

# Child Care Food Program Newsletter

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www.catalystcomm.org



## Nutrition & Health News

### September is Family Meals Month

#### Why You Should Serve Family Style

Family style dining encourages learning and development not only at the table but away from mealtime as well. Children learn independence, social skills, and other important habits that will last them through adulthood.

#### Tips for Family Style Dining

##### • START WITH THE RIGHT EQUIPMENT

When purchasing serving dishes, utensils, and other place settings, keep in mind that they need to be kid-friendly and sized for little hands to maneuver.

• **REMEMBER EACH CHILD'S SKILL LEVEL** when choosing your menu. Finger foods and foods that are easy to navigate with a child-size fork or spoon are easiest to self-serve for younger children.

• **HAVE MULTIPLE SETS OF UTENSILS** and serving spoons in case someone drops one on the floor.

• **GIVE EACH CHILD A TASK** to help set the table. One child can set the plates, one can place the cups and so on. Children have a sense of pride and belonging when they have a contributing role.

• **OFFER A VARIETY OF FAMILIAR FOODS** and don't forget to introduce new foods. Children are more willing to try something new when they serve themselves.

• **RESERVE EXTRA SERVINGS** for second helpings or in case the bowl of food gets contaminated.

• **PROVIDE A TRASH CAN** for children in which to dispose napkins and uneaten food. Provide a tub for them to place dirty dishes after they scrape them off.

• **KEEP CLEANING SUPPLIES NEARBY** Spills will happen. Be patient and use this opportunity as a teaching moment on how to clean-up.

##### • EAT WITH YOUR CHILDREN.

Children learn from good role models. Sitting with them while everyone eats also allows you to start positive mealtime conversations.

For more information and resources for Family Style Dining, visit

<https://www.cacfp.org/2022/06/02/cacfp-resource-best-practices-for-menu-planning-copy-2/>

### Catalyst Community CACFP

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July 2023 KidKare Claim Pay Date is:  
August 28, 2023

**Closed for Labor Day September 4, 2023**

**\*\*\*August 2023 Claim Deadlines\*\*\***

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

**September 5, 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 in KidKare by going to *Reports>Select category: Claim Statements>Select report: Claim Summary & Errors Report>Select Month: Run.*

**Don't get disallowed meals** - see common errors to avoid under Program Reminders & Updates in the next column!

## Program Reminders & Updates

### How to Receive Your Maximum Reimbursement

#### Avoid these Common Errors on your Claim Summary & Error Report:

Error #91: School age child served a meal when child should've been in school.

- Children are "school age" when they turn 6 years old OR if they are designated as attending kindergarten (full day, am or pm) in KidKare. AM Snacks and Lunches will be disallowed for school age children unless you indicate 'No School' by:
  1. Clicking on the three lines by the child's name at the point of meal service and indicating 'No school.'
  2. Going to the child's calendar in KidKare (Calendar>highlight 'Child' box at top>find child's name on drop down>drag and drop 'No School' onto calendar).

Error #170: Insufficient time was allowed before/after this meal and the previous/next meal for this child (infants not disallowed).

This error can be due to:

- Recording the mealtime as **AM** when it should have been **PM** or vice versa. Be sure to double check you have the correct AM or PM before you save your meal.
- Having less than 2 hours between a meal and a snack or less than 3 hours between two main meals. Be sure to check your mealtime spacing before the end of the day.

Error #187: A whole grain-rich item was not served on this day.

- Be sure to serve at least one whole grain rich item per day.
- Click to learn [How to Identify Whole Grains.](#)

#### Make your 2 Main Meals Lunch and Dinner

You are allowed to claim 2 main meals and 1 snack per child per day. By making your 2 main meals Lunch and Dinner you will receive more reimbursement.

#### Fill out Provider and/or Parent Meal Benefit Forms

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. Tier 1 providers can apply to claim their own children (0-13 years) by filling out a Provider Meal Benefit Form.

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

#### Nature Scavenger Hunt

Create a nature scavenger hunt for kids to do outdoors. Search for leaves, acorns, rocks, sticks, and other objects all while getting exercise! Put everyone's treasures into a large clear vase, add a string of lights and use as a table decoration while you eat "family style!"

### Recipe of the Month:

#### Southwest Butternut Squash Casserole

##### Ingredients

- 1 lb. frozen butternut squash, cubed (about 3-4 cups)
- 1 large bell pepper (sliced or chopped)
- 1 Tbsp olive oil
- 1 tsp paprika
- 1/2 tsp garlic powder
- salt/pepper (to taste)
- 1 15 oz. can black beans (drained)
- 1 cup cooked ground beef or turkey
- 1 cup shredded cheese
- 1 cup chopped kale.

##### Instructions

1. Preheat the oven to 375 degrees F.
2. Place the squash and pepper in the casserole dish and drizzle with olive oil.
3. Bake for about 20 minutes, or until squash just begins to soften.
4. Drain any extra liquid in the casserole dish.
5. Mix in the paprika, garlic powder, salt and pepper, black beans, cooked ground beef or turkey, half of the cheese, and kale to the casserole dish.
6. Top with remaining cheese. Bake for another 10 minutes.
7. Have the children serve themselves "family style!"

