

# Child Care Food Program Newsletter

March 2024 • Volume 31, Number 3



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



## Nutrition & Health News

### National CACFP Week is March 10-16<sup>th</sup>, 2024

CACFP Week is a national education and information campaign sponsored annually the third week of March by the National CACFP Sponsors Association.

The campaign is designed to raise awareness of how the USDA's Child and Adult Care Food Program works to combat hunger and improve nutrition.

The CACFP brings healthy foods to tables across the country for children in child care centers, homes, and afterschool programs as well as adults in day care. You should be proud that you are a CACFP Provider! This year's theme is **Eating the Rainbow**

Here are some ways you can participate in National CACFP Week:

- Educate children and parents about healthy eating habits with the [CACFP's fun activity sheets](#) and [Community Outreach Flyers](#).
- Incorporate [Anytime Rainbow Super Foods](#) into your menu this month.
- Serve the rainbow using [CACFP Week Sample Menus](#)
- [Promote the CACFP](#) and advocate with a press release, a letter to congress and a request for proclamation.
- Share #CACFPWeek on social media and show your appreciation to all of those who work with CACFP every day.
- Participate in the [Social Media Challenge](#) for a chance to win \$100 and have your #CACFPCreditable snacks featured on the National CACFP website
- Show how you're participating in CACFP Week by submitting your story to [CACFP Week in Action](#).

Source: <https://www.cacfp.org/>

## KidKare Corner

### 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 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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**January 2024 KidKare Claim Pay Date is February 26, 2024**

**\*\*February 2024 Claim Deadlines\*\***

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

**March 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 so we can indicate this in the child's 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  No

Will the days vary from week to week?  Yes  No

Participating Meals

Breakfast  AM Snack  Lunch  PM Snack  Dinner  Eve. Snack



### On the Move MyPlate Race

Post a picture of MyPlate so children can see all 5 food groups represented. Print and cut out [MyPlateFoodCards](#). Give each child a food card making sure there are enough cards to create teams of 5 using all the food groups. When ready, instruct them to find other children with different foods to form a five-person “MyPlate group” with all the food groups represented. The first five person “MyPlate group” formed needs to run as a group to the designated finish line. Review everyone's food cards represented on the MyPlate!

## Recipe of the Month RAINBOW BUDDAH BOWLS

### Ingredients

- 1 large, sweet potato
- 1 stalk broccoli
- 1 teaspoon olive oil
- 1 medium bell pepper, yellow
- 1 medium cucumber
- 1 cup cherry tomatoes
- 1 cup chopped cabbage, red
- 1 cup quinoa, uncooked
- 2 cup water
- 1/4 cup sunflower seeds

### Roasted Chickpeas

- 1 can drained chickpeas (garbanzo beans), canned
- 1/2 tablespoon olive oil
- 1/2 teaspoon paprika
- 1/2 teaspoon garlic powder
- 1/2 teaspoon oregano, dried
- 1/4 teaspoon salt

### Dressing

- 1 medium avocado
- 1 tablespoon lemon juice
- 2 clove garlic
- 2 tablespoon Parmesan cheese, grated
- 1/4 cup water

### Instructions

Preheat oven to 425. Rinse and drain chickpeas. Set aside chickpeas to dry. Chop sweet potato into 1/2 inch cubes and broccoli into small florets. Toss onto a large baking sheet with 1 teaspoon of olive oil and sprinkle with a little salt and pepper. Toss chickpeas with 1/2 teaspoon of olive oil, paprika, oregano, garlic powder, and salt. Pour onto the baking sheet alongside the broccoli and sweet potato. Bake for 25 minutes, stirring halfway through, until veggies are softened to liking. Meanwhile, boil quinoa with 2 cups of water according to package directions until cooked. Make avocado dressing by combining avocado, lemon juice, garlic cloves, Parmesan and water in a food processor. Pulse until smooth. Chop cucumber, pepper, cabbage, and cherry tomatoes into bite-sized pieces. Assemble bowls: 1 heaping scoop quinoa topped with roasted and fresh veggies, dressed with a dollop of avocado dressing and sunflower seeds.

