

# Child Care Food Program Newsletter

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[www.catalystcomm.org](http://www.catalystcomm.org)



## Nutrition & Health News

### November is American Diabetes Month

Diabetes is a disease that affects how the body uses **glucose**, a sugar that is the body's main source of fuel. Your body needs glucose to keep running. Here's how it should work: You eat, glucose from the food gets into your bloodstream, your pancreas makes insulin, which helps the glucose get into the body's cells so that your body gets the energy it needs.

The pancreas is an important gland that helps your body digest food and makes insulin. Insulin is kind of like a key that opens the doors to the cells of the body and lets the glucose in. Glucose can then move out of the blood and into the cells. But if someone has diabetes, the body either can't make insulin or the insulin doesn't work in the body like it should. The glucose can't get into the cells normally, so the blood sugar level gets too high. Lots of sugar in the blood makes people sick if they don't get treatment.

#### What is the difference between **Type 1** and **Type 2** Diabetes?

**(Click on the links above to watch a VIDEO on Type 1 and Type 2 Diabetes)**

In Type 1 Diabetes, the pancreas cannot make insulin. Only about 10% of people with diabetes have Type 1, whereas about 90% of people with diabetes have Type 2. In Type 2 Diabetes, the pancreas can still make insulin, but the insulin doesn't do its job as well in the body. Glucose builds up in the blood. As a result, the pancreas makes even more insulin to get glucose to go into the cells, but eventually gets worn out from working so hard and blood sugar levels rise too high.

Most people who have type 2 diabetes are overweight. Kids with family members who have type 2 diabetes get diabetes more often and kids older than 10 are more likely to get type 2 diabetes than younger kids.

#### What Are the Signs of Type 2 Diabetes?

Type 2 diabetes can show up in different ways. Some kids have symptoms, but others don't. Kids with diabetes symptoms may: need to urinate a lot, be thirstier and drink more than usual, feel tired often and have blurry vision.

#### How Is Type 2 Diabetes Diagnosed?

Doctors can determine sure if a person has diabetes by testing blood samples for glucose. Even if a kid doesn't have any symptoms of type 2 diabetes, doctors may use blood tests to check for it in kids who are more likely to get it — like those who are overweight or have family members that have it.

#### How Is Type 2 Diabetes Treated?

The goal of treatment for type 2 diabetes is to keep blood sugar levels in a healthy range. Treatment usually includes eating a healthy, balanced diet, getting regular physical activity, checking blood sugar levels regularly, losing weight, if recommended, and taking anti-diabetes pills or getting insulin (by injection or with a pump). The good news is that kids who eat healthy foods, stay active, and get to a good weight might be able to get their blood sugar levels into a healthier range where they may not have to take medicine for diabetes anymore. *Source:* [www.kidshealth.org](http://www.kidshealth.org)

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**OCTOBER 2022 KidKare Claim Pay Date is NOVEMBER 28th, 2022**

#### **\*OCTOBER 2022 Claim Deadlines\***

**NOVEMBER 1st-** KidKare claim due

**NOVEMBER 4th-** Child Enrollment Forms due in Cameron Park Office

## KidKare Corner

### Use Your Provider & Child Calendars in KidKare during the Holidays!

You must notify us ahead of time of any upcoming closures by calling the office, emailing your Monitor or using your Provider Calendar in KidKare. To use your **Provider Calendar**, go to Calendar then highlight the Provider box. Drag and drop 'Closed for Business', 'Off Site Meal' or 'Open for Holiday' on the specific day(s) you are closed/open.

Use the **Child Calendar** to indicate if a school age child is not in school (holiday, school vacation). Highlight the Child box, then choose the child from the drop-down box. Drag and drop "No School" on one day on the calendar. Click on the event to open, then enter the range of days school is out. When a meal box is highlighted in blue, it means the child was not in school and therefore the meal will be allowed.

**For more information see:** [Manage Provider & Child Calendars in KidKare](#)

## 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

#### Playing in the Leaves!

Have fun running in the leaves, throwing the leaves, picking up the leaves, bending up and down, rolling in the leaves, raking leaves, running with hands out front holding leaves, jumping over the leaves and last but not least, jumping in the leaves!

### Recipe of the Month: Roasted Honeynut Squash

#### INGREDIENTS

2 medium honeynut squash, halved lengthwise and seeded  
4 teaspoons butter  
¼ teaspoon salt  
¼ teaspoon ground pepper  
¼ teaspoon ground cinnamon  
4 teaspoons pure maple syrup (Optional)

#### INSTRUCTIONS

Preheat oven to 425 degrees F. Arrange squash halves cut-side up on a baking sheet. Place 1 teaspoon butter in each cavity. Sprinkle with salt, pepper and cinnamon. Roast until tender, 25 to 30 minutes. Drizzle with maple syrup, if desired.

*Honeynut squash is an excellent source of vitamin A and beta-carotene; it has about two to three times the amount of beta-carotene as butternut squash. The squash is also a good source of B vitamins, and also contains calcium, copper, iron, phosphorus, potassium, and zinc.*

