

Child Care Food Program Newsletter

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Nutrition & Health News

April is MOVE MORE Month

The Physical Activity Guidelines for Americans recommends that children ages 6-17 should be getting at least 60 minutes or 1 hour of physical activity each day. This hour should include aerobic, muscle strengthening, and bone strengthening activities. Dedicating only 5% of their day to staying physically active may sound like a small feat, but with the appeal of movies, air conditioning, video games, and social media, it is becoming more and more challenging to get our children excited about physical activity. Here are some tips and tricks to get your children away from a screen and moving.

Make Movement Fun

It is hard to compete with an interactive video game, so it is very important to market physical activities in such a way that kids look forward to participating in them. These are a few ways to make movement fun, exciting, and a part of their daily routine.

Checklist: create a checklist for your kids that includes 20 minutes of physical activity before any sort of electronics. Kids will love the feeling of accomplishment of checking it off their list, but also may just come back for more when they see the fun they have with physical activities.

Activity jar: many times it is challenging to think of an activity. "Walk around the yard" does not sound very enticing. With the help of the kids, write down a long list of fun activities including tag, basketball, relay race, soccer, yoga, etc. and put them into a jar. When it comes time to get moving have them draw out an activity.

Fit dice: find a pair of dice and write down an exercise that corresponds with each number. Roll the dice and complete the exercise with the other dice providing the number of repetitions that must be completed.

Think Variety

It is important that kids are not only moving but that they are gaining endurance, building muscle, and strengthening their bones. Here is a list of activities that your child could do to hit each category. The most important thing is that activities are age appropriate and monitored by an adult if necessary.

Aerobic: Nature walks, I Spy Outside, relay race, duck-duck-goose, swim lesson, sports camp, online dance lesson, choreograph dance, exercise video, bike ride, scooter ride

Muscle-strengthening: Yoga, tug of war, modified pushups, sit ups, rope/tree climbing, playground play, monkey bars, gymnastics, water bottle weights

Bone-strengthening: Hop scotch on the sidewalk, running, jump rope, basketball, volleyball, tennis

Sources:

[Aerobic, Muscle- and Bone-Strengthening: What Counts?](#) Centers for Disease Control and Prevention

[How much physical activity do children need?](#) Centers for Disease Control and Prevention

KidKare Corner

Daily Meal Entry

KidKare is an independent company that Catalyst Community contracts with to provide CACFP participants with a meal claiming platform. We understand technical issues may arise that prevent you from entering your meals before the end of the day such as no internet or not being able to log in to KK. We encourage all providers to have a backup system if your internet is down (using your cellular provider on your phone) and/or viewing [KidKare's Troubleshooting Tips](#).

Catalyst Community is not responsible if you are unable to enter your daily meals and cannot assist in entering any missed meals.

It is the provider's responsibility to manage the operability of any devices and internet service and to contact KidKare with technical issues by submitting a ticket to <https://help.kidkare.com/help/contact-us>.

Catalyst Community CACFP

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**February 2024 KidKare Claim Pay Date is
March 25, 2024**

****March 2024 Claim Deadlines****

April 1, 2024- KidKare claim due.

April 5, 2024 -Child Enrollment Forms
due in Cameron Park Office

Program Reminders & Updates

COMING UP: MAY 2024 Annual Child Enrollment Renewals

Each year providers must renew all currently enrolled children in their care (7CFR 226.18(b)(16)(e)) to continue to claim their meals.

Child Enrollment Renewals will take place between May 1- May 31, 2024.

Please notify us no later than April 15, 2024 as to which of the following two methods in KidKare you would like to use to complete your **2024 Child Enrollment Renewals**:

- **METHOD #1(Electronic- eForms):** Please check out the [Instructions for Using eForms](#) to use this method. If you wish to use this method, we will need to activate eForms for you in KidKare so you can use it between May 1-May 31st. Deadline to complete all eForms is **May 31, 2024.**
- **METHOD #2(Manual/Paper):** Instructions: Print the Enrollment Renewal Worksheet in KidKare (*Reports>Worksheet>Enrollment Renewal Worksheet>choose month of MAY*). Both you and the parent must sign and date in the month of May: Parent signature date must be between May 1-31st. **Enrollment Renewal Reports are due by MAIL in the Cameron Park office no later than June 5, 2024.**

IMPORTANT REMINDERS

- **Please do not combine methods- you must use either Method 1 (eForms) or Method 2 (paper)**
- **NEW children enrolled in the month of May are not included in the child enrollment renewal process and must be enrolled using the standard paper enrollment method in KidKare. Only original enrollment forms are accepted and not scanned copies.**



TIME
TO
RENEW



On the Move Egg-and-Spoon Races

An egg and spoon race is a sporting competition in which participants have to speed walk or run a race while balancing an egg on a spoon.

If the egg falls off the spoon, the participant has to stop and replace it before they can continue on their race.

The person who crosses the finish line first with their egg on their spoon is the winner.

Recipe of the Month Easy Baked Frittata

Ingredients

- 6 eggs
- A handful of cheese
- A splash of milk
- Vegetables, spices, salt, pepper, and anything else you want to throw together

Instructions

1. Preheat oven to 400 degrees Fahrenheit.
2. Line a 9-inch springform pan OR 9-inch square baking dish with parchment paper
3. In a separate bowl, whisk together eggs, cheese, milk, vegetables and seasonings.
4. Pour the mixture into the springform pan or baking dish.
5. Bake until the frittata is golden and puffy and the center feels firm and springy, about 25 minutes or more.

