

Child Care Food Program Newsletter

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Nutrition & Health News

Celebrate Cinco de Mayo

Cinco de Mayo, the fifth of May, is a celebration of the Mexican army's victory over the French at the Battle of Puebla in 1862 during the Franco-Mexican War.

Many people celebrate Cinco de Mayo with Mexican-inspired foods and drinks.

Here are tips for enjoying dishes that are lighter on the calories and salt. Use traditional spices, chilis, herbs and citrus juice rather than salt, such as:

- Chili powder
- Cumin
- Fresh or dried cilantro
- Coriander seeds
- Cinnamon
- Cayenne pepper
- Garlic

Other spices to consider include ancho chile powder, Mexican oregano, tomatillos and serrano peppers. Many local grocery stores have a Hispanic foods section to explore. Flavorful vegetables, such as onion, jalapenos, chipotle peppers and poblano peppers, enhance flavor and add to your daily vegetable goal. If you feel your dish's flavor is a little flat, try a splash of lime juice to brighten up the flavor before reaching for the salt.

Load up on vegetables

Many Mexican American dishes revolve around protein, but increasing vegetables in these dishes increases flavor and reduces calories. Several traditional Mexican dishes use summer squash or zucchini. These vegetables can be added to many dishes as they take on flavor well.

Summer is a great time to experiment with making your own lower-sodium salsa as fresh produce becomes more abundant.

Add lean proteins

Choose lean proteins, such as fish; chicken; ground turkey; or lean steak, such as top sirloin. Another option is using pinto, black or fat-free refried beans in place of meat. If using ground beef, try substituting half of the beef for ground turkey, vegetarian soy crumbles or black beans.

Select whole grains

If you are watching your carbohydrates, choose smaller tortillas or look for a low-carb wrap. Work in whole grains by substituting whole-wheat tortillas for white flour tortillas and brown rice for white rice.

Curb added fat

Limit the added fat by choosing low-fat or fat-free sour cream, reduced-fat cheese and fat-free refried beans. You can use low-fat plain Greek yogurt in place of the sour cream for a protein boost. Limit the amount of oil in cooking by using an oil spray and a nonstick pan or by baking in the oven.

Check out these [Healthy Cinco de Mayo Recipes](#)

KidKare Corner

IMPORTANT-Enrolling/Re-Enrolling Children

When enrolling new children in KidKare or re-enrolling children during the month of May, be sure to indicate that "**Days and Times Vary**" if the child's schedule changes outside of their typical schedule. *If Days and Times Vary is not indicated and a child receives a meal or snack outside of their regular schedule, the meal/snack will be disallowed.* In addition, any meal (B, L, D) and/or snack (AM, PM) that a child may potentially receive must be checked or the meal/snack will be disallowed.

Catalyst Community CACFP

3161 Cameron Park Dr. Suite 101

Cameron Park, CA 95682

530-676-0707

www.catalystcomm.org



March 2024 KidKare Claim Pay Date is
April 29, 2024

****April 2024 Claim Deadlines****

May 1, 2024- KidKare claim due.

May 6, 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 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.
- **Any new children enrolled in APRIL must go through the renewal process.**



On the Move Mexican Dance Hat

Have the children watch this short video to learn how to do the Mexican Hat Dance and celebrate Cinco de Mayo!

Click here for the [Mexican Hat Dance Video](#)

Recipe of the Month A Simple Mexican Salad

Ingredients

- 2 cucumbers
- 2 oranges
- 1 lemon or lime (the juice)
- 1/2 teaspoon chili powder
- 1/2 teaspoon salt

Directions

1. Wash hands with soap and water.
2. Wash the cucumbers, oranges and lemon or lime under cold running water.
3. Slice the cucumbers. Peel and cut the oranges into small pieces.
4. Place cucumber slices and orange pieces in a medium size bowl.
5. Add chili powder, lemon or lime juice and salt.

For nutrition information, please visit [A Simple Mexican Salad](#) at USDA's MyPlate Kitchen.

