

Child Care Food Program Newsletter

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Nutrition & Health News

February is American Heart Association Month

Take Care of your Heart by Lowering your Cholesterol

Cholesterol 101

What is Cholesterol? Cholesterol is a waxy substance which your body needs to build cells and make vitamins and other hormones. But too much cholesterol can pose a problem.

Cholesterol comes from two sources. Your liver makes all the cholesterol you need. The remainder of the cholesterol in your body comes from foods from animals. For example, meat, poultry and dairy products all contain dietary cholesterol.

Those same foods are high in saturated and trans fats. These fats cause your liver to make more cholesterol than it otherwise would. For some people, this added production means they go from a normal cholesterol level to one that's unhealthy. Some tropical oils – such as palm oil, palm kernel oil and coconut oil contain saturated fat that can increase bad cholesterol. These oils are often found in baked goods.

Why Cholesterol matters

Cholesterol circulates in the blood. As the amount of cholesterol in your blood increases, so does the risk to your health. High cholesterol contributes to a higher risk of cardiovascular diseases, such as heart disease and stroke. That's why it's important to have your cholesterol tested, so you can know your levels. The two types of cholesterol are: LDL cholesterol, which is bad, and HDL, which is good. Too much of the bad kind, or not enough of the good kind, increases the risk cholesterol will slowly build up in the inner walls of the arteries that feed the heart and brain.

Cholesterol can join with other substances to form a thick, hard deposit on the inside of the arteries. This can narrow the arteries and make them less flexible – a condition known as atherosclerosis. If a blood clot forms and blocks one of these narrowed arteries, a heart attack or stroke can result.

When it comes to cholesterol, remember: check, change and control:

Check your cholesterol levels. Know your numbers and assess your risk.

Change your diet and lifestyle to help improve your levels.

Control your cholesterol, with help from your doctor if needed

High cholesterol is one of the major **controllable risk factors** for coronary heart disease, heart attack and stroke. If you have other risk factors such as smoking, high blood pressure or diabetes, your risk increases even more.

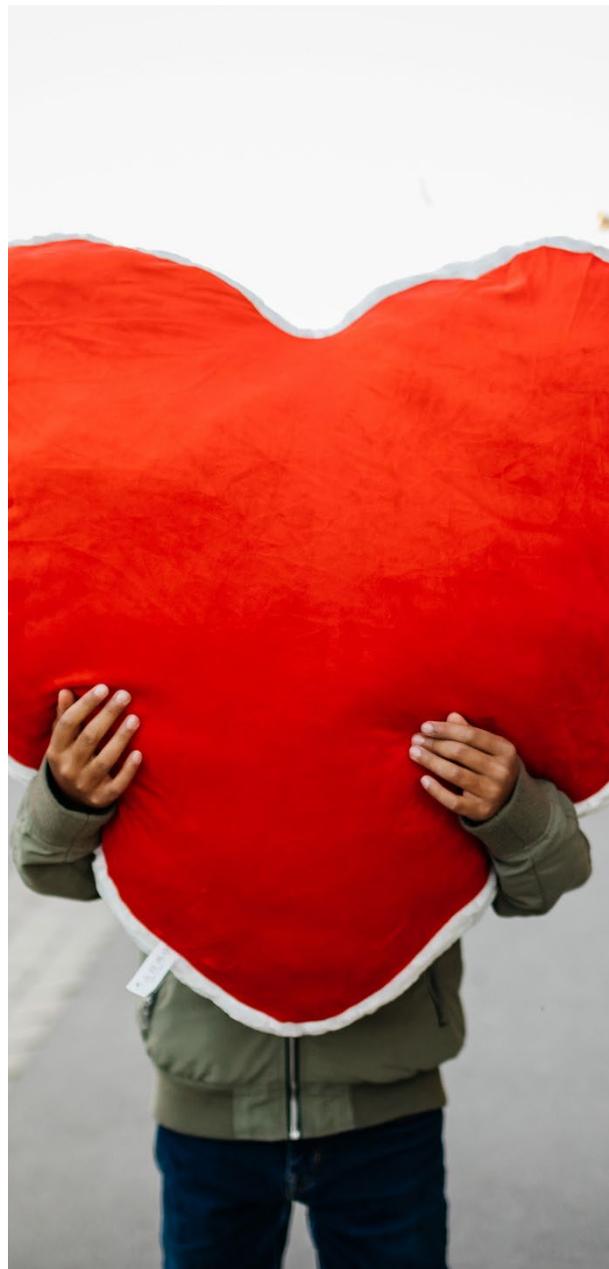
Be sure to [Check out this Video](#) by the American Heart Association on **How to Check, Change & Control your Cholesterol!**

KidKare Corner

Taxes and the CACFP

As a reminder, Catalyst Community CACFP (Catalyst Family, Inc.) does not send out tax statements (1099s) to providers who participate on the CACFP.

Your 2021 Tax Report in KidKare can be accessed by going to **Reports>Claim Statements>Tax Report>Select Year (2021)**. If you have tax questions related to the CACFP, please visit [Tom Copeland's Taking Care of Business](#) blog. Tom is considered the nation's leading expert on the business of family childcare and is very knowledgeable about the business side and advantages of participating on the CACFP.



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DECEMBER 2021 KidKare Claim Pay Date is: January 31, 2022

JANUARY 2022 Claim Deadlines

February 1st- KidKare claim due

February 4th- Child Enrollment Forms due in Cameron Park Office

Program Reminders

IMPORTANT: Catalyst Community CACFP Administrative Review

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 in 2022.

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.

If you are chosen, your virtual review will be conducted by your Monitor the way a normal unannounced virtual review visit is conducted, however someone from CDSS will also be on the call to observe the virtual review.

How to Prepare for a Virtual Visit from CDSS

Your Monitor should have reviewed the [Key Components to a Successful Virtual Review Visit](#) with you in preparation. Please carefully review the Key Components AGAIN as you may be one of the providers chosen. In addition you MUST 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!



On the Move

Hearty Ball Tag

Use a small heart-shaped bean bag, balled up sock, or stuffed animal for the ball. The person who is "It" throws the ball to tag another. Once a person is tagged, they are "It". Keep playing until everyone needs to "catch their breath".

Recipe of the Month

Strawberry Spinach Salad ❤️

Ingredients:

3/4 cup toasted pecans
1/2 small red onion, thinly sliced
10 ounces fresh baby spinach
1 quart strawberries *hulled and quartered (about 1 pound)*
3/4 cup crumbled feta cheese
Poppy seed Dressing:
1/4 cup balsamic vinegar
3 tablespoons extra-virgin olive oil
1 1/2 tablespoons poppy seeds
1 1/2 tablespoons honey
1/2 teaspoon Dijon mustard
1/2 teaspoon kosher salt
1/8 teaspoon black pepper

Instructions:

Prepare the dressing in a small mixing bowl -whisk together all of the dressing ingredients until well combined.
Assemble the salad: Place the spinach in a big serving bowl. Add the strawberries and red onion. Drizzle about half of the dressing over the salad and toss to coat the leaves. Add the feta and pecans. Toss lightly to combine. Add more dressing if desired. Serve immediately.

