

# Child Care Food Program Newsletter

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www.catalystcomm.org

## Nutrition & Health News September is Whole Grains Month

Whole grains are an important source of vitamins and minerals. Whole grains are also a top source of fiber which reduces the risk of heart disease and type 2 diabetes. Fiber helps the digestive system which is a benefit for those who struggle with constipation or irregular stools, often common in young children.

**CACFP REQUIREMENT:** At least one of the grain components of a meal or snack must be “whole grain-rich” each day.

Here are some easy ways to include whole grain-rich items on your daily menu:

- **Whole wheat rolls, bread for sandwiches or toast**
- **Whole wheat tortillas for quesadillas or wraps**
- **Oatmeal or ready-to eat whole grain, fortified cereals**
- **Brown or wild rice**
- **Whole grain-rich crackers, pretzels or pita wedges**
- **Pancakes, waffles, muffins or biscuits made with at least 50% whole grain flour and remaining grains are enriched (see Recipe of the Month on the next page)**

How to Identify Whole grain-rich

The term “whole grain-rich” (versus whole grain) can be confusing and many product packaging labels can add to the confusion. Whole grain-rich means a food that contains at least 50 percent whole grains and the remaining grain ingredients are enriched, bran, or germ.

There are several methods for identifying if a product is whole grain-rich which are described in the [Identifying Whole Grain Rich Foods](#) handout. Choose foods that list one of the following whole grain ingredients **first** on the label’s ingredients: whole wheat, whole grain barley, whole grain corn, whole grain sorghum, whole grain triticale whole oats, whole rye, bulgur, buckwheat, quinoa.

You can also refer to the products listed in the [WIC Shopping list](#) which is the CACFP’s sister organization. For more information about WIC (Women, Infants & Children) go to the [California WIC website](#).

Source: [cacfp.org](#)

## IMPORTANT- KidKare Corner- IMPORTANT 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. **the Meal Spacing Rule will be reset to DISALLOW if violated as of October 1, 2021.**

**Please be sure to check your current mealtime spacing in KidKare for children 1 year and older (non-infants) to make sure that there are 2 hrs. between a main meal and snack and 3 hrs. between two main meals to avoid any meal disallowances.**



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**JULY 2021 KidKare Claim Pay Date is:**  
**August 30, 2021**

**\*AUGUST 2021 Claim Deadlines\***

**September 1st-** KidKare claim due  
**September 5th-** Child Enrollment Forms due in Cameron Park Office

## Program Reminders

### Good Nutrition Pays!

Family Child Care providers will be getting much needed higher reimbursement for meals and snacks served on the CACFP in California! Here's how:

1. ALL Family Child Care homes participating in the CACFP, regardless of their location, will receive the **Tier 1 reimbursement rate** for all meals and snacks: Effective 7/1/21-6/30/22.
2. The Federal Reimbursement Rates increased: Effective 7/1/21-6/30/22

	<u>Tier 1</u>	<u>Tier 2</u>
Breakfast-	\$1.40	\$0.51
Lunch/Dinner-	\$2.63	\$1.59
Snack-	\$0.78	\$0.21

3. The State Meal Reimbursement is to be reinstated (after 10 years)! CACFP providers will receive \$0.24 for 75% of total breakfasts and lunches served each month. More information to come!

If you know of Family Child Care providers who are NOT participating on the CACFP, tell them this is the best time to join! Please refer them to our website at: <https://www.catalystcomm.org/programs/#childcarefoodprogram>  
Thank you!



### On the Move Nature Scavenger Hunt

Create a nature scavenger hunt for kids to complete. Add a time element to help increase the level of physical activity. Searching for leaves, acorns, rocks, sticks, and other objects will help kids keep a fun goal in mind while getting great exercise!

## Recipe of the Month

### Whole Wheat Cinnamon Raisin Biscuits

- 1 cup whole-wheat flour
- 1 cup all-purpose flour
- 1 Tablespoon baking powder
- 1/2 teaspoon salt
- 2 teaspoons cinnamon
- 6 tablespoons vegetable shortening
- 3/4 cup milk
- 1/4 cup raisins, chopped

Wash hands with soap and water. Preheat oven to 425°F.

Combine dry ingredients. Cut in shortening until mixture resembles coarse cornmeal.

Add milk and raisins; stir until dough leaves side of bowl. Turn dough onto a lightly floured board. Knead about 20 times or until just smooth. Shape into a ball.

Pat or roll lightly until 1/2" to 3/4" thick. Cut out biscuits with a floured cutter. Place biscuits on ungreased baking sheet.

Bake at 425°F for 12 to 15 minutes.

Makes 15 small biscuits

Optional Icing: In a microwave-safe dish combine 1 teaspoon margarine and 1/2 tablespoon milk. Microwave on medium power until margarine melts. Add 1/4 teaspoon vanilla and 1/2 cup powdered sugar. Stir until smooth. Spread thinly on warm biscuits.

Source: [food.unl.edu](http://food.unl.edu)



*"This is a great recipe to make with kids. The dough is easy to handle and it only takes a few minutes to bake!"*

**TIP:** A tomato paste can with the "ends" cut out makes a perfect biscuit cutter — inexpensive and results in the perfect "sized" biscuits for little tummies.