

Child Care Food Program Newsletter

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Nutrition & Health News March is National Nutrition Month

This year's theme is Fuel the Future!

No matter your age or activity level, making healthful food and drink choices will provide your body with energy now and fuel for the future. Plus, the benefits of eating healthfully can add up over time.

Here are some ways we can Fuel for the Future:

- *Eat with the environment in mind.*

Buying foods in season and shopping locally, when possible, not only benefits the planet, but it also may help you keep food costs down.

Enjoying more plant-based meals and snacks is another option. Try more meatless meals or substituting some or all of the meat in recipes with plant-based proteins.

- *Stay nourished and save money.*

When prices of food and other goods go up, buying healthful foods may not feel like a priority. Yet, many healthful foods are filling, cost less overall and help to manage or reduce your chances of developing certain chronic diseases. A little planning before you shop can go a long way in choosing foods that are affordable, satisfying and have a higher amount of nutrition.

- *Eat a variety of foods from all food groups.*

Fruits, vegetables, grains, protein foods and dairy all play a role in fueling our bodies. Choosing a variety of healthful foods is important, since foods can differ in the nutrients they provide. Eat foods in various forms including fresh, frozen, canned and dried. Explore [MyPlate](#) to set personal goals for healthy eating.

- *Make tasty foods at home.*

To increase variety in your eating routine, try new flavors and foods from around the world. Another way to eat healthier and save money is to learn cooking and meal preparation skills. This can help you find creative ways to use leftovers rather than tossing them. Putting it all together Finding ways to include the foods you enjoy while getting the nutrients you need is important at any age. The foods and drinks we choose can be influenced by a variety of things, such as taste, cost, culture, convenience and cooking skills.

For more information and resources for National Nutrition Month, visit <https://www.eatright.org/national-nutrition-month-2023/resources>

Catalyst Community CACFP

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**JANUARY 2023 KidKare Claim Pay Date is
FEBRUARY 27, 2023**

* FEBRUARY 2023 Claim Deadlines*

March 1, 2023- KidKare claim due
March 6, 2023 -Child Enrollment Forms
due in Cameron Park Office

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 2022 Tax Report in KidKare can be accessed by going to **Reports>Claim Statements>Tax Report>Select Year (2022)**.

If you have tax questions related to the CACFP, please visit Tom Copeland's [Taking Care of Business blog](#). 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.

Program Reminders

Determining Ounce Equivalents in the CACFP

The [CACFP Child Meal Pattern](#) lists serving sizes for grains as **ounce equivalents**: ½ oz. eq. for children ages 1- 5 years and 1 oz. eq. for children 6-12 years. Ounce equivalents (oz. eq) are used to ensure that children get enough grains at meals and snacks.

What is an ounce equivalent?

An ounce equivalent (oz. eq.) tells you the amount of actual GRAIN in a portion of food. For example, since a slice of bread contains other ingredients besides grains (water, yeast, salt, etc.) and not all slices of bread are the same size, it can be difficult to determine if the amount of grain in the slice of bread meets the minimum serving size requirement for a grain. The [Grains Measuring Chart](#) is used to determine the minimum serving size of grains in ounce equivalents by age group using weight, size and amount for common grain products.

Ounce equivalents for bread products (bread, muffins) are determined by **weight in grams**. For example, according to the Grains Measuring Chart, as long as the Nutrition Facts label for a slice or serving of bread shows that it is 28 grams or more, it can be used to meet the oz. eq. requirement.

In this example from the Grains Measuring Chart, ½ slice of bread equals the ½ oz. eq. requirement for a 1-5 yr olds.

| | |
|--|---------------------|
| Bread (whole grain-rich or enriched) at least 28 grams* | ½ slice or 14 grams |
|--|---------------------|

Ounce equivalents for items such as crackers are determined by **size** rather than weight. In this example on the Grains Measuring Chart, if the cracker is at least 1 and ¾" across, 4 crackers meet the ½ oz. eq. requirement for 1-5 yr olds.

| | |
|---|------------------------|
| Cracker, Round, Savory (about 1 ¾" across)** | 4 crackers or 11 grams |
|---|------------------------|

Items such as oatmeal, rice, pasta and cereal are listed on the Grains Measuring Chart by **amount** according to cup size. For example, ¼ c cooked oatmeal is 1/2/ oz. eq. for 1-5 yr olds.

| | |
|----------------|------------------------------|
| Oatmeal | ¼ cup cooked or 14 grams dry |
|----------------|------------------------------|

****If you have any questions/concerns we will be offering technical assistance on how to determine ounce equivalents (oz. eq.) at your next site visit****



On the Move Spring-themed Yoga

Show your child how to pretend to be a tall tree, hop like a frog, curl up like a sleepy seed, or a flutter like a butterfly. These are a few simple spring-themed [yoga](#) poses that you can practice together inside or better yet, outside if the weather is cooperating!

Recipe of the Month: Berry & Barley Spinach Salad

Ingredients

- 2 cups cooked and cooled barley
- 1 tablespoon olive oil
- Juice and zest of 1 lime
- 5 ounces (4 cups) fresh baby spinach
- ¼ cup red onion, finely chopped
- 2 tablespoons fresh basil, chopped
- 1 avocado, diced
- 2 cups fresh or defrosted berries (strawberries, raspberries, blueberries or blackberries)
- Optional: Salt and pepper, to taste

Directions

In a large bowl, gently mix together barley, olive oil, lime juice and zest, spinach, red onion, fresh basil, salt and pepper. Gently fold in avocado and berries. Serve salad immediately or chill and serve within 2 hours.

