

# Child Care Food Program Newsletter

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## Nutrition & Health News

### October is Vegetarian Awareness Month

**Here are some reasons to celebrate Vegetarian Awareness Month, even for non-vegetarians:**

**Taste!** Vegetarian meals are delicious, fast and easy. Meatless food is far from boring; experimenting with antioxidant-rich herbs, spices and sauces for flavor can be fun for chefs and families alike.

**Meatless Monday** has gained national and worldwide attention. Your facility may ask you to help institute this practice into its menu plan. Gaining knowledge about meatless meals can help save money and time and increase dietary micronutrients and fiber for your clients or coworkers.

**Save money.** Studies show that plant-based dietary patterns could cost less money. Animal protein has been assessed as more expensive than plant-based foods. An additional savings could come from the many health benefits of plant-based diets and reducing money spent on medical care.

**Vegetarian diets are statistically higher in fiber.** Though 25-34 grams of fiber per day is recommended, the typical American consumes only 12-15 grams. Increasing whole grains, legumes and fresh produce can easily help achieve the goal. For example, a pound of beef contains zero grams of fiber, but just one cup of lentils has 16 grams.

**Respect for the environment and sustainability.** From water protection to soil and air quality, raising animals uses more natural resources than growing plants. Studies show that plant-based diets are more environmentally sustainable than those rich in animal foods.

**Health!** Studies show that vegetarian diets are statistically higher in vitamins A, B2, C and E, beta carotene, calcium and folate than non-vegetarian diets. There is also recent research that indicates vegetarians experience a significantly lower overall incidence of cancer and a lower cholesterol and blood pressure than non-vegetarians. This dietary pattern is linked to reduced risk of ischemic heart disease and type 2 diabetes as well.

**Make ALL 5 Mondays in October Meatless by checking out these [Healthy Kid-Friendly Vegetarian Meals](#)**

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**August 2023 KidKare Claim Pay Date is September 25, 2023**

**\*\*September 2023 Claim Deadlines\*\***  
**October 1, 2023-** KidKare claim due.  
**October 5, 2023 -** Child Enrollment Forms due in Cameron Park Office

## KidKare Corner

### Avoid Mealtime Errors on your KidKare Claim

Avoid making common mealtime errors on your claim by checking that you:

**Record the appropriate **AM** or **PM** for mealtimes.**

For example, if your breakfast time is showing 8:30**PM** instead of 8:30**AM** 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.

## Program Reminders & Updates

### Site Review Visit Reminders

According to USDA regulations, CACFP sponsoring organizations must review each Family Child Care Home three times a year with no more than 6 months between visits from October to September the following year (7CFR 226.16(d)(4)(iii)).

As a reminder, The USDA Onsite Monitoring Waiver that allowed us to conduct site review visits virtually during the pandemic expired on June 30, 2023. **Currently, all site visits are being conducted physically (in person) and are unannounced.** As always, we will be wearing our Catalyst Community badge to identify ourselves.

#### REMINDER: What We will be Checking at Site Review Visits

- DCH License and Meal Pattern are posted and Grains Measuring Chart is accessible.
- Child attendance and meal count is compared to the previous 5-day average.
- All required food components are served together at meal/snack with the minimum serving sizes served for each age group.
- The proper milk type is served (whole milk for 1 year olds and 0-1% for 2 and older) for each age group and Nutrition Facts and/or CN labels checked (if necessary).
- A "house" brand of iron fortified formula is on hand (if you care for infants).
- General Safety & Sanitation check.

#### REMINDER: Notify us Ahead of Time when Closed

You must notify us in **ADVANCE** if you will be away or closed during a scheduled mealtime (7 CFR 226.16(I)(2)(ix)). You can use your Provider Calendar in KidKare (under **Calendar>Provider Calendar** in KidKare) or send an email for any planned closures. In the event of an unexpected closure, you **MUST** notify the office and/or your CACFP Monitor as soon as possible (phone call, email, or text). If you are closed during a scheduled mealtime and do not notify us ahead of time or we repeatedly attempt to conduct a review visit but get no answer, you will receive a Warning Letter. If you receive a second warning you may be placed into Serious Deficiency risking your continued participation on the CACFP.



### On the Move Visit a Pumpkin Patch

Pumpkin-picking is one of the most fall-inspired activities children can participate in. So be sure to visit a Pumpkin Patch this season. It's a great way for kids to enjoy the outdoors and get in lots of physical activity in addition to enjoying the "fruits" of their labor!

## Recipe of the Month: VEGAN LENTIL MEATLOAF CUPS

#### INGREDIENTS

- 1 1/2 cups brown lentils, dry
- 3 cups vegetable broth, or water
- 1 teaspoon olive oil
- 1 cup small, diced carrot
- 1 cup small, diced celery
- 1/2 medium yellow onion, diced.
- 1 clove garlic, minced.
- 1 teaspoon chopped fresh thyme.
- 1/3 cup breadcrumbs, gluten free if necessary
- 1 tablespoon ketchup, plus more for the top
- 1 flax egg (1 tbsp ground flax mixed with 2 1/2 tbsp water, let sit for 2-3 minutes)
- 2 tablespoons chopped fresh parsley.
- 1/2 teaspoon smoked paprika, optional.
- 1/2 teaspoon salt
- 1/4 teaspoon black pepper

#### INSTRUCTIONS

Place the lentils and broth in a medium saucepan and cover with a lid. Bring to a boil, reduce to a simmer and simmer until lentils are tender and liquid is gone, 20-25 minutes. In a large pan over medium heat add olive oil, diced vegetables, thyme and a pinch of salt and pepper. Cook vegetables until tender, about 12 minutes. Pre-heat oven to 375 degrees F. Add the cooked veggies to a food processor and blend until they're minced, about 1 minutes. Next, add the lentils and give it a few small pulses. You want some of the lentils to still be whole. Add lentils and veggie mixture to a large bowl and then add in the breadcrumbs, ketchup, flax egg, parsley, smoked paprika, salt and pepper. Mix until everything is combined. Spray a standard size muffin tin with cooking spray. Use a 1/4 scoop to scoop the mixture into the muffin tin. Flatten the top of each meatloaf and squeeze about 1 teaspoon of ketchup on top of each. Place the meatloaves in the oven and bake until the tops are slightly crispy, about 20-25 minutes. Let them cool in the muffin tin for a few minutes before removing.

