

Child Care Food Program Newsletter

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Nutrition & Health News April is National Garden Month

It is not always easy preparing healthy meals that children will eat without complaining. If you have picky eaters, it makes that job even more difficult. One tool to help children establish life-long healthy habits is growing a garden.

Nutrition: There have been many studies that show children who help garden are more likely to consume what they planted. This equates to more fruits and vegetables! They are also more likely to help choose more fresh produce at the grocery store. This makes it a little easier to prepare meals and increased nutritional status is a plus.

Physical Activity: Another positive that comes from gardening with children is the benefits that come with physical activity. Teaching them to work the soil, and plant, weed and water are all great things. They also require movement, and utilizing muscles you may not use all the time. Bending, squatting, hoeing—these all use large muscle groups and are great for anyone! Hauling soil, harvesting tomatoes and picking beans—these are also life skills that will stay with children the rest of their lives. Teaching them where their food comes from and the work that is put into growing it is important. They will appreciate their food a little more. At the least, they won't answer "the grocery store" when asked where their food comes from!

Container Gardening

If you don't have a big spot for a small garden—try growing a container garden! A container garden is a great option for those with limited space or those that are gardening for the first time. Container gardening provides an opportunity for children to learn new skills without investing a large amount of time or money.

Almost any vegetable or herb can be grown in a container. Some of the more popular container crops are peppers, eggplant, tomatoes, beans, radish and cucumbers. A few of the herbs recommended for container gardening are parsley, rosemary, marjoram, basil, thyme and chives.

Try a themed container garden to create more interest and excitement.

Possible choices include:

Pizza Garden: tomato, basil, oregano, onion

Salsa: tomato, cilantro, onion, hot peppers

Salad: lettuce, arugula, radish, onion

Need more resources?

Kidsgardening.org has lots of great ideas and activities for gardening with children.

Catalyst Community CACFP

3161 Cameron Park Dr. Suite 101

Cameron Park, CA 95682

530-676-0707

www.catalystcomm.org



**February 2023 KidKare Claim Pay Date is
MARCH 27, 2023**

*****MARCH 2023 Claim Deadlines*****

April 1, 2023- KidKare claim due

April 6, 2023 -Child Enrollment Forms

due in Cameron Park Office

KidKare Corner

Check Your Claim Summary & Errors Report in KidKare!

Be sure to view your "Claim Summary & Errors Report" in KidKare each month to avoid repeated errors and losing reimbursement. After your claim is processed, you can view your Claim Summary & Errors Report by going to: **Reports>Select category: Claim Statements>Select report: Claim Summary & Errors Report>Select Month: Run.**

REMINDER: According to the Nationwide Area Eligibility Waiver, ALL providers will continue to be reimbursed at the Tier 1 (higher) rate until June 30, 2023.

Program Reminders

COMING UP: 2023 Annual Child Enrollment Renewals: May 8th – 31st

Each year providers must renew all currently enrolled children in their care (7CFR 226.18(b)(16)(e)) in order to continue to claim their meals.

All Child Enrollment Renewals must be completed and signed between May 8- May 31, 2023.

You must choose one of the following two methods in KidKare to complete your **2023 Child Enrollment Renewals**:

- **METHOD #1(Electronic- eForms):** If you wish to use this method, you must notify us **before May 1st, 2023** so we can activate eForms for you in KidKare. Check out the [Instructions for Using eForms](#) to use this method.
- **METHOD #2(Manual/Paper):** Print the Enrollment Renewal Worksheet in KidKare (*Reports>Worksheet>Enrollment Renewal Worksheet>choose month of MAY*). Both you and the parent must sign and date in the month of May: **Please do not have parents sign before May 1, 2023.** **Enrollment Renewal Reports are due by MAIL in the Cameron Park office no later than June 5, 2023.**

Any **NEW** children enrolled from May 1, 2023 forward are to be enrolled using the standard enrollment method as follows and therefore do not need to be re-enrolled.

- Enter child information into KidKare and print enrollment form.
- Provider and parent both sign original enrollment form and sign date the first day child is in care.
- Enrollment forms must be received by the 5th of the month deadline in the Cameron Park office (address is on the form).
- Scanned copies are not accepted.



On the Move

Gardening-Good for the Body!

Squatting, bending, pulling weeds, digging, moving bags of soil, planting and watering are all physical exercises performed while gardening! In addition, the body produces Vitamin D when outside and exposed to sunlight. Vitamin D helps the body absorb calcium so bones stay healthy and strong!

Recipe of the Month:

Garden Themed Ladybug Salad

Ingredients (makes 1):

- ½ cup pea shoots (torn up lettuce or spinach leaves work too)
- 3-4 slices raw carrot
- 2 slices cucumber
- 1 mini Babybel cheese

Instructions

- Harvest the pea shoots by cutting near the base of the stem with kitchen scissors. Place the pea shoots into a cardboard muffin cup or small bowl.
- Cut carrot & cucumber slices. Add the carrot and cucumber to the pea shoots, arranging them on top to look like growing flowers.
- Make the Babybel ladybird by removing the outer wrapper from the cheese, leaving the wax layer intact. Using a small round cutter, cut a semicircle from one side of the wax for the head, then remove the wax, leaving the cheese intact.
- Cut a sharp triangle from the wax, point side towards the semi-circle you just removed. This will form the wings. Using a tiny round cutter or the end of a drinking straw, cut dots from the wax and remove. Add two of the wax dots back onto the cheese in the head area to form the eyes. Pop the cheese ladybird on top of the salad to decorate, then serve immediately.

CACFP - 1 Meat Alternate + 1 Vegetable for SNACK (1-5-year-olds)

