

Child Care Food Program Newsletter

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Nutrition & Health News Feeding Infants in the CACFP

Offering Infant Meals

All infants enrolled in a CACFP Program must be offered meals that comply with the [CACFP Infant Meal Pattern Requirements](#). A Program may not avoid this obligation by stating that the infant is not "enrolled" in the CACFP, or by citing logistical or cost barriers to offering infant meals. Providers must have an iron fortified formula of their choice on site to offer infants if they care for them.

Infant Developmental Readiness

All infants develop at their own rate, therefore the foods fed to an infant at different times during their first year are based upon the infant's development. This is related to how well the infant can control their muscles and digest certain foods. Although age and size are often related to developmental readiness, these should not be used as the only factors in deciding what and how to feed infants. An infant's feeding skills are a good clue of what food textures the infant may be ready to eat. The CACFP Infant Meal Pattern provides flexibility in introducing solids. This allows you, as the childcare provider, the ability to feed infants based on their developmental readiness, ensuring that infants get what they need to grow and be healthy.

Understanding Infant Serving Sizes

The CACFP Infant Meal Pattern lists minimum serving sizes of breastmilk and/or infant formula. Solid foods are listed as a range of serving sizes. For example, for vegetables and fruit, the serving size for infants 6 through 11 months is 0-2 tablespoons. Minimum serving sizes are listed as ranges for infants because not all infants are ready to eat solid foods at the same time. For example, an infant that has not yet started solid foods would receive a serving size of 0 tablespoons. An infant that has just started eating a certain vegetable may receive 1 tablespoon. Once an infant has been regularly eating a specific solid food, they would receive 2 tablespoons. In all of these instances, the meal would be reimbursable. As a childcare provider, start offering a baby solid food after the parents have told you that the child is developmentally ready and is eating solid foods at home. Once an infant is regularly eating solid foods, you must offer all required food components.

Parents may provide only ONE of the Meal Components for Infants

If the parent does not accept the provider's choice of iron fortified formula, the parent can provide the iron fortified formula (or breastmilk) themselves. When the infant is ready for solids and the parent wants to supply a food component, then the provider must supply the iron-fortified infant formula and all other required food components to claim the meal. Parents may only provide one of the required meal components in an infant meal.

Adapted from: [USDA's Guide to Feeding Infants in the CACFP](#)

Catalyst Community CACFP

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FEBRUARY 2022 KidKare Claim Pay Date is: March 28, 2022

MARCH 2022 Claim Deadlines

April 1st- KidKare claim due

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

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.

Program Reminders

Using Ounce Equivalents for Grains in the CACFP

Grains are an important part of meals in the CACFP. To make sure children get enough grains at meals and snacks, the required amounts for the grains component are listed as ounce equivalents (oz. eq.). Ounce equivalents tell you the amount of grain in a portion of food. *For example, 12 wheat thins= 1 ounce equivalent (oz. eq.)*

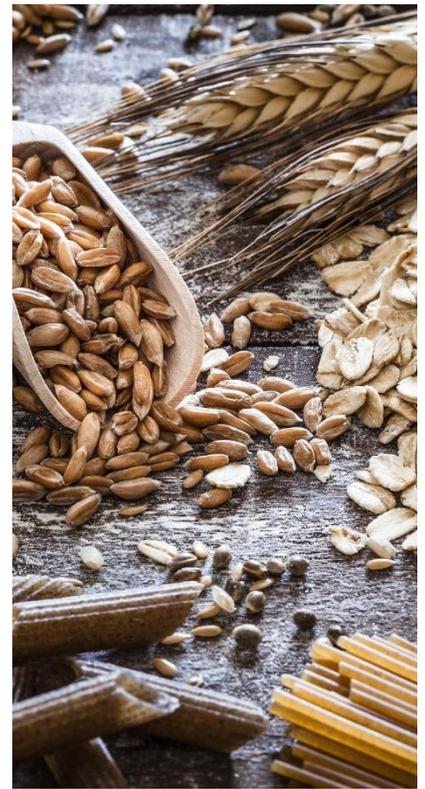
So How Much Is 1 Ounce Equivalent?

To learn how much of a grain item is needed to meet CACFP meal pattern requirements, use the [Using Ounce Equivalents for Grains in the CACFP](#) worksheet. The worksheet contains a Grains Measuring Chart to help you determine what an ounce equivalent looks like for common grain items.

Use the Grain Measuring Chart by following these 3 STEPS:

1. Find the grain you want to serve under the "Grain Item and Size" column.
2. Check if the chart lists a size or weight by the name of the grain.
If the chart lists a **weight** for the grain, such as at least 56 grams, then use the Nutrition Facts label for the item you want to serve to make sure it weighs the same, or more than, the grain on the chart.
If the chart lists a **size** for the grain, such as about 1 ¼" by 1½", then check if the item is the same size, or larger than this amount.
If the chart does not list a **weight or size** for the grain, then you do not need to check the size or weight of the product before using the chart.
3. Find the column for the age of your participants and the meal or snack you are serving. This column lists the amount of a grain you will need to serve to meet the serving size for grains.

Stay Tuned: There will be more information on using ounce equivalents in this year's Mandatory Annual Nutrition Training!



On the Move

Egg & Spoon Race

Each player gets a spoon and an egg (hardboiled or plastic). Each team must carry their egg on their spoon from the starting line to a turnaround point and back again. Then, the egg is passed off to a teammate who takes their turn. If the egg is dropped, the player must stop and retrieve it.

Recipe of the Month

Healthy Easter Bagel Nests

Ingredients: (makes 4 bagel nests)

2 bagels
4 Tbs cream cheese or hummus
1 large carrot
¼ cucumber

Method:

First split each of the bagels in half. Pop the bagel halves into the toaster and toast until golden brown. Spread your choice of hummus or cream cheese over the cut side of each bagel half. Using a julienne peeler, cut the carrot into thin straw-like strips. If you don't have a julienne peeler, you can also use a sharp knife to cut the carrot into really thin strips or you could even grate the carrot instead. Arrange the carrot strips on top of each bagel half to form nest shapes. Depending on the size of your carrot, you may need to cut some of the strips in half to make this easier. Cut egg shapes from the cucumber slices using a round or oval shaped mini bento cutter. Place three of the cucumber eggs in the center of the basket. Enjoy!

