

Child Care Food Program Newsletter

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Nutrition & Health News

August is National Sandwich Month

Sandwiches make quick, easy, and nutritious meals. Check out the following tips on how to experiment with different veggies and fruits, lean meats, whole grains, and sandwich spreads.

Choose whole grains. Vary the taste and texture of sandwiches with whole grains. Grains provide many nutrients vital for health, such as dietary fiber, B vitamins, and minerals. Try out different ways to hold sandwich fillings with pita pockets, bagels, tortillas, and whole wheat or rye breads.

Read food labels. The color of a product isn't always a good indicator of whether it's a whole grain. Bread can be brown due to molasses or other added ingredients. Choose foods with these ingredients that are listed first on the ingredient list: brown rice, oatmeal, wild rice, whole-grain corn, whole oats, whole rye or whole wheat. Also, check the Nutrition Facts Label and choose products with higher fiber content.

Try different fillings. Instead of mixing shredded tuna, turkey, or chicken with mayonnaise, use lowfat plain yogurt. For added flavor and crunch, add chopped onion, celery, and cucumber or pickle. And, to really kick up the flavor, add in herbs or spices such as dill or cumin. Instead of the traditional peanut butter and jelly sandwich, try peanut butter and sliced banana.

Sandwich spreads. Use different sandwich spreads to kick up the flavor and nutrition. Go easy on spreads such as mayonnaise, margarine, butter, and cream cheese because they add fat and calories and little nutritional value. Instead, try low-fat plain yogurt, different flavors of hummus, mustard or honey mustard, or light dressing.

Boost nutrition with tasty toppings. Give your sandwich a nutritious boost by adding vegetables or fruit. Different veggies include spinach, arugula, sliced zucchini, cucumber, green or red peppers, red onion, and grated carrots. Fruits to try on sandwiches include sliced apples, pineapple, and banana.

Go lean with protein. Choose lean turkey, roast beef, ham, or low-fat luncheon meats for sandwiches. Be sure to supplement processed luncheon meats with an additional protein source such as cheese. Choose low fat cheeses and check the label that it is "natural cheese" or "cheese food" and not "imitation cheese" or "cheese product."

Food safety for the sandwiches on the go. Pack and store sandwiches in an insulated tote. Use an ice pack, gel pack, or freeze bottled water or the sandwich itself. For best quality, don't freeze sandwiches with mayonnaise, lettuce, or tomatoes; add them right before eating. Use coarse-textured breads that don't get soggy as the sandwich thaws.

KidKare Corner

Marking School Days Out in KK

Be sure to indicate any school days out in August for school age children in your care before school starts again by using each child's calendar in KK: <https://help.kidkare.com/help/school-out>

WIC Information

Like the CACFP, WIC or "Women, Infants & Children" is administered by the USDA. WIC supports the nutritional needs and serves to safeguard the health of low-income pregnant, postpartum, and breastfeeding women, infants, and children up to age 5 who are at nutritional risk by providing nutritious foods to supplement diets, information on healthy eating including breastfeeding promotion and support, and referrals to health care. For more information go to <https://myfamily.wic.ca.gov/> to find out if you or parents/guardians qualify and how to take advantage of the benefits of WIC.

Catalyst Community CACFP

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June 2023 KidKare Claim Pay Date is

July 24, 2023

*****July 2023 Claim Deadlines*****

August 1, 2023 - KidKare claim due.

August 4, 2023 -Child Enrollment Forms due in Cameron Park Office

Program Reminders & Updates

2023-24 Federal CACFP Reimbursement Rates

The USDA CACFP reimbursement rates effective July 1, 2023-June 30, 2024

| | 2022-2023 Rates | | 2022-2023 Rates w/ Temporary KKFA Reimbursement | | 2023-2024 Rates | |
|--------------|-----------------|---------|---|---------|-----------------|---------|
| | Tier I | Tier II | Tier I | Tier II | Tier I | Tier II |
| Breakfast | 1.56 | 0.56 | 1.66 | 1.66 | 1.65 | 0.59 |
| Lunch/Supper | 2.94 | 1.78 | 3.04 | 3.04 | 3.12 | 1.88 |
| Supplement | 0.87 | 0.24 | 0.97 | 0.97 | 0.93 | 0.25 |

