

Program Reminders



CACFP Waiver: Parent Meal Pick Up

The USDA has issued several waivers due to the COVID-19 for the CACFP that allows providers to prepare and distribute meals to parents to take home for their enrolled children. This includes allowing non-congregate feeding and meals to be distributed outside of traditional meal service times. This is not mandatory and providers can participate at their own discretion.

Read more about the waivers here:

Nationwide Meal Times Waiver

FNS is letting meals be served to kids outside traditional times to maximize flexibility for meal pick-up.

Nationwide Non-congregate Feeding Waiver

FNS is allowing meals to be served in non-group settings to support social distancing.

Nationwide Parent/Guardian Meal Pick-Up Waiver

FNS is allowing parents/guardians to pick-up meals and bring them home to their children.

If you choose to participate in preparing and distributing offsite meals, you will enter them into KidKare and submit additional documentation as follows:

You will be required to print and then document any parent pick up meals on the [Weekly Attendance Worksheet](#) found in KidKare (*Reports > Worksheets > Weekly Attendance Worksheet > Choose Start Date > Run*) on a weekly basis. **The Worksheet must indicate which enrolled children received off site meals by recording the date, type of meal that was picked up and the parent/guardian signature under their child's name.** This documentation must be sent to Choices for Children by the 5th of the following month (when enrollment forms are due) in order to claim and be reimbursed for those meals entered in KidKare. This is effective immediately and remains in effect until June 30, 2020, or until expiration of the federally declared public health emergency, whichever is earlier.

PLEASE NOTE: As always, you may only claim meals for enrolled children who are SERVED a meal. If a child is not present for a meal/snack or a parent/guardian has not picked up a meal/snack then the child cannot be claimed/recorded for the meal or snack. Remember, for any new children, we need enrollment forms to be signed by the parent/guardian and provider the first day of attendance and sent to our office by the 5th of the following month.

Interested in Direct Deposit?
Contact our office at 530-676-0707 x3003
or email adodd@choicesforchildren.org

*** April Claim Deadlines ***

May 1st: KidKare claim due by midnight
May 5th: Child Enrollment Forms
(and Parent Sign In/Out sheets
for Holiday/Weekend care) due in office

On the Move!



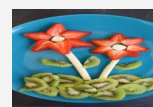
It's important for kids to get active outside time every day. Outdoor gatherings are less risky than indoor ones since COVID-19 spreads more easily when people are close together in confined spaces. Here are some ways to take quick breaks outdoors. Enjoy the fresh air and sun!

- Play hide and seek
- Play hopscotch on the sidewalk.
- Walk around the block or to your local park
- Have kids make up a jump rope routine to their favorite music



Continuing Development, Inc. (Choices for Children) is an equal opportunity provider.

Meal Pattern Reminders



Eat more Fresh Fruit and Vegetables from "Essential" Farmers Markets

Farmers markets have been deemed as "essential services" by the State of California during the coronavirus shelter-in-place orders. Like grocery stores and other food retail outlets, farmers markets serve an essential function as a vital source of fresh fruits and vegetables and food staples for our communities.

Compared to most grocery stores, farmers market produce has a much shorter supply chain and minimal handling from field to market, and the outdoor, open-air setting of farmers markets offers optimal ventilation and sunlight for shopping in an unconfined space.

Farmers markets are following strict hygiene and social distancing rules. Some examples include having multiple hand sanitizing sections at each booth plus glove requirements, requiring different vendor staff to handle money and food, taping off booths so customer cannot enter, indicating with chalk on how to stand in line 6 feet apart, and not allowing customers to pick out produce by hand. To find your nearest Farmers market by location, dates and times check out [Certified Farmers Market by County](#).



Shop at your local Farmers market to support your local economy and eat healthy! Produce at farmers markets is often picked ripe and sold within a day which translates into fresher, more nutritious food because the vitamins and other nutrients haven't had time to break down. Eating fresh fruits and vegetables is one of the best ways to keep your immune system strong which we all need right now. To find out which fruits and vegetables are in season, check out [USDA's Seasonal Produce Guide](#).

How to Wash Fruits and Vegetables

Fresh Fruits and Vegetables, even if their peel will not be eaten, should be rinsed under running water and dried with a clean cloth or paper towel. It is recommended that firm produce, such as melons or cucumbers, be scrubbed with a clean produce brush. Soap, bleach or commercial cleaning products should never be used when [washing fresh produce](#).



