

Child Care Food Program Newsletter

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Nutrition & Health News

October is Vegetarian Awareness Month

Vegetarian Awareness Month is a national celebration created to help us consider what it means to eat more plants and move away from meat being the center of our plates. Here are some ways to consider eating vegetarian or vegan:

- 1. Connect Your Health to Your Diet.** According to science-based research, adopting a plant-based diet can help boost your energy level and may reduce your chance of developing chronic illness.
- 2. Consider Your Options.** There are several ways to focus on increasing the number and amount of plant foods you eat every day as a vegetarian/vegan;

- **Semi-Vegetarian or Flexitarian:** Includes dairy foods, eggs, and small amounts of meat, poultry, fish, and seafood.
- **Pescatarian:** Includes dairy foods, eggs, fish, and seafood, but no meat or poultry.
- **Vegetarian (also known as Lacto-Ovo Vegetarian):** Includes dairy foods and eggs, but no meat, poultry, fish, or seafood.
- **Vegan:** Includes no animal foods.

3. Understand Protein. "But what about protein?" is a common concern among people who think about plant-based diets. Beans, lentils, nuts, seeds, tofu, and many vegetables supply protein. Visit this list of [protein plant foods](#) for tips on how to figure out your daily protein needs.

4. Go Shopping. Explore the produce section of your largest supermarket to discover innovations including purple carrots and kid-sized cukes. Look for ways your retailer makes it easier than ever to put plants on your plate, from cut up fruit bowls to spiralized veggies. Stop by your local farmer's market, too.

5. Look at Cookbooks. Search for vegetarian/vegan cookbooks online and in your local bookstores. You may be surprised to see the wide range of new titles that have been written to help people learn new techniques and discover the world of plant foods and how to use them to support traditional diets.

6. Put Plants on Your Plate. Get cooking! Make a simple stir fry, or toss some sautéed veggies with your favorite pasta. Or visit this [selection of easy recipes](#) to help you include fresh veggies in daily meals.

Adapted from: oldwayspt.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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AUGUST 2021 KidKare Claim Pay Date is: September 27, 2021

SEPTEMBER 2021 Claim Deadlines

October 1st- KidKare claim due

October 5th- Child Enrollment Forms

Program Reminders

Virtual Site Visit Review Reminders

According to USDA regulations, CACFP sponsoring organizations must review each facility three times each year and: at least two of the three reviews must be UNANNOUNCED; at least one unannounced review must include observation of meal service; and not more than six months may elapse between reviews (7CFR 226.16(d)(4)(iii)).

To remain in compliance with USDA regulations (7CFR 226.16(d)(4)(iii)) please be sure to respond to our calls, emails, or texts to schedule your virtual site review visit. We will contact you the week before your visit to let you know which meal or snack we will be reviewing in the upcoming week and the time we plan to contact you.

For your “unannounced” visit, please be sure to have your cell phone with you at the meal or snack and agreed upon time each day of the review week so you do not miss our call. As always, you MUST contact us ahead of time for any planned and unplanned closures during mealtimes (7 CFR 226.16(I)(2)(ix)).

During your site visit, we will be visually checking that the USDA Meal Pattern is posted, the proper type of milk is served, all the required meal components are present for the meal or snack and which children are in attendance. After your visit it is important to promptly sign and return your Review Report to your Monitor so she can complete your site review. To learn how to sign your Review Report quickly and easily see [How to E-sign your Review Report](#)



On the Move Make a Leaf Labyrinth



Rake leaves into lines, leaving little openings here and there for your kids to navigate through. It's easiest if you start in the center as you're raking and continue to work outwards. Kids will develop problem-solving and critical-thinking skills as they encounter road-blocks and dead-ends. Staying between the lines helps them develop spatial sense, and they'll learn to look and think ahead, as they navigate the maze from start to finish.

Recipe of the Month Savory Pumpkin Hummus

INGREDIENTS

- 1 can (400 grams -14 ounces) chickpeas *drained and rinsed*
- ⅓ cup (150 grams) pumpkin puree *not pie filling*
- 2 tablespoons tahini
- 2 cloves garlic
- 1 lemon juiced (2 tablespoons)
- 1 ½ tablespoon extra virgin olive oil
- ½ teaspoon cumin
- ½ teaspoon salt
- ¼ teaspoon ground cinnamon
- ¼ teaspoon paprika

INSTRUCTIONS

Place all the ingredients into a food processor and blend until smooth and creamy, scraping down the sides as needed.
Add more olive oil or water if it's too thick.
Taste and adjust seasonings.
Place the savory pumpkin hummus in a shallow bowl, drizzle with extra virgin olive oil, garnish with sesame seeds, chopped parsley and paprika.
Makes 2 cups of hummus
Serve immediately or cover and refrigerate for up to 4 days.
<https://aseasyasapplepie.com/>