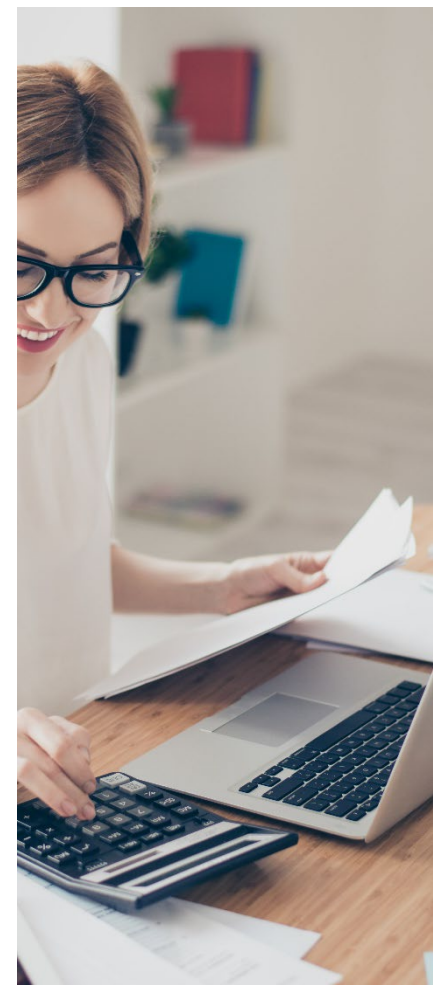
IMPORTANT NOTE: The Keep Kids Fed Act (KKFA) expired on June 30, 2023. Therefore, the temporary funding of an additional 10 cents per meal and snack is no longer available. In addition, Tier II family or group day care homes will return to Tier II reimbursement rates, rather than receive the Tier I rates they received while the KKFA was in effect.

Breakfast increased by 9 cents (Tier I) and 3 cents (Tier II) compared to the original rates for 2022-2023. Without the additional 10 cents and area eligibility waiver from the KKFA, the reimbursement will actually decrease by 1 cent (Tier I) and 7 cents (Tier II).

Lunch/Supper increased by 18 cents (Tier I) and 10 cents (Tier II) compared to the original rates for 2022-2023. Without the additional 10 cents and area eligibility waiver from the KKFA, the reimbursement will actually increase by 8 cents (Tier I) and decrease by \$1.16 (Tier II).

Snack increased by 6 cents (Tier I) and 1 cent (Tier II) compared to the original rates for 2022-2023. Without the additional 10 cents and area eligibility waiver from the KKFA, the reimbursement will actually decrease by 4 cents (Tier I) and 72 cents (Tier II).

Tier 2 providers can apply for Tier 1 rates by submitting a Provider Meal Benefit Form or by handing out Parent Meal Benefit Forms to parents. Income Eligibility Guidelines and Provider and Parent Meal Benefit Forms can be found at <https://www.catalystcomm.org/child-care-food-program-forms/>



On the Move Duck Duck Splash!

Play Duck Duck Goose except instead of tapping on the head and saying 'Goose!' use a sponge with warm water to squeeze on the persons head and then say 'SPLASH!'

Recipe of the Month: Silly Sandwiches

- 3 slices whole wheat bread
- Egg salad spread:
 - 6 hard-boiled eggs
 - ¼ c mayo
 - ½ tsp mustard
- 1 sliced radish, 1 sliced cucumber, 4 sliced black olives, 2 green beans, 1 baby pickle, 1 cherry tomato, 3 carrots, 1 sliced green pepper, 1 sliced red pepper, 1 cup mixed salad greens.

Make Face. Mix chopped eggs with mayo and mustard. Spread on a slice of bread.

Add eyes. Slice the remaining egg. Place two egg slices on the first bread slice. Place two radish slices on the second bread slice. Place two cucumber slices on the last bread slice. Put olive slices on top of egg and cucumber slices. Cut two slices of green bean. Put one on top of each radish slice.

Add noses. Put a pickle on the first bread slice. Put half of a cherry tomato on the second bread slice. Cut a slice of carrot for the nose on the third bread slice.

Add mouths. Use a green bean on the first bread slice. Use slices of green and red pepper on the second and third bread slices.

Add hair. Use mixed salad greens on the first bread slice. Cut a carrot into short slices and place them on the second bread slice. Use a peeler to peel long, thin strips of carrot. Use it for hair on the third bread slice.



Eyes



Mouth



Hair