



Recording Keeping when KidKare is Inaccessible

Food program records must be entered into KidKare by midnight. But what happens if a situation prevents you from being able to access KidKare? For example, KidKare is down, your internet is slow, or your laptop is broken. Don't panic. In these situations, you may use alternate records to record your meal counts and menus until you are able to enter them in KidKare.

Alternate records are handwritten records of your menus and meal counts. You must write the information down EXACTLY as you would enter it in KidKare. The menus must list each meal component, and meal counts must list the names of the children who were present at each meal or snack. Time in and time out forms showing the children in care that day are not acceptable.

Fortunately, KidKare has a report, the "Daily Meals Worksheet Report", designed to assist you in keeping USDA acceptable handwritten menus and meal counts. Print a few to keep on hand for emergencies. To print this report open KidKare and go to:

Reports > Worksheets > Daily Meal Worksheet

Click on "Run" and the report will generate. You can print the report or save it to your device. Once you can access KidKare, you may enter the menus and meal count from the Daily Meal Worksheet. Keep the completed Worksheets with your Food Program records.

Please contact ACA if you have any questions.

KidKare Knowledge Base

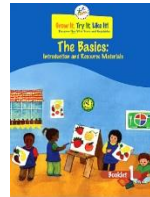
KidKare recently updated their knowledge base for home providers. You can find articles and videos answering a wide range of KidKare questions. To access the site, click on the picture or link below.



[Introduction to KidKare & Provider Manual](#)

Grow It, Try it, Like It

Grow It, Try It, Like It! Nutrition Education Kit featuring MyPlate is a garden-themed nutrition education kit for childcare providers that introduces children to: three fruits - peaches, strawberries, and cantaloupe, and three vegetables - spinach, sweet potatoes, and crookneck squash.



Download your free copy at:

<https://www.fns.usda.gov/tn/grow-it>

Chickpeas and Tomatoes

- 1 tsp. canola oil
- 1 ¼ cups onions, fresh, peeled, ¼ "diced
- 2 cloves garlic, fresh, minced
- ¼ tsp. ginger, ground
- 2 ½ cups canned chickpeas, drained, rinsed
- 3 cups low-sodium tomatoes with juice, diced
- ¼ cup water
- ½ tsp. chili powder
- 1 ½ tsp. ground cumin



Heat oil in a small stockpot on medium-high heat. Add onions, and sauté until soft. Do not brown. Add the garlic and ginger; stir until fragrant. Add the chickpeas, tomatoes with juice, water, chili powder, and cumin. Continue cooking on medium-high heat and bring to a boil. Reduce heat to medium, and simmer uncovered for 10 minutes or until there is only enough liquid to cover the bottom of the pan. Heat to 140 °F or higher for at least 15 seconds.

Yield: 6 servings

Crediting Information: Each serving provides a meat alternate (1 ½ oz) and a vegetable (¼ cup) cup at lunch/supper for children 3-5 years.

Note: Chickpeas are also called garbanzo beans.

Credit: <https://theicn.org/cnrb/recipes-for-homes/chickpeas-and-tomatoes-for-home/>