

Child Care Food Program Newsletter

September 2022 • Volume 29, Number 9



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Nutrition & Health News

September is National Breakfast Month

September is National Breakfast Month and many of us are just getting back into the swing of the school year. Many families are on the go and schedules are hectic, but it is important to remember breakfast. When possible, do not leave home without it!

Eating breakfast first thing in the morning, before school or leaving for the day for work can be a challenge but we have all heard it before; breakfast is the most important meal of the day. This is true for many reasons, but studies have shown that children (and adults) who eat a healthy breakfast are better able to focus throughout the day, are less likely to be absent and have more energy throughout the day. For students in school, breakfast can improve test scores and decrease behavior problems.

On the CACFP, breakfast includes the following components: **Milk, Grain, Fruit or Vegetable with the option of substituting a Meat/Meat alternate for the grain component up to 3 times per week.** Breakfast is also a great time to meet the one serving per day of the whole grain rich requirement with so many whole grain rich breads and cereals to choose from.

One popular and versatile breakfast meal is whole grain pancakes. Pancakes are easy to prepare ahead of time and leftovers can be refrigerated or frozen and then reheated in the microwave or toaster for a quick breakfast or snack. They can be topped with many different fruits/toppings and can also be used as a part of a breakfast sandwich or wrap. Top a pancake with peanut butter and wrap it around a banana. Check out the easy **Whole Grain Caterpillar Pancakes** recipe on the next page!

Other healthy and tasty breakfast ideas include:

- Yogurt parfait (layer yogurt, fruit, nuts, and/or granola)
- Egg and cheese sandwich
- Oatmeal topped with fruit and nuts
- Crackers and cheese with a piece of fruit
- Frozen waffles or pancakes topped with peanut butter and fruit
- Scrambled eggs wrapped in a tortilla and topped with cheese
- Egg sandwich with spinach and cheese
- Avocado Toast with salsa

Be sure to serve the above with whole milk (for 1 year olds) and 0-1% low fat milk for children 2 and older for a reimbursable breakfast!

KidKare Corner

REMINDER: 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 has expired, 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.

Catalyst Community CACFP

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**JULY 2022 KidKare Claim Pay Date is:
AUGUST 29, 2022**

AUGUST 2022 Claim Deadlines

September 1st- KidKare claim due
September 6th- Child Enrollment Forms due in Cameron Park Office

Program Reminders

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

The 2022 Mandatory Annual Training is available on the [Catalyst Community CACFP webpage](#) under *Provider Trainings*, until **September 6, 2022**.

All participating providers MUST complete the online Mandatory Annual Training offered each year to remain in good standing and continue participation. (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.

ALL PROVIDERS PAID AT TIER 1 RATE & RATES HAVE INCREASED July 1, 2022-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. In addition, the reimbursement rates have increased:

- **BREAKFAST= \$1.66**
- **LUNCH/DINNER= \$3.04**
- **SNACKS= \$0.97**

This is the BEST TIME to be participating on the CACFP to overcome the increase in food costs while maintaining the ability to serve healthy meals and snacks to children!



On the Move

Volunteer Clean Up

Schedule a volunteer clean up day by going to a local park or just around the neighborhood to pick up trash or litter. Give each child a plastic bag and show them what a difference they can make in caring for their neighborhood, community and planet, all while getting some exercise!

Recipe of the Month: Whole Grain Caterpillar Pancakes

Ingredients

- 1 cup 100% whole wheat pancake mix
- 1 cup unflavored milk
- 1 large egg
- 2 cups strawberries, chopped
- 2 cups blueberries, halved
- 1/2 bell pepper, sliced

Directions

Prepare 32 mini pancakes according to the instructions on the pancake mix box. Each mini pancake is 1 tbsp of pancake batter cooked.

Assemble 4 mini pancakes for the body of the caterpillar. Add 4 halved blueberries as "caterpillar feet." Place two slices of bell peppers on the head for the antennae and 2 halved blueberries for the eyes.

Place 1/2 cup mixed strawberries and berries on the plate as the caterpillar's food. Enjoy!

