

# Child Care Food Program Newsletter

February 2024 • Volume 31, Number 2



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## Nutrition & Health News

### February is National Hot Breakfast Month!

February is the shortest month, but in many parts of the country, it can also be one of the coldest. What better way to start a chilly day than with a piping hot breakfast? This February, we are celebrating National Hot Breakfast Month by encouraging you to take the extra time to enjoy breakfast. This morning meal is arguably the most important (and most delicious) meal of the day! Here are 5 ways to have a hot and healthy breakfast:

#### 1. Eggs

Eggs can be cooked in a number of ways, from scrambled to poached, frittata to quiche and more. Eggs are rich with protein and vitamins and can be mixed with veggies and lean meats. *On the CACFP you can substitute a meat/meat alternate for the grains component at breakfast up to 3 times per week however, you need to serve a milk and fruit or vegetable.*

#### 2. Pancakes

When it comes to comfort breakfast foods, few can beat a classic stack of pancakes. Make them with whole grains and/or oats and top them with fresh fruit and/or cinnamon for a hot and healthy breakfast!

#### 3. Breakfast Sandwich

A breakfast sandwich can be a great grab-and-go option that offers [a lot of variety](#). You can use whole wheat English muffins or bread for extra fiber and protein; fresh veggies for vitamins and nutrients or heart-healthy, “good” fats such as avocados, cheese (in moderation) and eggs. You can also make them ahead of time and store them in the freezer. For those mornings when you are in a rush, take out the sandwich, zap it in the microwave or heat it in the oven, and you are good to go!

#### 4. Potatoes

Whether you like your breakfast potatoes chopped, sliced or as hashbrowns, small changes can make this tasty side healthier. Avoid using oil to fry potatoes by cooking them in an air fryer, non-stick skillet, oven or even a waffle iron! Try sweet potatoes for an even healthier option.

#### 5. Oatmeal

Eating oatmeal for breakfast is a great choice. Oatmeal is gluten-free and a great source of fiber and vitamins B and E. For healthy topping choices, consider chia seeds, Greek yogurt, and fresh fruit, oatmeal [quickly](#) or [overnight](#). Oatmeal also satisfies the requirement of serving a whole grain rich requirement each day on the CACFP.

## 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 2023 Tax Report in KidKare can be accessed by going to **Reports>Claim Statements>Tax Report>Select Year (2023)**. If you have tax questions related to the CACFP, please visit [Tom Copeland's 10 Childcare Tax Tips for 2023](#). 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

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**December 2023 KidKare Claim Pay Date is January 29, 2024**

**February 19, 2024**- Closed for Holidays.

**\*\*January 2024 Claim Deadlines\*\***

**February 1, 2024**- KidKare claim due.

**February 5, 2024** -Child Enrollment Forms due in Cameron Park Office

## Program Reminders & Updates

### NEW POLICY UPDATE: CHILD ENROLLMENT & MEALS CLAIMED IN KK

According to USDA policy – 7CFR 226.16(d)(4)(ii), sponsors must "use enrollment documents and attendance records to determine the number of participants in care at each meal service and attempt to reconcile those numbers to the number of meals recorded in the meal count."

**Effective January 1, 2024, KidKare will automatically disallow any meals/snacks claimed that are different from the days/meals that are specified in each child's current enrollment schedule in found in KidKare.**

**ACTION NEEDED:** Please check each child's current enrollment schedule in KidKare and let us know if there are any updates to days/times/meals received in care. If a child's schedule is expected to vary outside of the currently specified days/times/meals, PLEASE be sure to let us know before submitting your January claim so we can indicate this in the child's enrollment file.

**IMPORTANT:** When enrolling new children in KK in the future, be sure to check YES for the boxes for "Will pick up times and drop off times vary?" and "Will days vary from week to week?" to avoid any future meal disallowances. In addition, if a child MAY potentially receive a meal or snack, be sure to check ALL Participating Meals.

\* Days in care

Monday	>	08:00 AM	⊙	05:00 PM	⊙
Tuesday	>	08:00 AM	⊙	05:00 PM	⊙
Wednesday	>	08:00 AM	⊙	05:00 PM	⊙
Thursday	>	08:00 AM	⊙	05:00 PM	⊙
Friday	>	08:00 AM	⊙	05:00 PM	⊙
Saturday	^				
Sunday	^				

Will pick up and drop off times vary?  Yes

Will the days vary from week to week?  Yes

Participating Meals

Breakfast AM Snack Lunch PM Snack Dinner Eve. Snack



### On the Move Balloon Volleyball

Make a net by tying a piece of yarn from one chair to another. Then blow up a balloon and start practicing those serving skills! Change things up a bit by kicking or head-bumping the balloon. This is a great indoor game on those rainy days!

## Recipe of the Month

### Healthy Breakfast Sandwich

#### Ingredients

- 6 large eggs
- 4 large egg whites
- 1 tablespoon olive oil
- 1 small yellow onion diced.
- 1 cup chopped broccoli.
- 1 (8 oz) package sliced mushrooms
- 2 cloves garlic minced.
- 2 cups Spinach roughly chopped.
- 1/4 teaspoon black pepper
- 6 whole wheat English muffins
- 6 turkey slices optional
- 6 slices cheddar cheese optional

#### Instructions

1. Preheat oven to 375 degrees F and grease a 9x13 in baking pan with cooking spray.
2. Whisk together eggs and egg whites in a large bowl. Set aside.
3. Heat olive oil in a large nonstick pan over medium heat.
4. Add in onions and sauté for about 5 minutes.
5. Add in broccoli, mushrooms, and spinach cook for another 4 minutes, or until veggies are tender.
6. Add in garlic and sauté for another 30 seconds.
7. Season with salt and pepper.
8. Mix with eggs and pour into prepared baking pan.
9. Bake in preheated oven for 20-30 minutes, or until the eggs have fully cooked through.
10. Use a glass (or some sort of circle cutter) to cut eggs into a circle the size of your English muffins.
11. Toast English muffins to your liking.
12. Place cheese on one side and turkey on another.
13. Broil in the oven until cheese is melty and the turkey has warmed through.
14. Top with cut out eggs and enjoy!

