



Solano Family & Children's Services, Child Care Food Program

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Nutrition Nuggets



CACFP Week Challenges...

Happy CACFP Week! It is officially the best time of the year—a time for celebrating over 4,000,000 children being served healthy meals and snacks as part of the Child and Adult Care Food Program. The objective of CACFP Week is to share the word and make *everyone* aware of how important the food program is for the children of this country, their parents and the childcare providers that care for them every day. Let this week also be a reminder to put something healthy on *your* plate at every meal.

Consider some of these challenges for your program:

COOK WITH KIDS

Children love to lend a hand in the kitchen. Find unique, child-friendly recipes to get the children involved with meal preparation. Children can't resist trying a food they have had a hand in preparing.

INVOLVE FAMILIES

Involve your families in CACFP Week. Share what special project you are completing to celebrate the week. Try a new recipe in child care, if it is a hit with the kids, send it home with the parents. Take the children on a nature walk. Collect and make a keepsake to send home or take pictures of the kids enjoying nature and moving their bodies.

LESS SUGAR

Make this week a "No Added Sugar Week." Avoid all obvious sweet treats, jelly, honey and syrup. Read ingredient lists for added sugar in processed foods. You will learn about all the common items that may have hidden sugar, such as, cereal, peanut butter, pasta sauce, yogurt and ketchup.

NEW VEGETABLES

Try one new veggie every day. When shopping for produce this week, take a few minutes to pick out several vegetables that you don't usually eat. You may be pleasantly surprised when one of them becomes your new favorite.

FAMILY-STYLE DINING

Family-style dining is a great opportunity to teach by doing. Let children serve themselves using child-size equipment. Dine with the children at the table. Show kids you enjoy eating healthy foods and they will follow your example. Encourage parents to make time for family meals at home.

SCREEN FREE

Make this week a screen free week. Children can get on board by helping to cover a poster with pictures and words describing all the fun activities you can do instead of staring at a screen. Hang this in front of your TV or computer screen all week.

MORE WHOLE GRAINS

Double up on whole grain-rich foods. Now that you are used to serving a whole grain-rich item each day, try serving two or switch from whole grain-rich foods to 100% whole grains, such as, oatmeal, brown rice and whole wheat breads.

GET ACTIVE

Plan a daily physical activity for the children that can be done regardless of location or weather. Obstacle courses that are kid designed are always a hit. Turn on some music and have a dance party, play freeze dance or have kids jump rope and skip—two skills children should know by the time they enter Kindergarten.

MINDFUL EATING

Mindfulness while eating is about slowing down and enjoying the full experience of food and eating. Turn off screens, encourage children to see, smell and taste their food, give gratitude to the cook, the plants or the animals that helped make their food and remind them to stop when full. These practices help us to appreciate our food and maintain a healthy weight.

Roundtable Nutrition Edition



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Tuna Chewies

9 1/4 oz. can Tuna, water-packed
3 T. Mayonnaise
1/8 t. Garlic salt
4 English Muffins
4 Cheese slices

1/4 c. Celery, chopped
1 T. Lemon juice
1/4 t. Pepper
8 Tomato slices

Mix tuna, celery, mayonnaise, lemon juice, garlic salt, and pepper. Under a broiler, toast English muffin halves. Spread 1/8 tuna mixture on each English muffin half. Top with tomato slices and then cheese. Broil 5 inches from heat for 3 to 5 minutes. Serve while warm.
Makes eight pre-school servings.



From Children's Choices, CDE

A Reminder about the Child Care Food Program Payments

The State of California has implemented a new automated system, the Financial Information System of California (FI\$Cal), which will impact the timing of claim reimbursements. Claim reimbursements may be paid up to ten calendar days later than they were in the past. Please keep this in mind when budgeting for the month. We have never had a specific date that the funds are paid. It is usually around the middle of the month. Remember that you can call extension 714, or check your messages in KidKare. We update the message line and send you a notification through KidKare Messages with the date the payments should be in your account.

Tax Questions

Do you have questions about your child care taxes and what can be deducted? Check out tomcopelandblog.com for current answers to all of your child care tax questions. He has been in business for decades, helping providers understand how to confidently complete their taxes.

Keeping Daily Records

Our regulations state that you must document your menus and attendance daily. If you cannot input into the KidKare system or bubble your scan forms daily, you must have the information written down or in a data base that we can look at during site visits. They must be available, in the child care. And, if you don't use the KidKare site or scan forms daily, you must submit your daily records to us after you have input your data and submitted it. Our Administrative Review is coming up and this will be one of the items that is looked at closely. If records are not tracked according to regulation, you may have meals disallowed.

