# The Buzz

November 2024

## HOLIDAY REMINDER FOR PROVIDERS

As the holidays approach, remember to update the Provider Calendar with any days you will be closed, serving meals for special occasions, or providing off-site meals (e.g., during field trips). Documenting this information is essential to inform your food program sponsor of your schedule and meal plans. This helps prevent unannounced monitoring visits on days when no one is available, which could lead to disallowed meal claims and potential compliance issues. To update your calendar, scroll down for step-by-step instructions. You can also notify us by calling the office and leaving a voicemail when you're closed.

1. From the menu to the left, click **Calendar**. The Calendar page opens.
2. Click **Participant**. The Participant Calendar opens. Note that you can have multiple calendars selected at the same time. If you do, events from the selected calendars display.
3. Click the **Select Participant** drop-down menu and select the child. There are two ways to do so:

Expand each category, locate the participant, and click their name.
Click the **Type to Search** box and enter all or part of the participant's name to filter the list. Click the participant's name.

4. **Drag events** from the **Draggable Events** section to the right and drop them onto the appropriate day on the calendar.
5. Once you have added an event to the calendar, click it to add details. The Event Editor pop-up opens
6. Select the meal(s) this event affects.
7. Click the Details box and enter any notes about the event.

To delete an event you added in error, click the event to open the Event Editor. Then, click **Delete**. At the Are You Sure prompt, click **Delete**.

*CLICK HERE for the Link*

Solano Family and Children's Services
Child and Adult Care Food Program
421 Executive Court, North
Fairfield CA 94534-4019

Phone: 707-863-3950
Fax: 707-863-3975

Web: www.solanofamily.org
www.facebook.com/solanofamily
www.twitter@SolanoFamilyCS

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# THE BEE ZONE

## Kangaroo's veggie stew

- 2 tsp vegetable oil
- 1 medium onion, chopped
- 1 medium green bell pepper, chopped
- 3 cloves garlic, finely chopped
- 1 can (14.5 oz) tomatoes, diced
- 2 cups fresh or frozen corn
- 1 can low sodium vegetable broth
- 2 chili powder
- 2 tsp dried oregano
- 1 can black beans, drained and rinsed
- 1 can red beans, drained and rinsed
- 8 tbsp fat free sour cream

1. In a large pot, heat oil over medium heat.
2. Sauté onion, bell pepper, and garlic until tender about 5 minutes
3. Add tomatoes, corn, vegetable broth, chili powder, oregano, and beans. Sit well.
4. Cover and simmer until thoroughly heated, about 15 minutes.
5. Spoon into 8 bowls. Top with sour cream and serve with whole grain rolls.

*CLICK HERE for the Recipes*

# CRAFT CORNER: PAPER PLATE FALL TURKEY CRAFT

- *white paper plate*
- *cotton balls*
- *clothespin*
- *washable paint (red, orange, yellow)*
- *construction paper (brown, orange, red)*
- *google eyes*

1. Use a clothespin to grab a cotton ball. Now dip it in red paint and make dots on a white paper plate.
2. Now using the same technique, dip your brush in orange paint and make orange dots on the paper plate.
3. Add a third color of fall-colored paint to your paper plate with the same technique.
4. While the paint is drying, carefully use scissors to cut out a circle from brown construction paper. Add googly eyes, an orange triangular beak, and a red wattle. Glue on the head and glue the head on the bottom of the painted paper plate.