

Child Care Food Program Newsletter

October 2022 • Volume 29, Number 10



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Nutrition & Health News

October is National Pumpkin Month

October is National Pumpkin Month, so let's share the history of the pumpkin with our children and discover together the many other culinary uses for this nutritious plant.

History

The pumpkin was possibly the first wild plant brought in to be cultivated and bred for human consumption in the Americas. Archaeologists have discovered the oldest domesticated pumpkin seeds at Guila Naquitz, a cave in the Oaxaca Highlands of Mexico. The seeds date from 10,000 to 8,000 years old. But it took many thousands of years of selective breeding for early ancestors of the common orange field pumpkin to evolve.

Once cultivation altered the pumpkin enough to make it palatable, American Indians used every bit of the plant—seeds, flesh, flowers, and leaves. Pumpkins and squashes of all sorts could be baked or roasted whole in a fire, cut up and boiled, added to soups and stews, or made into porridge and pudding. Strips of pumpkin were dried and woven into mats, and the dried outer shells of pumpkins and squashes found new life as water vessels, bowls, and storage containers.

Nutrition

Pumpkin is an excellent source of vitamin A and a good source of fiber and other essential nutrients. Pumpkins are a member of the Cucurbitaceae family, which also includes squash, cantaloupe, cucumbers, watermelon, and gourds. While botanically they are considered a fruit due to their seeds, they are classified as a Red and Orange Vegetable in [MyPlate](#). It is recommended that young children eat 2 ½ - 3 cups of Red and Orange Vegetables, such as pumpkin, each week. In addition, a one-ounce portion of hulled pumpkin seeds (or about one small handful) is considered 2-ounce equivalents in the Protein foods group. To avoid choking, children under age 4 should not be offered pumpkin seeds unless they are finely ground into other foods.

Uses

All parts of the pumpkin are used all over the world as ingredients in savory and sweet dishes – including pumpkin leaves. Cooked pumpkin leaves and peeled shoots are a staple in many Asian and African countries and served with rice or porridge.

Canned pumpkin puree is convenient to have on hand for cooking and is a nutritious option. Keep your pantry stocked all year round with a can of pumpkin for use in homemade baked goods, dips, and pudding. The p

If you choose to use [fresh pumpkin](#), select small, heavy ones for cooking because they contain more edible flesh. The pumpkins used for carving are not so great for cooking, but the edible seeds (*pepitas*) are great for roasting.

Adapted from: <https://food.unl.edu/free-resources/newsletters/food-fun-young-children/try-each-part-pumpkin-new-way>

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OCTOBER 2022 KidKare Claim Pay Date is NOVEMBER 28, 2022

SEPTEMBER 2022 Claim Deadlines

October 1st- KidKare claim due

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

KidKare Corner

Check Your Claim Summary & Errors Report in KidKare!

Be sure to view your "Claim Summary & Errors Report" in KidKare each month to avoid repeated errors and losing reimbursement.

After your claim is processed, you can view your Claim Summary & Errors Report by going to **Reports>Select category: Claim Statements>Select report: Claim Summary & Errors Report>Select Month: Run.**

Please note: Even though your Claim Summary & Errors Report may indicate that you are a Tier 2 provider, rest assured that **ALL** providers are being reimbursed at the Tier 1 rate from July 1, 2022-June 30, 2023.

Program Reminders

Virtual Site Visit Review Reminders for 2022-23 Program Year

According to USDA regulations, CACFP sponsoring organizations must review each facility **three times** a year with no more than 6 months between visits from October to September the following year (7CFR 226.16(d)(4)(iii)).

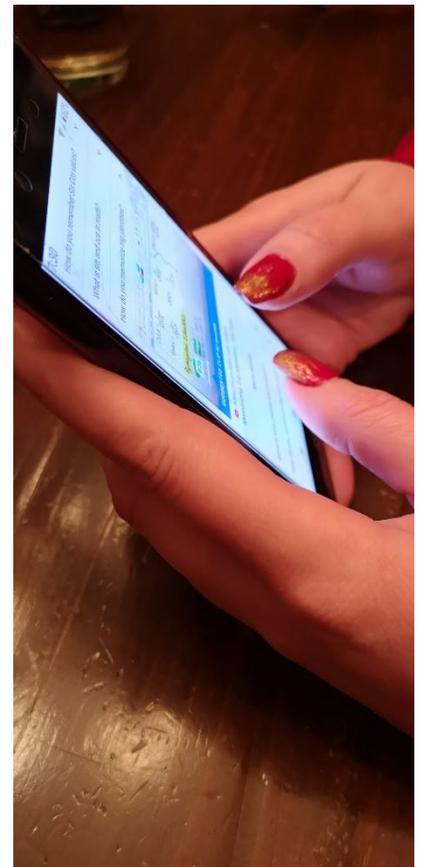
To prepare for your virtual review visit, we will send you an email *the week before* to let you know which meal or snack, we will be reviewing in the upcoming week and the time we plan to call you. **Please promptly reply** to our email to let us know you will be available that week for your virtual review visit.

For your visit, please have your cell phone with you at the meal or snack and agreed upon time **each day** of the review week. Create a contact with your Monitor's name and number in your phone so that you recognize and do not miss the call. As always, you **MUST** contact us ahead of time for any planned and unplanned closures during mealtimes (7 CFR 226.16(I)(2)(ix)).

During your site visit, we will be visually checking that the [CACFP Meal Pattern](#) is posted, the proper type of milk is served, all the required meal components are present for the meal or snack and which children are in attendance. We will also be completing a "5 Day Reconciliation" where we are required to compare the child attendance count for the meal/snack observed to the previous 5 day's meal counts.

After your visit, your Monitor will email you your Review Report. It is important to promptly sign and return your Review Report to your Monitor within 48 hours so she can complete your site review and have it count it as one of your 3 required visits.

To learn how to sign your Review Report electronically see [How to E-sign your Review Report](#).



On the Move Pumpkin Pass

This works best with a small pumpkin. Position kids in a line with their backs to each other. Give the pumpkin to the first person in line and have him/her pass it over their head to the person behind. Have the kids pass the pumpkin this way all the way to the back of the line and then back again to the front!

Recipe of the Month: Creamy Pumpkin Marinara

INGREDIENTS

2 tablespoons extra-virgin olive oil
1 yellow onion, chopped
1 red bell pepper, chopped
½ teaspoon salt, divided
2 cloves garlic, pressed or minced
½ teaspoon dried oregano
¼ teaspoon dried tarragon
¼ teaspoon ground cinnamon
1 can (15 ounces) diced or crushed tomatoes
1 can (15 ounces) pumpkin purée
1 to 2 tablespoons butter
1 to 2 teaspoons balsamic vinegar
Freshly ground black pepper, grated Parmesan and chopped fresh parsley, for garnish (all optional)

INSTRUCTIONS

Warm the olive oil in a large skillet over medium heat. Once it's shimmering, add the onion, bell pepper and ¼ teaspoon of the salt. Cook, stirring often, until the onions and pepper are very tender, 6 to 8 minutes. Add the garlic, oregano, tarragon, and cinnamon. While stirring, cook until fragrant, about 1 minute. Add the tomatoes and cook for 1 minute, while stirring. Add the pumpkin purée and stir to combine. Continue simmering for 5 minutes, then remove it from the heat. Carefully transfer the mixture to your blender. Add 1 tablespoon butter and 1 teaspoon vinegar. Blend until very smooth and creamy. Stir into warm pasta. Serve with grated Parmesan and chopped parsley.

