

Child Care Food Program Newsletter

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www.catalystcomm.org

Nutrition & Health News November is [American Diabetes Month](#)

Let's Talk about Carbs

Carbohydrates or "carbs" get a lot of attention these days and it's no secret that carbs can affect your blood sugar (blood glucose). You might be wondering if you should eat less of them, or even eat them at all.

Carbs come in many different forms, but the main three are starch, fiber, and sugar. When purchasing packaged food, the term "total carbohydrate" refers to all three of these types. When choosing carbs, the key is choosing complex carbs such as starch and fiber. Complex carbohydrates give you the most bang for your buck in terms of vitamins, minerals and fiber and are digested slower, therefore they are less likely to cause a rapid spike in your blood sugar like refined carbohydrates from processed foods.

Starch

Target whole, minimally processed carbohydrate foods. Focus on starchy vegetables like corn, winter squash and potatoes, beans and legumes, and whole grains such as oatmeal, brown rice and quinoa. Whole grains are just that: the whole plant that has been harvested and dried with little processing. They provide fiber and essential vitamins and minerals for optimal health.

Fiber

Fiber comes from plant-based foods, including whole fruits, vegetables and whole, intact grains. Fiber acts like your body's natural scrub brush—it passes through your digestive tract, carrying a lot of bad stuff out with it. It also keeps us feeling full and helps lower cholesterol. Those aren't the only benefits: eating foods higher in fiber can also improve your digestion, help you manage your blood sugar and reduce your risk of heart disease. Good sources of dietary fiber include: Beans and legumes, fruits and vegetables, especially those with edible skin, nuts and seeds and whole grains.

Sugar

Sugar is another source of carbs. There are two main types: **naturally occurring sugars** like those in milk or fruit and **added sugars**, which are added during processing, like in soda, sweets and baked goods. Added sugars, when consumed with solid fats have been linked to health concerns, including overweight and obesity, type 2 diabetes or prediabetes, inflammation and cardiovascular disease. Be sure to check the ingredient label for any added sugars such as: dextrose, fructose, lactose, table sugar, beet sugar, honey, corn syrup, turbinado and agave.

To learn more about diabetes and prediabetes visit: www.diabetes.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.



Catalyst Community CACFP

3161 Cameron Park Dr. Suite 101

Cameron Park, CA 95682

530-676-0707

www.catalystcomm.org



SEPTEMBER 2021 KidKare Claim Pay

Date is: October 25, 2021

OCTOBER 2021 Claim Deadlines

November 1st- KidKare claim due

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

Program Reminders

Key Components to a Successful Virtual Review Visit

Let's work together to make your Virtual CACFP Site Review Visit(s) successful!

- Check that your mealtimes in KidKare are accurate- let us know ahead of time if you change your mealtimes or the type of meals you claim.
- Please put [your Monitor's cell phone number](#) in your phone so you know when she is calling you.
- In the unexpected event that you are not able to be present-have a backup number on file that we can use to conduct the visit with your assistant. Be sure your assistant is thoroughly trained on how a CACFP visit is conducted.
- Please have children seated at the table so we can get an accurate attendance count.
- Please have ALL food components of the meal/snack available to see
- Be prepared to show food labels if asked, so we can verify if the food item is reimbursable (ie, breakfast cereal, yogurt, chicken nuggets, etc.)
- At meals, we will be checking milk label(s): whole milk for one year olds and 0-1% for two and older. If children have a "Parent Request for Non-Dairy Milk Substitute Form" on file, we will check the brand/label to see that the milk substitute is nutritionally equivalent to cow's milk.
- If serving infants (0-11months) please be prepared to show that the infant formula is iron fortified.
- Please have the USDA [Child and Infant Meal Pattern](#) posted near where food is prepared and serve the minimum serving sizes listed by age group.
- After the review, sign and return your **Review Report** to your Monitor (with any other required paperwork) so we can close out and complete your virtual review and stay in compliance with program regulations.



On the Move

Fall Color Hike

Make the most out of the gorgeous fall colors by taking the kids on a fall color hike! Give them a printout of the colors of the rainbow and have them find leaves and other items that match each color. Red, orange, green, yellow and brown will be easy. But can they find something purple? What about black and white? This is a great way to entertain and occupy kids while hiking through the woods, local park or even in your own backyard!



Recipe of the Month

Oven Roasted Sweet Potato Wedges

Ingredients

- 1 Large Sweet Potato
- 3 tablespoons Extra Virgin Olive Oil
- 1 teaspoon Dried Garlic
- 1 teaspoon Dried Rosemary
- 1 tablespoon Dried Oregano
- 1 teaspoon Salt
- 1/8 teaspoon Black Pepper

Instructions

Preheat the oven to 400°F. Wash the sweet potato thoroughly under running water, making sure to remove any dirt. Trim off the ends. Cut it in half crosswise. Place each half onto a chopping board (the wide side down) and cut it into quarters. Place the quarters (thick wedges) onto a chopping board skin side down, cut each in half again. Transfer the wedges into a large mixing bowl. Add the rest of the ingredients and toss the wedges well making sure every single one is covered with the seasoning. Arrange onto a baking tray lined with baking parchment and spread them around. Bake in a preheated oven at 400°F for 20 minutes or until they are cooked through. Serve w/ dip of your choice!

Cranberry Dip: Mix a half cup of cranberry sauce with a quarter cup each of Greek yogurt, Mayo and Dijon mustard.

