

Child Care Food Program Newsletter

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Nutrition & Health News January is National Oatmeal Month

Oatmeal is a whole grain that can be a delicious, warm way to add whole grains to your eating patterns during the cold winter season. Oats are full of important nutrients like vitamins B and E, calcium, magnesium, and zinc. This grain contains beta-glucan, a special kind of fiber, found to be especially effective in lowering cholesterol and insoluble dietary fiber, which has anticancer properties. Best of all, oats, like most other whole grains, can help us maintain a healthy weight.

There are several types of oatmeal such as rolled oats, quick cooking oats, instant oats, oat flour, and steel-cut oats. All these types have similar nutritional values, but many times instant oatmeal has other ingredients added such as sugar. The only way to know if there are 'extra' ingredients is to read the ingredient label of the product.

Ideas to boost nutrition and flavor include:

- Make oatmeal with calcium-rich milk instead of water.
- Toss in raisins or dried cranberries and chopped nuts like walnuts or pecans.
- Add fresh or frozen berries or other fruits like apples or bananas.
- Mix in ¼ cup unsweetened applesauce.
- Sprinkle with cinnamon for sweetness, it adds flavor without calories. With a dusting of cinnamon, a smaller amount sweetener, or perhaps none at all, may be needed.

Having a bowl of oatmeal for breakfast (or even as a snack) is a great way to include the required serving of one whole grain-rich item per day on the CACFP!

If eating a bowl of oatmeal isn't something you even want to consider, try using rolled oats in baked products like muffins or breads. Oatmeal can be used in place of breadcrumbs in meat loaf or patties.

Make it a goal in 2022 to eat more servings of whole grains for a healthier you!

Sources: [Whole Grains 101](#)

[5 Whole Grains to Keep Your Family Healthy](#)

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**NOVEMBER 2021 KidKare Claim Pay
Date is: December 28, 2021**

DECEMBER 2021 Claim Deadlines
January 1st- KidKare claim due
January 5th- Child Enrollment Forms
due in Cameron Park Office

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.**
Please note: Starting with your October 2021 reimbursement, you will see your state meal reimbursement listed in addition to your federal on your Claim Summary & Errors Report.

Program Reminders

IMPORTANT: CACFP Administrative Review Coming Soon!

Sponsors of the Child Care Food Program (CACFP) are required to go through a review process every two years according to federal and state regulations. The California Department of Social Services (CDSS) will be conducting the administrative review of the Catalyst Community CACFP.

As part of the review process, CDSS will also be conducting virtual site visits to a select number of Day Care Home providers to check on compliance areas. The review is expected to take place sometime between January and March 2022.

We do not know the details of HOW the virtual review visits will occur or if your Monitor will accompany the reviewer. We will share more information (as we are able) on how the virtual review visits will occur when and if made available.

How to Prepare for a Virtual Visit from CDSS

At your last visit, your Monitor reviewed the [Key Components to a Successful Virtual Review Visit](#) with you. Please carefully review the Key Components AGAIN as you may be one of the providers chosen for a virtual review visit! In addition, notify us of

- Mealtime changes
- Planned/unplanned days out
- Contact information changes (address, phone, email)
- Capacity changes

Thank you for partnering with us for a successful administrative review in 2022!



On the Move

Make a Hallway Laser Maze!

Do your kids love secret agents and superheroes? With some simple streamers, you can make an awesome laser maze to see who can get down the hall without tripping the laser alarms! Make easier mazes to start and add levels as your kids beat each successive round.

Recipe of the Month

Berry Good Overnight Oatmeal

Ingredients:

- ½ cup oatmeal (old-fashioned or quick-cooking)
- ½ cup low-fat milk
- ½ cup low-fat yogurt (any flavor)
- ½ cup fresh or frozen berries (or any fresh, frozen or canned fruit)

Directions:

1. Wash hands with soap and water.
2. Add each of these ingredients beginning with oatmeal to a cup or bowl.
3. Cover and refrigerate overnight and enjoy for breakfast!

Yield= One Serving grains/fruit (3-5 year old)

