

Child Care Food Program Newsletter

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Nutrition & Health News January is Fiber Focus Month

A well-balanced diet rich in fiber is an important part of healthy living. Fiber is found in many of the plants we eat such as fruits, vegetables, whole grains, and nuts. Fiber helps to regulate bowel movements, makes us feel full, lowers blood sugar and cholesterol, and may reduce the risk of getting certain types of cancer. There are two types of dietary fiber, insoluble and soluble.

- Insoluble fiber is also called “roughage” or “bulk” and does not dissolve in water. The main job of insoluble fiber is to keep your intestinal tract healthy by reducing the amount of time that food sits in your intestinal tract. If food stays in your intestinal tract too long, it can cause constipation. Food sources of insoluble fiber are wheat bran, whole grains, fruits, and vegetables.
- Soluble fiber may be helpful in removing cholesterol from the blood. Lowering cholesterol can reduce your risk for heart disease. Food sources of soluble fiber include dried beans, peas, lentils, oats, barley, fruits, and some vegetables like carrots and squash. How much fiber do we need each day? Aim for 25-35 grams by eating at least 3 servings of vegetables, 2 servings of fruits, and 3 servings of whole grains each day. Make sure to increase fiber gradually and drink plenty of fluids.

10 Ways to Add Fiber to Your Diet

1. Eat more legumes, such as dried beans, lentils and split peas.
2. Choose romaine lettuce or spinach instead of iceberg lettuce.
3. Include fruits such as berries for breakfast or snacks.
4. Enjoy 100% whole-wheat or whole-grain bread.
5. Choose breakfast cereals that have a whole grain listed as the first ingredient.
6. Choose brown rice instead of white.
7. Eat the skins on fruits and vegetables, such as apples and potatoes.
8. Substitute whole grain flour for ¼ to ½ of the all-purpose flour in recipes.
9. Snack on dried fruit, popcorn, whole grain crackers or fresh vegetables.
10. Eat whole fruits and vegetables instead of drinking 100% juice.

Recommended Amount of Fiber Per Day

AGE (YEARS)	FIBER (GRAMS PER DAY)
1 to 3	19g
4 to 8	24g
9 to 18 (girls)	26g
9 to 13 (boys)	31g
14 to 18 (boys)	38g

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November 2023 KidKare Claim Pay Date is December 22, 2023

January 1 & 15, 2024- Closed for Holidays.

****December 2023 Claim Deadlines****

January 1, 2024- KidKare claim due.

January 5, 2023 -Child Enrollment Forms due in Cameron Park Office

KidKare Corner

Indicating School Type in KK to Avoid Overcapacity Errors

Please be sure to update your children’s Grade Level/School Type in KK to reflect their current school status (AM Kindergarten, PM Kindergarten or School Age) otherwise you could be cited as overcapacity for preschoolers. Please note: **Do not choose the No School option under School Type:** Children under the age of 6 are automatically assumed to not be in school unless otherwise noted.

Indicating School Days Out

If a school age child is not in school (holiday, school vacation), you must either indicate it at the point of meal service or use the Child Calendar. For more information on how to indicate when a school age child is not in school see: [Manage School Days Out Child](#) in KidKare.

Program Reminders & Updates

License Capacity Rules Reviewed

If you are a Small Family Child Care Home you can care for

- 4 infants ONLY (birth-24 months) OR
- 6 children; with no more than 3 infants and 3 older children over 2 years OR
- 8 children; with no more than 2 infants and 6 older children. At least 2 children must be school age with one of the two being at least 6 yrs. The other can be 6 years or enrolled and attending kindergarten (including transitional kindergarten).

Landlord consent and written parent notification are required when caring for more than 6 children.

If you are a Large Family Child Care Home you can care for

- 12 children; with no more than 4 infants (birth to 24 months) and 8 older children over the age of 2 AND a Qualified Assistant (14 years of age or older) OR
- 14 children; with no more than 3 infants (birth to 24 months) and 11 older children. At least 2 children must be school age with one of the two being at least 6 yrs. The other can be 6 years or enrolled and attending kindergarten (including transitional kindergarten).

Landlord consent and written parent notification are required when caring for more than 12 children.

When there isn't a qualified assistant, providers must follow Small Family Child Care Home regulations above.

Please carefully review [Capacity Regulations for Family Child Care Home License](#)

IMPORTANT REMINDER: If we see an overcapacity at a monitor visit, we must contact licensing and place you into Serious Deficiency. If you have an overcapacity error on your claim, we will first give you a verbal warning. If it happens a second time, we will issue a Warning Letter. If an overcapacity error occurs on your claim a third time, we must contact licensing and place you into Serious Deficiency.



On the Move

Indoor Ice Skating

Create an indoor ice-skating rink by either taping butcher paper to the floor in or simply outline the rink on the floor using making tape. Give each child two paper plates to step on as their ice skates. Have the children dress up with mittens, caps and scarves to skate in the rink.

Recipe of the Month

Loaded Black Bean Nacho Soup

Ingredients

- 1 (18 ounce) carton low-sodium black bean soup
- ¼ teaspoon smoked paprika
- ½ teaspoon lime juice
- ½ cup halved grape tomatoes
- ½ cup shredded cabbage or slaw mix
- 2 tablespoons crumbled cotija cheese or other Mexican-style shredded cheese.
- ½ medium avocado, diced
- 2 ounces baked tortilla chips.

Directions

1. Pour soup into a small saucepan and stir in paprika. Heat according to package directions. Stir in lime juice.
2. Divide the soup between 2 bowls and top with tomatoes, cabbage (or slaw), cheese and avocado. Serve with tortilla chips.

