

# Child Care Food Program Newsletter

July 2023 • Volume 30, Number 7



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



## Nutrition & Health News

### Keeping Food Safe in the Summer

Did you know that you are more likely to get food poisoning (foodborne illness) during the summer months?

According to the USDA, bacteria are present throughout the environment in soil, air, water, and in the bodies of people and animals. These microorganisms grow faster in the warm, humid summer months. Given the right environment, harmful bacteria can quickly multiply on food to large numbers. When this happens, someone eating the food can get sick.

Additionally, more people are cooking outside at picnics, barbecues, and on camping trips so the safety controls that a kitchen provides (thermostat-controlled cooking, refrigeration, and washing facilities) are not as available.

**Here are four simple steps to safer food in the summertime.**

- 1. Clean:** Wash Hands and Surfaces Often. Unwashed hands are a prime cause of foodborne illness. Wash your hands with warm, soapy water before handling food, after using the bathroom, changing diapers, and handling pets. When eating away from home, find out if there's a source of safe water. If not, bring water for preparation and cleaning. Pack clean, wet, disposable washcloths or moist towelettes and paper towels for cleaning hands and surfaces.
- 2. Separate:** Don't Cross-Contaminate. Cross-contamination during preparation, grilling, and serving food is a prime cause of foodborne illness. When packing the cooler for an outing, wrap raw meats securely; avoid raw meat juices from coming in contact with ready-to-eat food. Wash plates, utensils, and cutting boards that held the raw meat or poultry before using again for cooked food.
- 3. Cook:** Cook to Safe Temperatures. Take your food thermometer with you. Meat and poultry cooked on a grill often browns very fast on the outside, so be sure that meats are cooked thoroughly. Check them with a food thermometer to make sure they have reached the correct internal temperature.
- 4. Chill:** Refrigerate Promptly. Holding food at an unsafe temperature is a prime cause of foodborne illness. Cold, perishable food like lunch meats, cooked meats, chicken, and potato or pasta salads should be kept in an insulated cooler packed with several inches of ice, ice packs, or containers of frozen water. Keep the cooler in the coolest part of the car, and place in the shade or shelter, out of the sun, whenever possible. Food left out of refrigeration for more than two hours may not be safe to eat. When the temperature is above 90 °F (32 °C), food should not be left out for more than one hour.

### Catalyst Community CACFP

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

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



**May 2023 KidKare Claim Pay Date is  
June 26, 2023**

### **\*\*\*June 2023 Claim Deadlines\*\*\***

**July 1, 2023-** KidKare claim due.

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

## KidKare Corner

### Use Your Provider & Child Calendars in KidKare during the Summer!

You must notify us ahead of time of any upcoming closures by calling the office, emailing your 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** (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](#)

## Program Reminders

### 2023 Mandatory Annual Nutrition Training: LIVE WEBINAR!

This year's Mandatory Annual Nutrition Training will be presented as a LIVE WEBINAR on Zoom in both English and Spanish!

English Zoom Annual Training: 5:30pm-7pm

**Tue July 25, 2023**

OR

**Thu July 27, 2023**

Spanish Zoom Annual Training: 5:30pm-7pm

**Wed July 26, 2023**

In addition to fulfilling the program requirement to attend the Mandatory Annual Training (7CFR 226.16(1)(2)(viii) and 226.18 (b)(2)), providers will:

- Hear how physical site visits will be conducted (Onsite Monitoring Waiver ended 6/30/23)
- Learn ways to increase your monthly reimbursement (Keep Kids Fed Act ended 6/30/23)
- Gain extra credit when taking quiz at the end to receive your Certificate.
- Have a chance to win some raffle prizes!

**Please register by clicking on the purple link above for which day you will be attending as spaces are limited for each date.**

Remember, you **must** attend the Annual Training to remain in compliance and continue your participation with the Catalyst Community Child Care Food Program.



### On the Move Fourth of July Can Toss

Fourth of July celebrations are filled with fun backyard activities, letting kids make the most of the height of summer. Let them decorate some tin cans and set up a classic tin can toss game. It is great for hand-eye coordination and a healthy dose of competition.

### Recipe of the Month: Red, White & Blue Watermelon and Blueberry Fruit Salad

#### Ingredients:

- 2 cups watermelon cubed.
- 1 cup jicama peeled and cubed.
- 1 cup blueberries
- 2 tablespoons lime juice
- 2 tablespoons honey
- pinch of chili powder
- ½ teaspoon salt
- ¼ cup fresh mint chopped
- ¼ cup feta cheese crumbled

#### Directions:

1. Mix watermelon, jicama, and blueberries in a large bowl.
2. Mix the lime juice, honey, chili powder and salt in a small bowl and pour over the watermelon mixture.
3. Add mint and more salt to taste and top with feta cheese crumbles.
4. Chill for 30-60 minutes before serving.

