

Child Care Food Program Newsletter

February 2023 • Volume 30, Number 2



www.catalystcomm.org



Nutrition & Health News

February is American Heart Association Month

Fat is an essential nutrient for our bodies. It provides energy and helps our digestive system absorb certain vitamins from foods. Here is some information on the different types of fat and how to choose the healthier ones.

Saturated Fats

According to the [2020-2025 Dietary Guidelines](#), we should choose foods that are full of nutrients but limited in saturated fat. Saturated fat raises the levels of LDL cholesterol—the "bad" cholesterol. This in turn raises our risk of heart disease.

Saturated fats occur naturally in many foods such as meat and dairy products. Beef, lamb, pork and poultry (with the skin on) contain saturated fats, as do butter, cream and cheese made from whole or 2% milk. Plant-based foods that contain saturated fats include coconut, coconut oil, palm oil and palm kernel oil.

Unsaturated Fats

Unsaturated fats may help improve blood cholesterol levels when used in place of saturated and trans fats. For a healthier diet, select food with unsaturated fats from plants such as in avocados, olives and walnuts and fish such as in salmon, trout, and herring. Unsaturated oils include canola, olive, safflower, soybean and sunflower oil.

Trans Fats

Trans fat in foods is formed through a manufacturing process that changes a liquid oil into a solid fat at room temperature. Trans fats are of concern because they have been found to raise bad (LDL) cholesterol levels and lower good (HDL) cholesterol levels.

Tips for Choosing Healthy Fats

Read the [Nutrition Facts Label](#) for the fat content of a food. To make an informed decision, choose foods with unsaturated fats and little or no saturated or trans-fat.

You can choose healthier fats by:

- Eliminating foods containing saturated fat including desserts and baked goods such as cakes, cookies, donuts, pastries, and croissants.
- Reducing the amount of whole milk and full-fat dairy foods and dairy desserts consumed.
- Building meals around protein foods that are naturally low in saturated fat such as beans, peas, and lentils, as well as soy foods, skinless chicken, seafood, and lean meats.
- Switching from butter or cream cheese on toasted bread or bagels to a nut butter or a spread of avocado with a squeeze of lemon.
- Ordering baked or steamed options instead of fried foods. A dash of hot sauce or a spoonful of salsa adds flavor without adding fat.

Source: <https://food.unl.edu/article/family-fun-run/choose-healthy-fats>

KidKare Corner

KidKare Corner Taxes and the CACFP

As a reminder, Catalyst Community CACFP (Catalyst Family, Inc.) does not send out tax statements (1099s) to providers who participate on the CACFP. Your 2022 Tax Report in KidKare can be accessed by going to **Reports>Claim Statements>Tax Report>Select Year (2022)**.

If you have tax questions related to the CACFP, please visit Tom Copeland's [Taking Care of Business blog](#). Tom is considered the nation's leading expert on the business of family childcare and is very knowledgeable about the business side and advantages of participating on the CACFP.

Catalyst Community CACFP

3161 Cameron Park Dr. Suite 101
Cameron Park, CA 95682
530-676-0707

www.catalystcomm.org



**DECEMBER 2022 KidKare Claim Pay Date is
JANUARY 30, 2023**

*** JANUARY 2023 Claim Deadlines***
February 1, 2023- KidKare claim due
February 6, 2023 -Child Enrollment
Forms due in Cameron Park Office

Program Reminders

Determining Ounce Equivalents in the CACFP

The [CACFP Child Meal Pattern](#) lists serving sizes for grains as **ounce equivalents**: ½ oz. eq. for children ages 1- 5 years and 1 oz. eq. for children 6-12 years. Ounce equivalents (oz. eq) are used to ensure that children get enough grains at meals and snacks.

What is an ounce equivalent?

