

Child Care Food Program Newsletter

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Nutrition & Health News June is National Dairy Month

Fluid Milk Requirements

Fluid Milk is a required component at all meals (breakfast, lunch, dinner) on the CACFP and is an essential part of a child's healthy diet. Milk is packed with protein, calcium, and vitamin D, all important for the growth and development of children.

- Unflavored Whole milk (Vitamin D) is required for ages 1-2 years of age.
- Unflavored Fat-free (0%) or Low-fat (1%) milk are required for children 2 years of age.

(Lactose Free milk is reimbursable as long as it is whole for 1-year olds and 0-1% for 2 years and older)

2% milk is NOT reimbursable.

Non-Dairy Milk Substitutes

If a child is not able to drink cow's milk due to a special dietary need- (see [Milk Allergy vs Lactose Intolerance](#)), a non-dairy milk substitute may be served in place of cow's milk. Parents must sign a [Parental Request for Non-Dairy Milk Substitute](#) **AND** the Non-dairy milk substitute **MUST** be nutritionally equivalent to cow's milk. The Non-dairy milk substitute may be provided at the expense of the parent or provider to be part of a reimbursable meal. The following reimbursable non-dairy milk substitutes are nutritionally equivalent to cow's milk in that they have similar amounts of protein, vitamins A & D and B-12, magnesium, potassium, phosphorous and riboflavin:

- 8th Continent Original Soymilk Unflavored
- Pacific All-Natural Ultra Soy Original Unflavored
- Ripple Pea Protein Milk Unflavored
- Sunrich Naturals Original Soymilk Unflavored
- Walmart Great Value Original Soymilk Unflavored
- Kirkland Organic Soymilk
- WestSoy Organic Plus Plain Soymilk
- Silk Original Soymilk Unflavored
- Kikkoman Pearl Organic Soymilk Smart Original Unflavored
- Commercial Goat's Milk (pasteurized).

Please note: Other plant-based milk such as almond, coconut, hemp, and rice are NOT reimbursable non-dairy milk substitutes because they are not nutritionally equivalent to cow's milk. These non-dairy milk substitutes are only accepted with a [Medical Statement](#) signed by a licensed physician, physician's assistant, or nurse practitioner.

KidKare Corner

Indicating School Days Out for School Age Children

You must indicate when a school age child is out of school and in your care in order to receive an AM Snack or Lunch when normally a school age child would be in school.

To indicate when a school age child is not in school, click on the three lines next to the child's name and then click "No School" when recording am snack or lunch in KidKare.

With school letting out soon for summer, it is best to use the **Child's Calendar** to indicate an extended school break/vacation.

See [How to Use Child's Calendar in KidKare](#) to indicate summer breaks.

Catalyst Community CACFP

3161 Cameron Park Dr. Suite 101
Cameron Park, CA 95682
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www.catalystcomm.org



April 2024 KidKare Claim Pay Date is May 28, 2024

*****May 2024 Claim Deadlines*****

June 1, 2024- KidKare claim due.

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

Program Reminders & Updates

CHILD ENROLLMENT: DAYS/TIMES/MEALS

According to USDA policy – 7CFR 226.16(d)(4)(ii), sponsors must “use enrollment documents and attendance records to determine the number of participants in care at each meal service and attempt to reconcile those numbers to the number of meals recorded in the meal count.”

KidKare will automatically disallow any meals/snacks claimed that are different from the days/meals that are specified in each child's enrollment schedule in found in KidKare.

Please check each child's current enrollment schedule in KidKare and let us know if there are any updates to days/times/meals received in care. If a child's schedule is expected to vary outside of the currently specified days/times/meals, PLEASE be sure to let us know so we can indicate this in the child's file.

IMPORTANT: When enrolling new children or re-enrolling existing children, be sure to check **YES** for the boxes for **“Will pick up times and drop off times vary?”** and **“Will days vary from week to week?”** to avoid any future meal disallowances. In addition, if a child MAY potentially receive any meal or snack, be sure to check **ALL** Participating Meals.

* Days in care

Monday	>	08:00 AM	⊙	05:00 PM	⊙
Tuesday	>	08:00 AM	⊙	05:00 PM	⊙
Wednesday	>	08:00 AM	⊙	05:00 PM	⊙
Thursday	>	08:00 AM	⊙	05:00 PM	⊙
Friday	>	08:00 AM	⊙	05:00 PM	⊙
Saturday	>	08:00 AM	⊙	05:00 PM	⊙
Sunday	>	08:00 AM	⊙	05:00 PM	⊙

Will pick up and drop off times vary? Yes

Will the days vary from week to week? Yes

Participating Meals

Breakfast AM Snack Lunch PM Snack Dinner Eve. Snack



On the Move

Fruit & Veggie Jump

Have all the children stand on a line (use masking tape or chalk). Designate one side of the line to fruit and one to vegetables. The leader calls out either a fruit (apple, banana, berry, etc.) or vegetable (broccoli, corn, lettuce, etc.) and the children jump to the correct side of the line. This is a great way for children to learn about the various fruits and vegetables!

Recipe of the Month

Smoothies are a popular menu item, can be a healthful food option, and are a great way to introduce new fruits and vegetables to children through nutrition education activities.

Berry Blast Smoothie

Ingredients

- 6 cups low-fat or non-fat unflavored milk
- 4 cups mixed berries, frozen

Instructions

- Add all ingredients to a blender.
- Mix on high until smooth.
- Serve 1 1/4 cup per child immediately as a cold, refreshing smoothie.

Fruit and vegetable smoothies can count toward the milk and fruit/vegetable component of a reimbursable meal or snack as long as the proper serving sizes are met. Smoothies may only be credited once per day in the CACFP because the fruit/vegetable portion credits as a juice, which may only be served once per day. If a Smoothie is served at a snack, only the milk or fruit/vegetable may be claimed (not both) because only one component may be served as a beverage at snacks. In this situation a separate second component must be served.

