



### KidKare Tax Report

It's tax time again. You can print your *Calendar Year Payment Summary 2024* from KidKare.

This report is offered to you as a summary of your Food Program income and expenses for the calendar year.

To print the report

- 1) Log into KidKare
- 2) Select **Reports**
- 3) Select **Claim Statements**
- 4) Select **Tax Report**
- 5) Select **2024**
- 6) Click **Run**

A PDF file containing the report will generate. You can print and/or save the report.

### Squash

Squash credits a vegetable. It is easy to prepare and is rich in many nutrients such as antioxidants, calcium, iron, magnesium, potassium, vitamin A, and vitamin C. These nutrients help:

- Prevent chronic diseases
- Maintain bone health
- Keep blood healthy
- Support heart health
- Protect eye health
- Keep skin healthy



Click on the link below for a video which shows how to prepare delicata squash.

<https://education.mn.gov/MDE/VideoNew/?group=Educ&id=prod084853&es=true&so=true&hmn=true>

Credit: <https://health.clevelandclinic.org/benefits-of-squash>

### Thirty on Thursdays Webinars

Team Nutrition has a series of on demand webinars covering a variety of CACFP topics. These topics include:

- Added Sugars
- Grains
- Grain Ounce Equivalents
- Whole Grain Rich
- Infants
- Meal Service and Menu Planning
- Mealtimes with Toddlers
- Meat/Meat Alternates
- Milk
- Vegetables

Click the picture or the link to watch the webinars.



<https://www.fns.usda.gov/tn/cacfp/halftime-thirty-thursdays-training-webinars>

### Local Harvest Bake

- 2 cups fresh butternut squash, peeled, cubed
- 2 cups fresh beets, peeled, cubed
- 2 cups fresh sweet potatoes, peeled, cubed
- 1 Tbsp. olive oil
- ¼ tsp. kosher salt or Iodized salt
- ¾ tsp. fresh garlic, minced
- ½ tsp. dried parsley (optional)



Preheat oven to 350 °F. Toss butternut squash, beets, sweet potatoes, olive oil, salt, and garlic in a medium size mixing bowl. Line baking pan (9" x 13" x 2") with a layer of parchment paper. Spray lightly with pan release spray. Add vegetables to pan and spread evenly. Bake at 350 °F for 25 minutes. Remove vegetables from oven. Garnish with parsley.

**Yield:** 10 servings (¼ cup per serving)

**Crediting Information:** Each serving provides a vegetable (¼ cup) at lunch/supper for children 3-5 years.

*Note: if using a convection oven, bake at 325 °F or 20 minutes.*

Adapted from: <https://theicn.org/cnrb/recipes-for-homes/recipes-for-homes-vegetables/local-harvest-bake/>