

# Child Care Food Program Newsletter

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## Nutrition & Health News

### Holiday Food Safety Tips

The holidays are fun and joyous occasions when family and friends get together for parties and food galore! The last thing you want to invite to your party is foodborne illness. Use the following tips to keep your family and friends from becoming sick. Don't let bacteria (germs) crash your holiday parties.

#### Buffets

Buffets are a popular way to celebrate holidays with family and friends. This type of food service, where foods are left out for long periods, leaves the door open for uninvited guests, bacteria that cause foodborne illness. Festive times should not include sharing foodborne illness. Here are some tips for preparing for your party: Always wash your hands with soap and water before and after handling food. Keep your kitchen, dishes and utensils clean. Always serve food on clean plates, never use plates used for holding raw meat and poultry for cooked food.

#### Party Crasher

Prevent harmful bacteria from crashing your party. Bacteria grows when the food is left out for more than 2 hours at room temperature. Follow these tips to keep your family and friends from getting sick:

- Keep cooked foods hot at 140°F or higher. Use chafing dishes, slow cookers and warming trays to keep foods hot on your buffet table.
- Keep cold foods at 40°F or colder. Keep foods cold by nesting dishes in bowls of ice or use small serving trays and replace them often.
- Cool foods quickly in your refrigerator. Divide large portions of cooked foods into smaller portions to cool quickly in your refrigerator.
- Keep eggnog and desserts made with dairy products refrigerated until serving time. Bacteria can also multiply quickly in moist desserts that contain dairy products.
- Prepare extra serving platters and dishes ahead of time; store them in the refrigerator or keep them hot in the oven (set at approximately 200 to 250°F) before serving. Then replace empty platters rather than adding fresh food to a dish that already had food in it.

#### Leftovers

There are limits on how long you can safely keep leftovers. When heating and storing leftovers keep the following in mind:

Wash hands with soap and water before and after handling food.

Divide leftovers into smaller portions and store in shallow containers in the refrigerator. Refrigerate cooked leftovers within 2 hours. Use an appliance thermometer in your refrigerator to keep your refrigerator at 40°F or below. Reheat cooked leftovers to 165°F; use a food thermometer to measure the temperature. Sauces, soups and gravies should be reheated by bringing them to a boil. When microwaving leftovers, make sure there are no cold spots in food (where bacteria can survive). Cover food, stir and rotate for even cooking. Eat leftovers within three to four days. Check out the [Cold Food Storage Chart](#) from USDA for more information.

### Catalyst Community CACFP

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

### \* NOVEMBER 2022 Claim Deadlines\*

**DECEMBER 1st-** KidKare claim due

**DECEMBER 5th-** Child Enrollment Forms due in Cameron Park Office

### KidKare Corner

#### Holiday & Weekend Care

Providers must keep a Parent Sign In/Out Sheet for weekend and holiday care. If you do not already keep a sign in/out sheet, you may print one in KidKare by going to: *Reports>Worksheets>Sign In/Out Sheets>Print*.

Parents must sign their children in/out daily with the date, times in and out and their signature for providers to be able to claim meals served on weekends and/or holidays.

Parent Sign In/Out Sheets are due in our office no later than the 5th of the following month (same time as signed Child Enrollment Forms are due).

**UPCOMING Catalyst Community Holidays: 12/26/22,12/27/22,1/2/23**

## 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 Reindeer Tag

Taggers are elves, and runners are reindeer; when runners are tagged, they must freeze in place and put their hands to their heads, thumb-first with fingers outstretched, to simulate reindeer horns. Other "reindeer" who haven't yet been tagged can un-freeze tagged runners by singing the first phrase of "Rudolph the Red-Nosed Reindeer" while releasing the frozen runner with a high-five!

### Recipe of the Month: Vegetable Snowman

#### Ingredients:

- ¼ cup low-fat ranch dressing
- 1 cucumber, scrubbed with clean vegetable brush under running water
- 1 Tablespoon sliced olives
- 2 carrot sticks, scrubbed with clean vegetable brush under running water, peeled
- 3 cherry tomatoes, gently rubbed under cold running water
- ½ bell pepper, gently rubbed under cold running water

#### Instructions:

Wash hands with soap and water.  
Place ranch dressing in a small cup for the snowman's head.  
Assemble vegetables in the shape of a snowman using cucumber slices for the body, carrots for arms and nose, cherry tomatoes for buttons, bell peppers for hat and scarf, and olives for the eyes.  
Be creative and feel free to use any vegetables you have on hand. Store leftovers in a sealed container in the refrigerator for up to four days.

