

# Child Care Food Program Newsletter

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## Nutrition & Health News May is National Egg Month

Although eggs haven't had the best reputation in the past, more recent research shows that eggs are a healthy component to any eating pattern. For decades, we believed we should limit eggs due to their cholesterol content, but the latest research shows that there is no correlation between egg consumption and risk for cardiovascular disease, ischemic heart disease or stroke. Eggs are a complete source of protein and pack over 20 beneficial nutrients at only 70 calories a piece.

### Nutritional Benefits for All

Eggs are a great choice for individuals of all ages across the lifespan. The 2020-2025 Dietary Guidelines for Americans (DGA) specifically recommend eggs as an important first food for infants and toddlers.

Eggs are an excellent source of choline, a critical nutrient for fetal brain development, and are one of the most concentrated food sources of choline in the American diet. Choline is not found in high quantities in many foods typically consumed by Americans, but just one large egg provides the daily choline needs for babies and toddlers. The DGAs highlight the importance of choline and recommend eggs as a first food for babies to reduce risk for an egg allergy.

Eggs are also beneficial for adolescents and teens due to the protein and choline they provide. The high protein in eggs helps repair and maintain muscle health, therefore, supporting bone health for adolescents and adults.

Eggs also offer nutritional benefits for adults and older adults and can be part of a heart-healthy diet. Eggs are a good source of vitamin D, a nutrient most Americans fall short on, according to the dietary guidelines. Egg yolks contain two carotenoids, lutein and zeaxanthin. These carotenoids help prevent age-related macular degeneration that can lead to blindness. Another beneficial nutrient from eggs is vitamin B12. Many older adults do not consume enough vitamin B12, but just one large egg can provide 20% of daily needs.

### Ways to Eat Them

In addition to the nutritional benefits of eggs, they are also quick to prepare and easy on your food budget! With rising protein food costs, eggs remain very affordable with an average cost of less than 20 cents apiece.

For breakfast, you might scramble or fry an egg, make an omelet, add them to a breakfast burrito, on top of toast — the options are endless! For lunch, add hard boiled eggs to a fresh salad or make an egg salad sandwich. For dinner, add them to stir fry dishes and fried rice, enjoy an egg and potato skillet meal or try curried eggs with spinach. Eggs are a great way to vary your protein choices.

### Food Safety

Keep yourself and your family safe from foodborne illness by washing your hands and any surfaces or utensils that encounter raw eggs. When preparing dishes containing eggs, cook eggs until the white and yolks are firm or an internal temperature of 160°F. Eggs should be kept cool at 33–40°F and should be discarded after two hours if left at room temperature. For best quality, use eggs within 3–5 weeks of the purchase date. Eggs are perfectly safe to use after the "sell-by" date on the carton.

## KidKare Corner

### Daily Whole Grain Rich Requirement

CACFP regulations state that at least one serving of grains per day at a meal or snack must be whole grain rich (7 CFR 226.20(a)(4)(i)(A) and 226.20(c)). Whole grain-rich means that at least half the grain ingredients in an item are from whole grains.

For more information on the Whole Grain Rich Requirement see [Adding Whole Grains to Your CACFP Menu](#).

In KidKare, whole grain rich items are indicated with a (WG) under Bread/Alternates. If you serve a grain item that you know is whole grain rich but is not indicated as such on the food list, (i.e., Bagels) then you can indicate it is whole grain-rich by switching the "Is this Whole Grain Rich?" Toggle to **YES**.

**You must indicate that you served at least ONE whole grain rich item listed on your menu each day or the least reimbursable meal that day will be disallowed.**

## Catalyst Community CACFP

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**March 2023 KidKare Claim Pay Date is**

**April 24, 2023**

**\*\*\*April 2023 Claim Deadlines\*\*\***

**May 1, 2023** - KidKare claim due

**May 5, 2023** - Child Enrollment Forms due

in Cameron Park Office

## Program Reminders

### 2023 Annual Child Enrollment Renewals May 2023

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, signed and dated by parents/guardians between May 1<sup>st</sup> and 31<sup>st</sup> in order for you to continue to claim their child(ren) on the CACFP.**

You must notify us before May 1<sup>st</sup> which of following two methods you will be using to complete your **2023 Child Enrollment Renewals**:

#### **METHOD #1(Electronic- eForms):**

- Check out the [Instructions for Using eForms](#) to use this method in KidKare to complete your child enrollment renewals.
- **Deadline to complete eForms is 5/31/23.**

#### **METHOD #2(Manual/Paper):**

- Print the Enrollment Renewal Worksheet in KidKare (*Reports>Worksheet>Enrollment Renewal Worksheet>choose **month of MAY***). **Parents must sign between May 1<sup>st</sup> and May 31<sup>st</sup> only.**
- **Paper Enrollment Renewal Worksheets are due by MAIL in the Cameron Park office no later than June 5, 2023.**

#### **IMPORTANT REMINDER:**

**Any NEW children enrolled in the month of May are to be enrolled using the regular paper enrollment method.** New children enrolled in May will not be included in the child enrollment renewal process. As always, original enrollment forms must be received by the 5<sup>th</sup> of the month deadline in the Cameron Park office. Scanned copies are not accepted.



### On the Move

#### Eggs-ercise Activity

Fill an empty egg carton with 12 colorful plastic eggs that each contain a slip of paper with a different physical activity written on it- for example: 'Do 10 jumping jacks' or 'Run in place for 10 seconds.' Have the children take turns passing the egg carton around, opening a plastic egg and doing the physical activity written on the paper!

### Recipe of the Month:

#### Emoji Eggs

##### Ingredients

- 5 eggs
- 2 tbsp of milk (1%)
- 1/8 tsp of pepper
- 4 cherry tomatoes sliced and/or cut in wedges.
- 1/2 small red or green sweet pepper, cut into strips
- 2 tbsp sliced black olives.
- 1/2 cup shredded Cheddar or mozzarella cheese
- 1/4 cup chopped fresh parsley

##### Instructions

1. Whisk eggs, milk, and pepper in small bowl.
2. Spray 10-inch skillet with cooking spray. Heat over medium-low heat. Pour in egg mixture; cover and cook, without stirring, until just set, 7 to 10 minutes. Slide omelet onto cutting board; let cool for a few minutes.
3. Cut four circles out of omelet using large (approximately 3-4 inch) round cookie cutter. Create egg faces using cherry tomatoes, peppers, olives, cheese, and parsley to make eyes, nose, mouth, and hair. Leftover bits of omelet can be used as well!