An ounce equivalent (oz. eq.) tells you the amount of actual GRAIN in a portion of food. For example, since a slice of bread contains other ingredients besides grains (water, yeast, salt, etc.) and not all slices of bread are the same size, it can be difficult to determine if the amount of grain in the slice of bread meets the minimum serving size requirement for a grain. The [Grains Measuring Chart](#) is used to determine the minimum serving size of grains in ounce equivalents by age group using weight, size and amount for common grain products.

Ounce equivalents for bread products (bread, muffins) are determined by **weight in grams**. For example, according to the Grains Measuring Chart, as long as the Nutrition Facts label for a slice or serving of bread shows that it is 28 grams or more, it can be used to meet the oz. eq. requirement.

In this example from the Grains Measuring Chart, ½ slice of bread equals the ½ oz. eq. requirement for a 1-5 yr olds.

Bread (whole grain-rich or enriched) at least 28 grams*	½ slice or 14 grams
--	---------------------

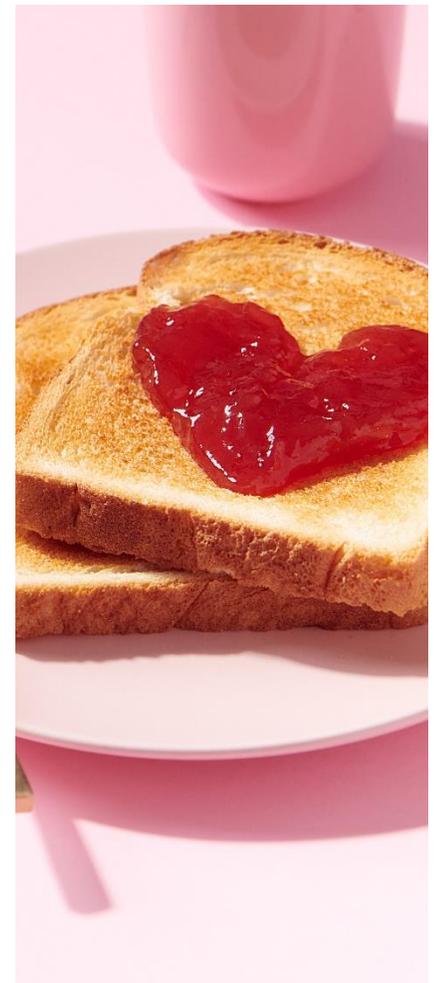
Ounce equivalents for items such as crackers are determined by **size** rather than weight. In this example on the Grains Measuring Chart, if the cracker is at least 1 and ¾" across, 4 crackers meet the ½ oz. eq. requirement for 1-5 yr olds.

Cracker, Round, Savory (about 1 ¾" across)**	4 crackers or 11 grams
---	------------------------

Items such as oatmeal, rice, pasta and cereal are listed on the Grains Measuring Chart by **amount** according to cup size. For example, ¼ c cooked oatmeal is 1/2/ oz. eq. for 1-5 yr olds.

Oatmeal	¼ cup cooked or 14 grams dry
----------------	------------------------------

****If you have any questions/concerns we will be offering technical assistance on how to determine ounce equivalents (oz. eq.) at your next site visit****



On the Move

Heart Healthy Exercise Game

Cut out each heart exercise from the printable [Heart Healthy Exercise Game](#) and glue them into a 3x3 grid on the poster board with 9 exercises. Have a child toss a bean bag onto the poster board, having it land on one of the heart exercises. Have the child do the exercise it lands on in sets of 5 or 10.

Recipe of the Month: Peanut Butter Power Dip

Ingredients:

- ½ cup yogurt, non-fat plain
- ½ teaspoon vanilla
- ½ cup peanut butter
- Sprinkles (optional)

Directions:

1. Wash hands with soap and water.
2. Combine yogurt, vanilla and peanut butter in a small bowl. Mix well.
3. Chill dip in refrigerator until ready to serve.
4. Serve with 1 cup assorted carrot and celery sticks, sliced cucumbers, apples or pear slices.
5. Store leftovers in a sealed container in the refrigerator for up to four days.

CACFP: 1 serving Meat Alternate + Fruit/Vegetable @ snack

