcher or bucket of water and set it aside. Have three or more children sit in a circle. Pick a person to be "it". Hand them a cup with water in it – it is up to you how much you want to get wet. It can be a splash or a soak. The person that is "it" goes around the circle tapping the people sitting on the head and saying, "Duck". But instead of saying "Goose!", the person that is "it" pours the cup of water onto the seated persons head and runs for it!

### **Recipe of the Month Fourth of July Parfait**

#### **Ingredients**

2 single serve (6 ounce) cups of plain or vanilla yogurt  
4 strawberries - sliced  
1/2 cup blueberries  
1/3 cup raspberries  
whipped cream - if desired

#### **Instructions**

For this recipe, you can get creative in what you use to create your patriotic parfait! Any flavored dairy or soy yogurt (as long as it's primarily white or cream-colored) will do. You could use blueberries, blackberries, raspberries or strawberries. You could even use cherries (pitted of course!). The sky is the limit. As long as it's red, white and blue and loaded with fresh berries, you'll be able to celebrate your Fourth of July holiday with a tasty, nutritional bang (ala fireworks).

2 (6 ounce) servings

**CACFP:** meat alternate and fruit serving

Source: [mrbreakfast.com](http://mrbreakfast.com)

**HAPPY FOURTH OF JULY!**