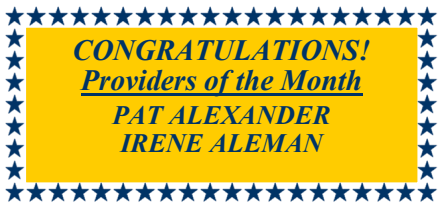
KidKare Corner



"No School" in KidKare

You may have noticed all of your children (regardless of age) showed "no school" in KidKare. This is because schools have been closed due to COVID-19. The "no school" setting will allow all children (which includes school age children) to claim meals during what would have been the regularly scheduled school week.






Minute Menu Magic



BREAKFAST			<i>All Day with</i>	<i>All Day with</i>
			PAT ALEXANDER	IRENE ALEMAN
HM Apple Bread	Cottage Cheese	Kix (WG)	Yogurt English Muffins	Oatmeal (WG)
Raisins	Fruit Cocktail	Blueberries	Apricots	Raspberries
1% Milk	1% Milk	1% Milk	1% Milk	1% Milk
SNACK				
Egg Salad	*Sweet Pea & Avocado Dip	Cabbage & Carrot Slaw	Vienna Sausage Whole Wheat Crackers	Cashews
Whole Wheat Bread (WG)	Baked (WG) Pita Chips	1% Milk	1% Milk	Fruit Salad
LUNCH/DINNER				
Refried Beans & Cheese	*Herb-Crusted Lamb Chops	Turkey Burgers	Salisbury Steak	Tilapia
Corn Tortillas (WG)	Dinner Rolls	Hamburger Buns	White Rice	Brown Rice (WG)
Mixed Cabbage	Broccoli Trees	Lettuce & Tomato	Peas	Mixed Greens
Watermelon	Mashed Potato Clouds	Grilled Pineapple	Peaches	Kidney Beans
1% Milk	1% Milk	1% Milk	1% Milk	1% Milk



W E E K L Y G R O C E R Y L I S T	Refrigerated 1% Milk Eggs Jack Cheddar Cottage Cheese Yogurt Frozen Mixed Greens Green Peas Produce Blueberries Pineapple Avocado Raspberries Cilantro Red & Green Cabbage Watermelon Broccoli Apricots Potatoes Peaches Apples Carrots Lettuce Tomatoes	Meat Ground Turkey Lamb Chops Tilapia Ground Beef Packaged/Canned Refried Beans Kidney Beans Fruit Cocktail Whole Wheat Bread White Rice Brown Rice Granulated Garlic Ground Cumin Ground Red Pepper Chile Powder Dried Rosemary Dried Marjoram Dijon Mustard Grape-Seed Oil Corn Tortillas Whole Grain Pita Bread Cashews English Muffins Kix Cereal Vienna Sausage Whole Wheat Crackers Dinner Rolls Oatmeal Raisins	Baked Pita Chips with 1 1/2 tsp. ground Cumin 1/8 tsp. ground Red Pepper 1/4 tsp. Salt 1 tsp. Chile Powder 3 (6-inch) Whole-Grain Pitas Cooking spray Preheat oven to 350°. Combine cumin, chile powder, salt, and red pepper in a bowl. Split each pita in half to make 6 rounds. Cut each pita round into 6 wedges. Spread wedges in single layers on 2 large baking sheets. Lightly coat pita with cooking spray; sprinkle evenly with <i>half</i> of cumin mixture. Bake for 6 minutes or until crisp. Cool completely on pans. Serves 6, 3-5 years.	
	Sweet Pea and Avocado Dip 1 1/4 C frozen Green Peas, thawed 3 T Water 1 T Lime Juice 1 large ripe Avocado 4 T fresh Cilantro leaves Combine peas, water, lime juice, and remaining cumin mixture in the bowl of a food processor; process until smooth. Add avocado and 2 T cilantro; pulse until combined. Top with remaining cilantro. Serves 4, 3-5 years.			
		Herb-Crusted Lamb Chops 1/2 C Breadcrumbs 4 Lamb loin chops (about 1 pound), cut to 1/2" thick 2 tsp. granulated Garlic Salt & Black Pepper 1/8 tsp. dried Rosemary 1/4 C Dijon Mustard 1/8 tsp. dried Marjoram 2 T Grape-Seed Oil Preheat oven to 350°. In a bowl, mix breadcrumbs with garlic, rosemary and marjoram. Place crumbs in a shallow dish. Season lamb chops with salt and pepper. Using a spoon, coat all sides of the chops with mustard. Dip chops in seasoned bread crumbs to coat. Shake off excess crumbs. In a very large nonstick skillet, heat oil over medium-high heat. Add the lamb chops. Cook 1 to 2 minutes per side or until golden brown. Transfer to shallow baking pan. Bake chops about 15 minutes or until desired doneness (140° for medium). Let stand for 5 minutes before serving. Serves 8, 3-5 years.		

