

Child Care Food Program Newsletter

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Nutrition & Health News

Healthy Holiday Treats

This holiday season, brighten up children's eating habits without sacrificing the sweet traditions by serving seasonal healthy fruits and vegetables as holiday treats!

Do your kids' energy levels or mood drastically alter throughout the holiday season? Between all of the changes to school schedules, a change in weather, and treats they may not be used to eating, this is all normal. Holiday foods are often loaded with sugar, refined flour, and unhealthy fat. While it may seem easier said than done, these holiday nutrition tips can promote better habits while enjoying the festivities.

Make it Fun.

Celebrate seasonal produce such as citrus, pears and apples. Did you know that **December is National Pear Month** and **December 1st is Eat a Red Apple Day**?

Give the children mandarin oranges or clementines since they're easy to peel, allowing children to foster their own independence. Or enjoy teeny-tiny crab apples—a fruit option that makes children feel like a giant! Then, channel their creativity by assembling an edible **Holiday Fruit Wreath**—see this month's recipe!

Re-purpose your cookie cutters by using them on pieces of honeydew and watermelon slices instead of cookie dough. Kids can still enjoy a sweet treat in a fun shape and will get in some important nutrients, too! Frozen cherries or fresh apples are also delicious warmed on the stove-top or in the microwave—just sprinkle with cinnamon and serve. Try baked fruit drizzled with honey and cinnamon and topped with yogurt.

Focus on Color

Festive decorations are an explosion of color. So, why shouldn't our holiday meals be the same? Print out the [Super Crew Color Tracker](#) to encourage kids to include four colors of healthy foods each day.

Balance holiday treats with an abundance of color-filled snack options such as:

- sugar snap peas
- red peppers
- baby carrots
- cherry tomatoes

Besides their natural beauty, each colorful ingredient provides unique health benefits to children.

KidKare Corner

Provider & Child Calendars in KidKare during the Holidays!

You must notify us ahead of time of any upcoming closures by contacting the office, your CACFP Monitor or using your **Provider Calendar** in KidKare.

To use your Provider Calendar, go to **Calendar** then highlight the Provider box. Drag and drop 'Closed for Business', 'Off Site Meal' or '**Open for Holiday**' on the specific day(s) you are closed/open.

Use the **Child Calendar** to indicate if a school age child is **not in school** (holiday, school vacation). Highlight the **Child** box, then choose the child from the drop-down box. Drag and drop "**No School**" on one day on the calendar. Click on the event to open, then enter the range of days school is out. When a meal box is highlighted in blue, it means the child was not in school and therefore the meal will be allowed.

For more information see: [Manage Provider & Child Calendars in KidKare](#)

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October 2023 KidKare Claim Pay Date is November 27, 2023

December 25-26, 2023- Closed for Holidays.

****November 2023 Claim Deadlines****

December 1, 2023- KidKare claim due.

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

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 Freeze!

Put on some holiday music and turn up the volume. Have kids dance until the music stops then have them freeze in whatever position they find themselves in. To make the game more challenging, ask the kids to freeze in specific poses: animals, shapes, letters, etc.

Recipe of the Month Holiday Fruit Wreath

Ingredients:

- Green grapes: Form the base of the wreath. Look for fresh green grapes that are free of brown spots and blemishes for the best presentation.
- Green kiwis: Try to find ripe kiwis that are not overly mushy. If they're not ripe, they may have a more sour flavor.
- Raspberries: Raspberries are a great source of vitamin C, fiber and manganese. Look for raspberries that are vibrant, without being mushy.
- Pomegranate arils: Look for pomegranate arils in the produce section or remove them from a whole pomegranate if preferred.
- Honey melon: High in vitamin C and good for hydration, honey melon is great for supporting your immune system. To pick the perfect honeydew, look for a melon with a creamy yellow to white exterior with no cracks or bumps on the surface.

Directions

1. Get out a large circular platter. Depending on the size of your platter, you may need to adjust how much fruit you use. Arrange kiwi slices in a circular pattern on the outer rim of the platter. Create an inner rim with the remaining kiwis. This will form the border of your fruit wreath.
2. Next, fill in the wreath with green grapes.
3. Using a small star-shaped cookie cutter, cut stars out of the honey melon.
4. Finish decorating the fruit wreath by filling in any gaps with the raspberries, pomegranate arils and honey melon stars. Serve with fruit dip, if desired.

