

Child Care Food Program Newsletter

November 2023 • Volume 30, Number 11



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Nutrition & Health News

National Hiking Day is November 17th.

Celebrate National Hiking Day by taking children on an adventure hike!

Children will not only have fun enjoying the outdoors but experience a wealth of exciting learning opportunities. Listed below are some great ideas that can be used alone or as a springboard to another idea that will engage children of all ages in walking or hiking.

- **Go on a critter hunt:** When you are on a walk or hike, stop a few times to turn over logs, rocks or pieces of bark to see what's hiding underneath. You might discover beetles, spiders, worms and roly pollies. A magnifying glass is a great tool to bring along to get a closer look.
- **Animal walks:** This is a fun game of taking turns to decide how to walk until reaching the next landmark (e.g., fence, tree, house). For example: walk like a duck by squatting legs and flapping arms or hop like a rabbit with arms tucked into chest and hopping forward. Sound effects can be added but be careful of other walkers and wildlife which may like a slightly more peaceful environment.
- **Can you find it?** A player chooses an object they see on the walk and says, "First one to find a ____". The player fills the blank with the object (e.g., green leaf). Other players try to find the object first and the winner then chooses the next object to find.
- **Follow me:** The goal of this game is to follow a partner as close as possible, without running into them, or anyone else. Take turns who gets to be the leader.
- **Go on a scavenger hunt:** Before beginning a walk, brainstorm a list of objects you think you might find. For example: a feather, animal tracks, a flower, an acorn, a large rock, moss, a pinecone, etc. Add to the list during the walk.

According to the **Physical Activity Guidelines for Americans**, childhood and adolescence are critical periods for developing movement skills, learning healthy habits, and establishing a firm foundation for lifelong health and well-being. Regular physical activity in children and adolescents promotes health and fitness. Compared to those who are inactive, physically active youth have higher levels of cardiorespiratory fitness and stronger muscles. They also typically have lower body fat and stronger bones.

For more information on recommended physical activity levels for children and adults, see the [Physical Activity Guidelines for Americans, 2nd Edition](#)

Catalyst Community CACFP

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Septemeber 2023 KidKare Claim Pay Date is: October 30, 2023

*****October 2023 Claim Deadlines*****

November 1, 2023- KidKare claim due.

November 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 8:30PM 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.

Program Reminders & Updates

IMPORTANT: CACFP Administrative Review by CDSS

2023-24 CACFP Administrative Review

Sponsors of the Child Care and Adult Care Food Program (CACFP) are required to go through an Administrative Review process (audit) every two years according to federal and state regulations.

The California Department of Social Services (CDSS) will be conducting an Administrative Review of the Catalyst Community CACFP this program year beginning October 2023.

As part of the Administrative Review process, CDSS will be conducting unannounced physical site visits to a select number of Day Care Home providers to check all compliance areas.

If you are chosen, a review visit will be conducted by your Monitor the way a normal unannounced review visit is conducted, however someone from CDSS will also be there to observe it as part of the Catalyst Community CACFP Administrative Review. Both your Monitor and the CDSS representative will have identification badges with them.

How to Prepare for a Visit from CDSS

Please carefully review the [Key Components for a Successful Site Review Visit](#) as you may be one of the providers chosen for the Administrative Review.

Remember, you **MUST** notify us of any:

- Mealtime changes
- Planned/unplanned days out
- Contact information changes (address, phone, email)
- License capacity changes

Thank you for partnering with us for another successful administrative review!



On the Move Nature Hike Art

Bring along some playdough or air-dry clay to have children make impressions of tree bark and objects along the trail or make a nature bracelet by putting some tape around your child's wrist with the sticky part facing out. Along the way, they can gather leaves and stick them to their bracelet.

Recipe of the Month Pumpkin Chili

Ingredients

• 1 tbsp. olive oil	• 3/4 tsp. ground black pepper, plus more to taste
• 1 lb. ground Italian sausage	• 1/2 tsp. ground cinnamon
• 1 onion, chopped	• 2 15-oz. cans fire-roasted tomatoes, not drained
• 1 red bell pepper, chopped	• 1 15-oz. can kidney beans, drained and rinsed
• 3 garlic cloves, chopped	• 1 15-oz. can black beans, drained and rinsed
• 1 1/2 tbsp. chili powder	• 1 15-oz. can pumpkin puree
• 2 tsp. ground cumin	• 2 1/2 c. chicken broth
• 1 tsp. kosher salt, plus more to taste	

Directions

1. In a large Dutch oven, heat the oil over medium heat.
2. Add the sausage and cook, stirring to break into pieces, until browned and cooked through, 8 to 10 minutes.
3. Using a slotted spoon, transfer the sausage to a paper towel lined plate to drain.
4. Add the onion and bell pepper to the Dutch oven. Cook over medium heat, stirring, until softened, 10 to 12 minutes.
5. Stir in the garlic, cumin, chili powder, 1 teaspoons salt, 3/4 teaspoon pepper, and cinnamon. Cook, stirring, for 30 seconds.
6. Stir in the tomatoes, kidney beans, black beans, pumpkin puree, chicken broth, and sausage. Bring to boil over medium-high.
7. Reduce heat to medium-low, cover and cook, stirring occasionally, until the flavors meld, about 20 minutes.

