

Child Care Food Program Newsletter

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Nutrition & Health News

May is Physical Fitness & Sports Month

The Physical Activity Guidelines for Americans recommends that children ages 6-17 should be getting at least 60 minutes of physical activity each day. This hour should include aerobic, muscle strengthening, and bone strengthening activities. Here are some tips and tricks to get your children away from a screen and moving.

Make Movement Fun

It is hard to compete with an interactive video game, so it is very important to market physical activities in such a way that kids look forward to participating in them. These are a few ways to make movement fun, exciting, and a part of their daily routine.

Checklist: create a checklist for your kids that includes 20 minutes of physical activity before any sort of electronics. Kids will love the feeling of accomplishment of checking it off their list, but also may just come back for more when they see the fun they have with physical activities.

Activity jar: many times it is challenging to think of an activity. "Walk around the yard" does not sound very enticing. With the help of the kids, write down a long list of fun activities including tag, basketball, relay race, soccer, yoga, etc. and put them into a jar. When it comes time to get moving have them draw out an activity

Fit dice: find a pair of dice and write down an exercise that corresponds with each number. Roll the dice and complete the exercise with the other dice providing the amount of repetitions that must be completed.

Think Variety

It is important that kids are not only moving but that they are gaining endurance, building muscle, and strengthening their bones. Here is a list of activities that your child could do to hit each category. The most important thing is that activities are age appropriate and monitored by an adult if necessary.

Aerobic: Nature walks, I Spy Outside, relay race, duck-duck-goose, swim lesson, sports camp, online dance lesson, choreograph dance, exercise video, bike ride, scooter ride

Muscle-strengthening: Yoga, tug of war, modified pushups, sit ups, rope/tree climbing, playground play, monkey bars, gymnastics, water bottle weights

Bone-strengthening: Hop scotch on the sidewalk, running, jump rope, basketball, volleyball, tennis

Sources:

[Aerobic, Muscle- and Bone-Strengthening: What Counts?](#) Centers for Disease Control and Prevention

[How much physical activity do children need?](#) Centers for Disease Control and Prevention

KidKare Corner

Indicating Daily Whole Grain Rich Requirement

CACFP regulations state that **at least one serving of grains per day at a meal or snack must be whole grain rich.** Whole grain-rich means that at least half the grain ingredients in a food are whole grains- for more info see [Adding Whole Grains to Your CACFP Menu.](#)

In KidKare, whole grain rich items are indicated with a **(WG)** under Bread/Alternates. If you serve a grain item that you know is whole grain rich but is not indicated as so on the food list, (ie, bagels) then you can indicate it by switching the "Is this Whole Grain Rich?" toggle to YES.

Please be sure to have at least ONE whole grain rich item listed on your menu each day. Remember, the Meal Pattern waiver ends 6/30/22!!!



Catalyst Community CACFP

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**MARCH 2022 KidKare Claim Pay Date is:
April 25, 2022**

APRIL 2022 Claim Deadlines

May 1st- KidKare claim due

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

Program Reminders

Child Enrollment Renewals May 1, 2022 - June 30, 2022

It's Child Enrollment Renewal time once again! This year, you have the option of re-enrolling your EXISTING children on the CACFP either electronically (using eForms in KidKare) **OR** manually (by printing the Enrollment Renewal Worksheet in KidKare, getting parent signatures and mailing into the office). Please only choose one method- do not combine the electronic and manual methods.

TO RE-ENROLL CHILDREN ELECTRONICALLY USING EFORMS:

On 5/1/22 eForms will be activated in KidKare and parents with an email address on file will receive an email to renew their child electronically. Parents also have the choice to renew their child on site using eForms on your device. All eForm renewals must be approved and completed by 6/30/22. For a refresher on how to use eForms, please see the [Providers Using eForms Training Slides](#).

TO RE-ENROLL CHILDREN MANUALLY USING THE ENROLLMENT RENEWAL WORKSHEET:

Print the Enrollment Renewal Worksheet in KidKare by going to *(Reports>Worksheet>Enrollment Renewal Worksheet>Choose May or June>Run)*. Make any necessary updates to the worksheet and have parents sign and date the worksheet. Enrollment Renewal Worksheets must be completed by 6/30/22 and received by mail in our office no later than 7/5/22.

Please continue to enroll NEW children the normal way by entering their information into KidKare, printing the enrollment form, having the parents sign and date the form the first day of enrollment and mailing to the office by the 5th of the month deadline.
NOTE: NEW children starting in May and June are automatically re-enrolled.

****Children not re-enrolled by 6/30/22 will be automatically dropped as of 7/1/22****



On the Move

Fitness Bingo

Download and print these [Fitness Bingo Cards](#) and engage children in a game of bingo which uses physical activities as bingo squares. Have all the children do the activity but only those who have it listed on their bingo card can check it off. Since everybody will get moving, everybody is a winner!

Recipe of the Month

Enchilada Casserole with Quinoa and Black Beans

Ingredients

- 1 cup uncooked quinoa
- 1 (10-ounce) can mild enchilada sauce
- 1 can (1 cup) black beans, drained and rinsed
- 1/2 teaspoon cumin
- Kosher salt and freshly ground black pepper, to taste
- 3/4 cup shredded cheddar cheese (reserve 1/4 cup)
- 3/4 cup shredded mozzarella cheese
- 3/4 cup corn frozen corn
- 1 avocado, halved, seeded, peeled and diced
- 1 tomato, diced

Instructions

Prepare quinoa. Add 2 cups water and salt and bring to a boil. Cover, reduce heat to medium low and simmer until water is absorbed, 15 to 20 minutes. Set aside off the heat for 5 minutes; uncover and fluff with a fork. Preheat your oven to 375 degrees and grease a 8x8 casserole pan. Rinse and drain the beans. Grate your cheese and cut up the tomato and avocado. In a large bowl, combine the beans, cheese, sauce and seasonings. Once the quinoa is ready, spread a thick layer on the bottom of your casserole pan. Add the bean mixture. Then the rest of the quinoa. Sprinkle the corn on top then the remaining cheese. Cook for 25 minutes until the cheese is gold and bubbly. Serve with fresh avocado and tomatoes.



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