

Child Care Food Program Newsletter

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Nutrition & Health News

Celebrating Whole Grains: January is National Oatmeal Month AND National Whole Wheat Bread Month

- **The Importance of Whole Grains**

Children need whole grains every day. Whole grains have B vitamins, minerals, and fiber to keep children healthy. It's easier to help children stay in the habit of eating and enjoying whole grains if you start when they are young.

- **Identifying Whole Grains**

To identify if a product is indeed "whole grain rich" you must know how to check the label- see [Identifying Whole Grains](#) to learn more about it.

- **Whole Grain Requirement in the CACFP**

Remember, on the CACFP you are required to serve at least one whole grain rich item per day to avoid getting the error on your claim: "A meal with whole grain-rich bread/alternate component was not served on this day." Usually, it is the least reimbursable meal or snack that will be disallowed if a whole grain item was not served that day.

- **Adding Whole Grains in the CACFP**

See [Adding Whole Grains to Your Menu](#) for ideas on how to add whole grain rich items on your menu. Here are some common whole grain rich foods:

Whole-wheat bagels, rolls and bread

White whole-wheat bread

Whole-grain cereal

Brown rice

Whole-wheat pasta

Oatmeal

Whole-grain tortillas

Whole-wheat pancakes or waffles

Whole-wheat crackers

Quinoa

- **Grains & Ounce Equivalents in the CACFP**

To make sure children get enough grains at CACFP meals and snacks, the required amounts for the grains component are now listed in the [CACFP Meal Pattern](#) as ounce equivalents (oz. eq.). Ounce equivalents tell you the amount of grain in a portion of food. Refer to the Grains Measuring Chart in the handout: [Using Ounce Equivalents for Grains in the CACFP](#) to find out the minimum serving sizes in ounce equivalents for grains.

KidKare Corner

Avoid Mealtime Errors on your KidKare Claim

Avoid making common mealtime errors on your claim by double checking you: Record the appropriate AM or PM for mealtimes. For example, if your breakfast time is showing 8:30PM instead of 8:30AM the meal will be disallowed.

Record at least 2 hours between a meal and a snack and at least 3 hours between two main meals (if there is no snack in between). For example, if you serve breakfast at 8:30AM, the soonest you can serve am snack is 10:30AM. If you serve breakfast at 8:30AM with no am snack in between, the soonest you can serve lunch is 11:30AM. By avoiding these mealtime errors you will not be disallowed meals.

Catalyst Community CACFP

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NOVEMBER 2022 KidKare Claim Pay Date is DECEMBER 28, 2022

* **DECEMBER 2022 Claim Deadlines***

January 1, 2023- KidKare claim due

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

Program Reminders

Meal Pattern Reminders for Maximum Reimbursement

MILK-Serve whole milk to 1-year olds and 0-1% milk served to children 2 and older.

- Non-Dairy Milk Substitutes **must** be nutritionally equivalent to cow's milk (ie, some soy milks) **and** require signed [Parent Request form](#).
- Non-Dairy Milk Substitutes not nutritionally equivalent to milk (ie, almond milk, coconut, rice milk, etc.) require a signed [Medical Statement](#).

GRAINS- At least one serving of whole grain or whole grain rich must be offered per day (use the KidKare toggle bar to indicate if the grain item served is whole grain).

- Grain based deserts are not reimbursable, but Graham Crackers and Animals Crackers are ok (no more than 2 times per week).
- [Ready-to-eat breakfast cereals](#) must contain no more than 6 grams of sugar per day ounce.

FRUITS/VEGETABLES-100% fruit juice is limited to once a day for children 1 and older.

- At least one vegetable must be served at lunch and dinner: Two vegetables at lunch and dinner may be served. A vegetable and a fruit can be served as the two components for a snack since they are separate meal components.

MEAT/MEAT ALTERNATES **may** be substituted for the entire grain component at breakfast (maximum of three times per week).

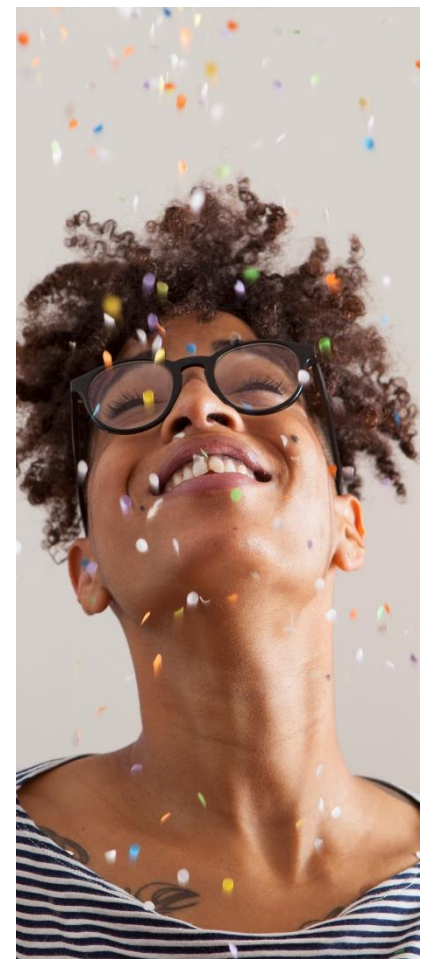
- Convenience Foods such as chicken nuggets, corn dogs and fish sticks must have a Child Nutrition (CN) label or be on the approved list and are limited to no more than 2 times/week.
- Processed foods (ie, hot dogs, lunchmeat, etc.) are limited to no more than 2 times per week and must be supplemented with an additional protein source.
- The [Creditable Cheese vs Non-Creditable Cheese List](#) shows which cheeses are reimbursable. If the label shows "Natural" or "Pasteurized Processed" or "Cheese Food" it is reimbursable. Non-reimbursable cheeses show "Cheese Product" or "Imitation Cheese" on the label.

- Yogurt must contain no more than 23 grams of sugar per 6 oz. /31 grams per 8 oz.

INFANTS (0-11months)- Iron-fortified formula or breastmilk is required at all meals and snacks.

- If you care for infants, you **must** have a brand of iron fortified formula on site that you offer to parents.
- Solid food is introduced when the infant is developmentally ready around 6 months.

You must have the [CACFP Meal Pattern](#) posted and keep Nutrition Facts Labels of products served on hand to show your Monitor at your site review.



On the Move Sock Snowball Toss

This is a great way to have kids help with the laundry. Simply have them roll up some clean socks to make the snowballs and see who gets the most sock snowballs tossed into in the laundry basket!

Recipe of the Month:

Overnight Whole Wheat Blueberry French Toast

Ingredients

- 12 slices whole wheat bread, cubed
- 1 pint fresh blueberries
- 5 large eggs
- 1 1/4 cup 1% milk
- 2 tablespoons pure maple syrup
- 1/2 teaspoon cinnamon
- 1/4 teaspoon nutmeg
- 2 tablespoons unsalted butter, melted

Instructions

1. Preheat oven to 350 degrees F.
2. In a 9x9-inch square baking dish, toss together cubed bread and fresh blueberries.
3. In a medium-sized bowl, whisk together eggs, milk, maple syrup, and cinnamon. Add melted butter and mix to combine. Pour egg mixture over bread and blueberries. Cover and refrigerate overnight.
4. Bake in oven 45-55 minutes, or until golden brown.

