

# Child Care Food Program Newsletter

June 2023 • Volume 30, Number 6



www.catalystcomm.org



## Nutrition & Health News June is National Dairy Month

### Milk on the Child Care Food Program

**Fluid Milk** is a required component at all meals (breakfast, lunch, dinner) on the CACFP and is an essential part of a child's healthy diet. Milk is packed with protein, calcium, and vitamin D, all important for the growth and development of children.

- Unflavored Whole milk (Vitamin D) is required for ages 1-2 years of age.
- Unflavored Fat-free (0%) or Low-fat (1%) milk are required for children over 2 years of age.

Lactose free milk is reimbursable as long as it is whole for 1-year olds and 0-1% for 2 years and older

### Non-Dairy Milk Substitutes

If a child is not able to drink cow's milk due to a special dietary need (see [Milk Allergy vs Lactose Intolerance](#)), a non-dairy milk substitute may be served in place of cow's milk. Parents must sign a [Parental Request for Non-Dairy Milk Substitute](#) AND the Non-dairy milk substitute MUST be nutritionally equivalent to cow's milk. The Non-dairy milk substitute may be provided at the expense of the parent or provider to be part of a reimbursable meal.

The following reimbursable non-dairy milk substitutes are nutritionally equivalent to cow's milk in that they have similar amounts of protein, vitamins A & D and B-12, magnesium, potassium, phosphorous and riboflavin:

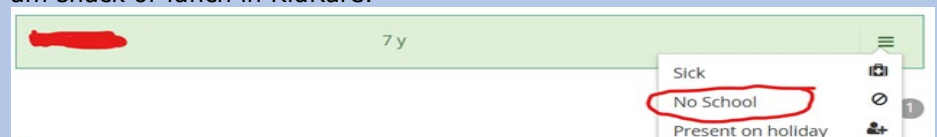
- 8<sup>th</sup> Continent Original Soymilk Unflavored
- Pacific All-Natural Ultra Soy Original Unflavored
- Ripple Pea Protein Milk Unflavored
- Sunrich Naturals Original Soymilk Unflavored
- Walmart Great Value Original Soymilk Unflavored
- Kirkland Organic Soymilk
- WestSoy Organic Plus Plain Soymilk
- Silk Original Soymilk Unflavored
- Kikkoman Pearl Organic Soymilk Smart Original Unflavored
- Commercial Goat's Milk (pasteurized).

**Please note:** Other plant-based milk such as almond, coconut, hemp, and rice are NOT reimbursable non-dairy milk substitutes because they are not nutritionally equivalent to cow's milk. These non-dairy milk substitutes are only accepted with a [Medical Statement](#) signed by a licensed physician, physician's assistant, or nurse practitioner.

## KidKare Corner

### Indicating School Days Out for School Age children

You must indicate when a school age child is out of school and in your care in order to receive an am snack or lunch when normally a school age child would be in school. To indicate when a school age child is not in school, click on the three lines next to the child's name and then click "No School" when recording am snack or lunch in KidKare.



When school is out for the summer remember to use the Child's Calendar to indicate an extended school break/vacation. See [How to Use Child's Calendar in KidKare for summer break](#).

### Catalyst Community CACFP

3161 Cameron Park Dr. Suite 101  
Cameron Park, CA 95682  
530-676-0707

[www.catalystcomm.org](http://www.catalystcomm.org)



April 2023 KidKare Claim Pay Date is  
May 30, 2023

\*\*\*May 2023 Claim Deadlines\*\*\*

**June 1, 2023** - KidKare claim due  
**June 5, 2023** - Child Enrollment Forms  
due in Cameron Park Office

## Program Reminders

### CACFP Reimbursement Rates Changing as of July 1, 2023

The Keep Kids Fed Act which went into effect in response to the COVID-19 pandemic is expiring on June 30, 2023. The Keep Kids Fed Act enabled all CACFP providers to receive:

- **An additional \$0.10 reimbursement per meal and snack served.**
- **Tier 1 reimbursement (highest rate) regardless of whether they live near an eligible school OR their own income eligibility OR the income eligibility of the families they care for.**

### CACFP reimbursement rates will be changing when the Keep Kids Fed Act ends on June 30, 2023.

This means the extra \$0.10 per meal and snack will end for everyone on July 1, 2023. In addition, if you are a Tier 2 provider (you do not qualify Tier 1 by school or income) you will be paid at the lower Tier 2 rates beginning July 1, 2023.

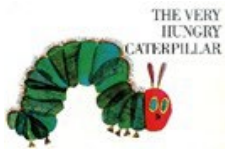
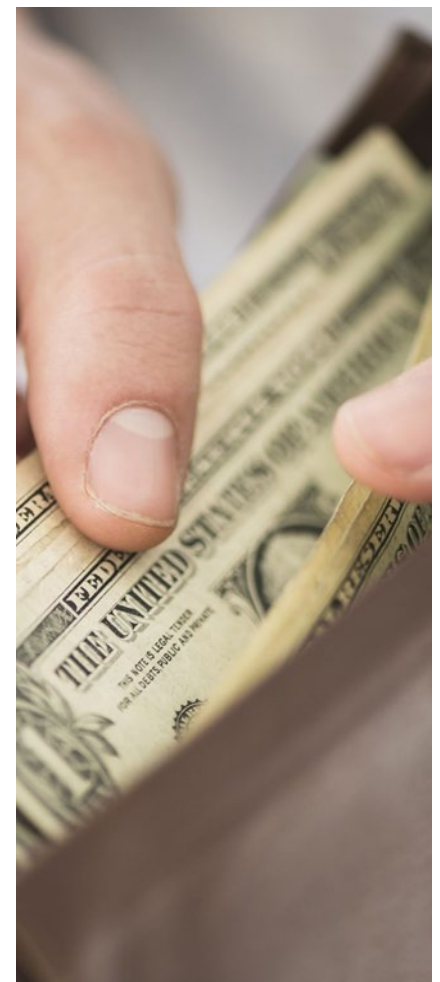
### Take Action to extend the additional 10 cent reimbursement for CACFP

Use this link to ask your House Representative to co-sponsor and/or support the [Helping Schools Feed Kids Act of 2023!](#)

Reimbursement rates are published by the USDA in July of every year. As soon as we know what the new 2023-2024 rates will be, we will share them with you.

### Provider & Parent Meal Benefit Forms

If you are a Tier 2 provider, we will be mailing you both Provider and Parent Meal Benefit Forms on June 1, 2023, to see if you or your families may qualify for the higher Tier 1 rates according to income eligibility beginning in July 1, 2023. Please be sure to fill out the Meal Benefit Forms and return to our office by the June 30, 2023 deadline.



## On the Move

### Very Hungry Caterpillar

Have children pretend to be caterpillars and act out how they turn into butterflies by first curling up in a ball to represent the egg. Next, have them crawl out of the egg as a caterpillar and look for food (see String Cheese caterpillar Snack below!) Then have them crawl under a big blanket or sheet and wrap them up like they are in a cocoon or chrysalis. Finally, have them emerge from the cocoon as a butterfly and fly away!

## Recipe of the Month: String Cheese Caterpillars

### Ingredients:

- 1 piece of string cheese\*
- 5 pretzel sticks
- 1 teaspoon dried cranberries or raisins

### Directions:

1. Wash hands with soap and water.
2. Break pretzel sticks in half and stick in cheese to make legs and antennae.
3. Add dried cranberries or raisins to "legs" to make feet. Enjoy!

