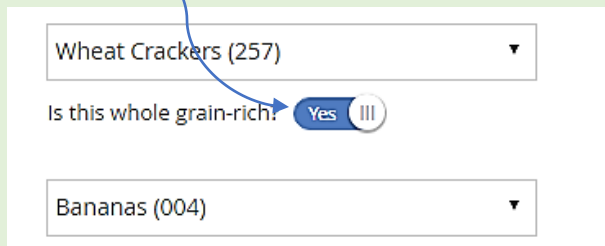




Indicating Whole Grain-rich Foods in KidKare

Food program regulations require a whole grain-rich food be served at least once per day. To avoid claim deductions, remember to move the "Is this whole grain-rich" slider to yes when a whole grain-rich food is served.



Not sure if you remembered to mark a whole grain-rich food? You can run a KidKare report which shows when a whole grain-rich food was served.

In KidKare click on Reports>Meals and Attendance>Food Served. Select the month you want to review and click on non-infants.

You will see a color-coded report of the foods you have entered for the month by day and meal. Foods marked as whole grain-rich have a **(WG)** behind them.



Test Your Knowledge

How well do you understand whole grains? Find out. Take this Team Nutrition whole grain quiz. Click on the bread or link to start.



<https://www.fns.usda.gov/tn/quizzes>

First Day of School

School is back in session for most children, but not all school districts have the same start date. Some started at the end of August, and others after Labor Day.



ACA does not know the first day of school for the children in your care.

If you had school age children in care for a.m. snack or lunch in September, you need to **mark school out in KidKare**. Not sure how to do that? Click on the link below for directions.

<https://help.kidkare.com/help/school-out>

Peanut Butter & Cinnamon Raisin Oatmeal

- 3 cups milk of choice
- 1 ½ cup oatmeal, regular
- ½ tsp salt
- 4 Tbsp. peanut butter
- ½ cup raisins
- ½ tsp cinnamon



Bring milk to boil on medium-high heat. Add oats and salt. Reduce heat. Cover and let cook for 5-10 minutes until liquid is absorbed. Remove from heat. Stir in peanut butter, raisins, and cinnamon. Divide among 8 bowls and enjoy!

Yield: 8 servings

Crediting Information: Each serving provides a whole grain (¼ cup) at breakfast for children 1-2, and 3-5 years.

Suggestion: try stirring nuts, coconut, fresh fruit, or mashed bananas into the oatmeal.

Adapted form: https://kidseatincolor.com/wp-content/uploads/2022/06/KEIC_AffordableFlavors.pdf