

Nutrition Updates

A Healthy Start for Life!

October 2023

New Reimbursement Rates: The new rates will be effective from July 1, 2023 through June 30, 2024.

Rates: **TIER 1**

- Breakfast \$1.76
- Lunch \$3.23
- Dinner \$3.12
- Snacks \$0.93

TIER 2

- Breakfast \$0.70
- Lunch \$1.99
- Dinner \$1.88
- Snacks \$0.25

FOOD REMINDERS

- A Whole Grain (WG) must be offered and identified daily for at least 1 meal
- Juice is allowed once daily and for breakfast or snack only
- Meat or Meat Alternate cannot be offered more than 3 times a week at Breakfast
- Reimbursable crackers/cookies cannot be served more than 2 times per week
- The same food/food type cannot be served twice in the same meal (Example: tomato and tomato paste or refried beans and lentils)

CALL THE OFFICE WHEN NOT CLAIMING

ENROLLMENT RENEWALS:

If your last name starts with S-Z, your deadline date for renewal submission is October 15th. Kidkare Providers would have received an email with instructions to print the renewal. Scanner Providers received the instructions by mail. Parents must update any changes in child hours, days of care or address before signing. If a child is now school age, school hours must be included. Providers,

please sign the top right corner of each renewal page as verification that you agree with the info provided. Also keep a copy for your records.

Direct Deposit:

Sign up for Direct Deposit at no cost to you. Your reimbursement is deposited in your bank account quickly and problem free.

Are you still on scanner forms?

Consider switching to recording your daily attendance/ menus online. It's easy, convenient and just takes a few minutes a day. The data is already there, and you just need to click on the child's name and foods. Talk to your Monitor about getting switched to online claiming.

Message from the Nutrition Program Manager

Effective October 1, 2023, I will be taking on the role of Nutrition Program Manager and I would like to take a moment to introduce myself. I have worked at CDA for 24 years in our AP Fiscal (aka "Payments") Department, as well as in our AP Case Management Department. During the time I spent in each of these departments, I worked very closely with the child care providers and families enrolled in our child care programs. I am very passionate about helping to provide subsidized child care assistance and assistance with providing healthy meals to children who may otherwise go without. I have some big shoes to fill coming into the program after Deborah Zaragoza, and my goal is that our team will continue to provide you with the same outstanding service that has been provided over the previous years. Thank you for your continued participation in the CACFP, and I look forward to working with you all.

Best Regards,

Jennifer Segnit

Nutrition Program and Provider Services Manager

Baked Hush Puppies



Ingredients

- 2 eggs
- 1/3 cup milk
- 2 tbsp vegetable oil
- 1/2 cup onion, minced
- 1/4 tsp salt
- 1 tsp baking powder
- 1/8 tsp ground black pepper
- 2/3 cup whole grain cornmeal (yellow or

white)

- 1/3 cup enriched all purpose flour
- Cooking spray

Directions

Preheat oven to 350° F. In a medium bowl, add eggs, milk, and oil. Stir until well combined. Mix in onion, salt, baking powder, and black pepper. Add cornmeal and all-purpose flour and gently mixed until just combined. Do not overmix. Grease mini muffin tins with cooking spray and then scoop 1 tablespoon of batter into each muffin pocket. Bake for 10-12 minutes. Test by putting a fork through a muffin and if nothing sticks, it's ready! If sticky, leave for 1-2 more minutes.