

Child Care Food Program Newsletter

August 2022 • Volume 29, Number 8



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Nutrition & Health News

National Farmers Market Week: August 7-13, 2022

With some planning, a trip to the farmers market can become an exciting adventure that children will remember far into adulthood, and one that could increase their acceptance of a variety of healthy foods.

Here are some strategies to make your visit more exciting and enjoyable:

Build anticipation. Prepare the children for an upcoming visit to the market in the hours, days, even weeks ahead by reading books about how food is grown. A few recommendations are "Fresh Delicious: Poems from the Farmers' Market" by Irene Latham, "Before We Eat: From Farm to Table" by Pat Brisson and "A Day at the Market" by Sara Anderson. Connecting these concepts from school to home to the market helps them begin to understand where food comes from.

Involve the children. Try doing a scavenger hunt where children spot vegetables or fruits he or she has tried, or those he or she has yet to try. Games like "I spy with my little eye" are a great choice at a stimulating and content-rich place like an outdoor market to help children focus their attention, and practice identifying colors, shapes and people. Use the market visit as an opportunity to talk about the names of fruits and vegetables, and where and how it might be grown (on a tree, under the ground, on a plant). Children can make connections to unfamiliar foods and learn about where their food comes from in this way. Consider having the children help by bringing a bag that they can carry themselves. Let children pick their own fruit or vegetable to explore and try together at home. Practice social skills by involving them in greeting vendors, asking questions, and even making a payment.

Slow down! Try not to rush -- take in the experience through all your senses. Imagine experiencing the market through the lens of a child. Even better, talk with children about what they see, hear, smell, touch and encourage them to verbalize their observations, too.

Involve your children in learning the importance of community. Going to the farmers market is also a great way to begin fostering a sense of community and supporting local businesses. Children can meet the farmers and you can model asking questions about where the food came from and how they came to be at the market.

Model openness to new foods and experiences. Food neophobia, literally the fear of new foods, is common in young children. We all want children to accept fruits and vegetables. That means we have the responsibility to model an open attitude toward trying new foods to get them started!

Catalyst Community CACFP

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**JUNE 2022 KidKare Claim Pay Date is:
JULY 25, 2022**

JULY 2022 Claim Deadlines

August 1st- KidKare claim due
August 5th- Child Enrollment Forms due in Cameron Park Office

KidKare Corner

Indicate in Daily Whole Grain (WG) Requirement in KK

CACFP regulations state that at least one serving of grains per day at a meal or snack must be whole grain rich (7 CFR 226.20(a)(4)(i)(A) and 226.20(c)).

The Meal Pattern Waiver expired on June 30, 2022, so be sure to indicate that a serving of whole grain rich bread/alternate is served at a meal or snack at least once per day to avoid being disallowed.

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 WG on the food list (for example, 'Pasta'), then you can indicate it as WG by switching the "Is this Whole Grain Rich?" toggle to YES.

Program Reminders

2022 MANDATORY ANNUAL TRAINING: July 6- September 6, 2022

The 2022 Mandatory Annual Training is now available on the Catalyst Community CACFP and will be until **September 6, 2022**. All participating providers **MUST complete the online Mandatory Annual Training offered each year to remain in good standing (7CFR 226.16(1)(2)(viii) and 226.18 (b)(2))**.

This year's training covers the required compliance areas, in addition to learning how to determine **Ounce Equivalents**. Ounce equivalents (oz. eq.) are the new method for measuring grains and are listed on the [updated meal pattern](#) that was recently mailed to you. At the end of the training there will be a short quiz. You must get 80% to pass. After you pass, we will send your Certificate of Completion to you separately.

GREAT NEWS: Area Eligibility Waiver extended until June 30, 2023!

With the passing of the [Keep Kids Fed Act of 2022](#), the Nationwide Area Eligibility Waiver has been extended until June 2023. This means ALL family childcare providers will continue to be paid at the Tier 1 rate.

Thank you to everyone who supported the advocacy efforts in getting this bill passed!

In addition to extending the Tier 1 rates, the Keep Kids Fed Act allows a one-year temporary additional reimbursement of **10 cents** for each meal and snack served under the CACFP, meaning even more reimbursement for CACFP providers!

This is the BEST TIME to be participating on the CACFP to help overcome the increase in food costs while maintaining the ability to serve healthy meals and snacks to children. Please spread the word to other providers who can benefit from the CACFP!



On the Move

Farmers Market Fun

Enjoy these activities from [Farmers Market Create-and-Play Activity Book](#). Kids will find everything they need to set up a pretend farmstand, from pop-out fruits and veggies to play money. Games and activities are sprinkled throughout help kids learn while they play!

Recipe of the Month: Farmers Market Salad

Ingredients

- 2 heads romaine, chopped (or 5 oz. spinach or baby kale)
- 2 ears of corn, cut off the cob
- 1 small zucchini, cut into moon shapes
- 1 - 2 nectarines or peaches
- 1 red bell pepper, diced
- 1 avocado

Sun-dried Tomato Vinaigrette

- 1/2 cup water
- 3 tablespoons olive oil
- 3 tablespoons sun-dried tomatoes (packed in oil or water soaked), see notes
- 2 tablespoons apple cider vinegar
- 1 clove garlic
- 1/4 teaspoon salt
- 1/8 teaspoon pepper

Instructions

- Place vinaigrette ingredients into a food processor or blender, and blend until mixture is fairly smooth.
- Fill individual bowls with leafy greens and top with the remaining produce.
- Drizzle with vinaigrette or use any other dressing of your choice!

