



[www.pnicacfp.org](http://www.pnicacfp.org)

*"This institution is an equal opportunity provider."*

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CACFP Week is designed to raise awareness of how the USDA's Child and Adult Care Food Program (CACFP) brings healthy foods to children and adults in care centers, homes and afterschool programs.

**Educate** children and parents about healthy eating habits with the CACFP's free fun activities and communication tools.

**Raise Awareness** of how the CACFP works to combat hunger.

**Promote** the CACFP and advocate with a press release, a letter to congress and a request for proclamation.

**Share #CACFPWEEK** on social media and show your appreciation to all of those who work with CACFP every day.

**Check out more snack, craft and physical activity ideas at [www.facebook.com/NationalCACFP](http://www.facebook.com/NationalCACFP)**

*"A new study has indicated that children may learn lifelong eating habits which will affect their weight for life - before age 5! CACFP is more important than ever."*

### KIDKARE OUTAGES

Last month, we experienced a 12-hour KidKare outage. Thank you for your patience in emailing your meals and attendance to us. We print and manually review emailed information for reimbursement, then supplement your claim during processing. Your claim summary will show eligible reimbursements or deductions, and the emailed information is filed with your claim summary for NDE to review if needed. We cannot add emailed details to your personal account, so please follow our format: include the meal, each child's name, all components served, the designated whole grain, and the type of milk served at each meal.

If you have trouble logging in or if there is a sitewide outage into the evening, please keep trying until bedtime. We received over 150 emails and calls during the last outage and want to ensure you receive credit. However, we cannot accept emailed information sent before your bedtime in case the outage resolves and you can enter your information on your own. We will revisit this procedure for future sitewide outages extending past 11:59 p.m. For intermittent login issues that do not affect everyone, continue to contact us the same day for troubleshooting and guidance on whether to email your information that same day. Thank you again for your cooperation!

**Quick Tips!!** Submit your claim on the last day you are providing care for the month. | Check KidKare messaging for the direct deposit date. | CRF's are due by the end of the month. | Read emails daily.

# March is NATIONAL NUTRITION MONTH



*Get Everyone in your Child Care  
and Family Involved in  
National Nutrition Month!!*

Ask your city mayor or state governor to declare March "National Nutrition Month®."

Focus on a nutrition tip of the day for each of the 31 days in March.

Organize a food donation campaign for a local food pantry or shelter.

As a day care, commit to trying a new fruit or vegetable each week during National Nutrition Month®.

Give day care children a role in meal planning and let them pick out different recipes to try.

Plan to eat more meals together as a family during National Nutrition Month®.

Take breaks during the day to be physically active.

Practice mindful eating by limiting screen time at mealtime — including phones, computers, TV and other devices.

Let everyone help with food preparation — a skill for people of all ages. There are age-appropriate tasks children will enjoy learning how to do.

Bring out the flavors of food by trying new herbs, spices or citrus fruit such as lemon or lime.

Show various photos of produce and have day care children vote for their favorite vegetable and fruit.

Start a vegetable garden by planting seeds indoors or in the ground.

Develop a project that involves kids drawing and creating a meal based on MyPlate, using the MyPlate Coloring Page.

Take a field trip to a farm or host a farmer as a guest speaker to talk about what they do.

Organize a supervised scavenger hunt for food items needed to make a healthy recipe.

## Tasty Snack Ideas:

Pineapple and Cottage Cheese  
Avocado and English Muffins  
String Cheese and Turkey Slices  
Black Beans and Whole Grain Tortillas

### Think you might qualify to claim your own children??

If you are not currently claiming your own children but think you might qualify based on your 2024 taxes, please call Lara in the office. She will go over all the needed income verification with you and help you complete the Income Eligibility Application.

### 2024 TAX STATEMENT

Your CACFP tax information is easily accessible to you! You are able to view and print your 2024 tax information for your December 2023 to November 2024 claims paid in 2024. This report will give you all the information needed for your food program income for the year. Please call the office if you have any questions regarding your 2024 tax information.

To run your tax report from KidKare go to:  
**REPORTS ~ CLAIM STATEMENTS ~ TAX REPORT ~ 2024 ~ RUN**



**Be sure to read your  
KidKare messages DAILY!!**