

# Child Care Food Program Newsletter

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## Nutrition & Health News

### National Handwashing Awareness Week- December 5<sup>th</sup>-11<sup>th</sup>

National Handwashing Awareness Week is celebrated during the first full week of December. The purpose of this observance was to educate people on the importance of good hand hygiene and the proper techniques to follow. As important as handwashing has always been, it's especially crucial now. Washing your hands regularly can help prevent the spread of respiratory viruses, including the novel coronavirus. But it's important to make sure you're washing correctly. A quick rinse isn't enough to kill germs.

#### Why is Handwashing Important?

Keeping your hands clean is one of the best things you can do for your health. Many diseases are spread by not washing the hands with soap and water. Consider that respiratory viruses alone are reduced by 16-21% with proper handwashing. This is why all home care workers are educated on proper handwashing techniques.

Here are some of the reasons why washing hands is essential for good health. People frequently touch their eyes, nose and mouth without realizing it, but this is an entry point for germs. Germs from unwashed hands can get into foods and drinks and multiply, making people sick. Unwashed hands allow germs to spread onto surfaces like toys, handrails and tabletops. Diarrheal and respiratory infections are commonly spread through unclean hands.

#### Tips for Effective Handwashing

Here are five steps to follow EVERY time you wash your hands:

- Wet your hands with clean running water.
- Lather the hands with soap and rub them together.
- Scrub your hands for 20 seconds.
- Rinse your hands with clean running water.
- Dry your hands with a clean towel.

The best times to wash your hands are before, during and after preparing food, after using the toilet, before and after caring for someone who is sick and after blowing your nose, sneezing or coughing. If soap and water are not available, use a hand sanitizer that contains at least 60% alcohol.

#### Handwashing Fun

Join Henry the Hand in "linking" Clean Hands Across America and our World this December for National Handwashing Awareness Week December 5-11, 2021!

<https://henrythehand.com/news-events/national-handwashing-awareness-week/>

Download [fun coloring books and posters](#) to help children join in celebrating National Handwashing Awareness Week!

## KidKare Corner

### Check Your Claim Summary & Errors Report in KidKare

Be sure to view your "Claim Summary & Errors Report" in KidKare each month to avoid repeated errors and losing reimbursement. After your claim is processed, you can view your Claim Summary & Errors Report by going to **Reports>Select category: Claim Statements>Select report: Claim Summary & Errors Report>Select Month: Run.**

Starting with your October 2021 reimbursement, you will see both your federal and state reimbursement listed on your Claim Summary & Errors Report. See [Program Reminders](#) on the next page for more details.

### Catalyst Community CACFP

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**OCTOBER 2021 KidKare Claim Pay Date is: November 30, 2021**

### **\*NOVEMBER 2021 Claim Deadlines\***

**December 1st-** KidKare claim due

**December 5th-** Child Enrollment Forms due in Cameron Park Office

## Program Reminders

### Good News! More CACFP Reimbursements Coming Your Way!

#### California State Meal Reimbursement reinstated

After nearly 10 years, the California State Meal Reimbursement has been reinstated! This means that besides receiving federal reimbursement for monthly meals served, providers will receive additional state meal reimbursement effective July 1, 2021. The state meal reimbursement is based on 75% of the total breakfasts and lunches served per month X \$0.1853. You can find information on both the CACFP federal and state reimbursement rates for DayCare Homes on CDE's [2021-22 CNP Reimbursement Rates Web page](#).

**Your state meal reimbursement for July, August, September and October 2021 will be included in your October 2021 CACFP reimbursement.**

**Please check "Payment Details" under Reports>Claim Statements>Payment Details>October>Run for the breakdown of your monthly state and federal reimbursements.**

#### Emergency Cost Reimbursement (ECR)

The USDA is providing additional funding through the Emergency Cost Reimbursement (ECR) for CACFP providers for emergency operating costs that were incurred during the public health emergency. ECR payments will be separate from your monthly meal reimbursement and be issued sometime in December 2021.

For more information on the ECR please go to:

<https://www.fns.usda.gov/cn/emergency-operating-costs-during-covid-19-implementation-guidance>.



### On the Move Reindeer Tag

Taggers are elves, and runners are reindeer! When runners are tagged, they must freeze in place and put their hands to their heads, thumb-first with fingers outstretched, to simulate reindeer horns. Reindeer who haven't yet been tagged can un-freeze tagged runners by singing the first phrase of "Rudolph the Red-Nosed Reindeer" and the frozen runner with a high-five!

### Recipe of the Month Healthy Strawberry Santas

#### Ingredients

12 strawberries  
1 banana  
¼ Cup ricotta cheese, cottage cheese, cream cheese, yogurt  
Black gel icing pen (for eyes)

#### Instructions

Take the top off a strawberry (ie the leaves).  
Slice a second slice from the top of the strawberry  
Slice a disc from a banana  
Spread one side of the banana with ricotta cheese or other type of spread listed above (relatively thickly, as this will become the beard).  
Place the strawberry slice on the serving plate. Add the slice of the banana on top, cottage cheese side down.  
Take the gel icing pen and add 2 dots on the edge of the banana slice to look like eyes.  
Place the remaining part of the strawberry on top as the hat.  
HAPPY & HEALTHY HOLIDAYS!



Catalyst Community is part of Catalyst Family Inc. and is an equal opportunity provider.