



# Working Together for a Healthy Kentucky

## Child and Adult Care Food Program

CACFP Nutrition News  
July-August 2015

### Centers that shine-A look around the state!



"I feel like I'm making a difference...this is something I've always wanted to do. It is my calling!"

Ms. Marcy Callahan



### Marcy's Kiddie Korral-Hardin County

Walking into Marcy's Family Day Care Home (FDCH) in Rineyville is both fun and relaxing. When I visited recently, the children were laughing and playing while she was feeding the baby. The kids were curious about me and, after introductions, they had lots of questions while they were enjoying their snack.

Marcy has been caring for children for 21 years and likes being able to help out the families that need child care. She loves caring for children, truly enjoys her work, and in 2001, she was awarded the "Provider of the Year" Award for the Lincoln Trail area by the Community Coordinated Child Care program (4 C).

Family Day Care Homes like Marcy's are an important part of CACFP. They provide in-home care and the children get lots of individual attention. FDCH providers are often willing to work extended hours to take care of children whose parents work non-traditional hours and days. There are always lots of good wholesome, home cooked meals. Family Day Care Homes provide a win-win situation for children, their parents and the day care provider.

\*Marcy's FDCH Sponsor is Shirley Buckman with Central Kentucky Community Action in Lebanon.



## New to CACFP: Tiffany's Lil Bratz



"I love taking care of children because I enjoy watching them grow and I love their individuality and honesty that they each have. That's exactly why they are Tiffany's Lil Bratz! I joined the food program because it allows me to continue purchasing and serving a variety of healthy and fun foods."

Tiffany Gittens, Director

Ms. Tiffany Gittens is the owner and director of this child care center in Oak Grove, and is new to CACFP. She is committed to providing quality care and healthy meals too. Ms. Sylvia is the full-time cook, who is equally dedicated to serving meals that include lots of fresh fruits and vegetables, and are usually made from "scratch."

On the day we visited the center, Ms. Sylvia was making spaghetti sauce, and along with the lean ground beef, she added mashed, cooked carrots so the children would be eating even more vegetables. She used a measuring cup to serve the salad to be sure the quantity served was correct. When Ms. Sylvia prepares mashed potatoes, she often adds some cooked fresh cauliflower, which increases the nutritional value.

The children obviously enjoyed their lunch, and the CACFP Consultants that visited enjoyed seeing all the fresh fruits and vegetables in the refrigerator too!



## From Somerset: Children's Learning Tree



When one of our consultants visited this center in Somerset, she shared that "the center is immaculate and the kitchen is beyond unreal." She also stated that "the food was fabulous" and the kids ate so fast, she could hardly get a picture of the meal! When asked how to describe the center, she said it was just "plain ol' awesome!"

## “Top Ten Findings”

When CACFP Consultants visit programs around the state, they are trained to thoroughly review your center and assist Directors to be sure they are in compliance with USDA guidelines, and also to help with any issues or concerns you have. The following are ten of the findings that are common across the state, as noted by different consultants. We hope this helps as you work to run a great center that meets USDA and State Agency expectations.

1. The numbers just don't add up for attendance, Free/ Reduced and Paid on Membership Roster (MR) and on the Record of Meals Served (17-9).
2. Center does not justify the reimbursement.
3. There are milk shortages.
4. Sponsors forget to sign income applications and/or enrollment forms. The forms are not valid unless they are signed by the parent/guardian and sponsor.
5. Participants are in attendance but are not on the MR.
6. There is no Permanent Agreement in the review month folder.
7. Infant menus are not done correctly: components are not circled so the meals have to be disallowed.
8. There are no records of the staff being trained on Civil Rights, or the training is incomplete.
9. The center has not used the folder system and/or has no organized system of record-keeping.
10. The center claims more participants than are in attendance.

## CACFP Updates & Reminders!

Annual Training Dates and Sites are as follows:

- ◆ August 19th & 20th– Shelby County Campus, University of Louisville
- ◆ August 25th & 26th– Morehead University
- ◆ August 27th– Eastern KY University, Richmond
- ◆ September 2nd & 3rd– Bowling Green Conference Center

You will be receiving registration information in July so you can register for the training date and site that is most convenient for you. Please watch your inbox for details to come!



## From the 2014-15 Annual Training “Parking Lot” : Some menu related questions & answers

1. Your program keeps promoting fresh vegetable yet every source I refer to states that frozen vegetables contain more nutrients as they are picked and frozen immediately as opposed to fresh vegetables that are transported on trucks and sit on shelves for days, losing valuable nutrients.

**Answer:** CACFP promotes fresh first, frozen as your second choice and as a last choice, canned. The nutrient content is similar with fresh and frozen fruits and vegetables. Look to your local farmer's markets for really fresh items from your neighborhood.  
Be “Kentucky Proud”!



2. Can you use your garden foods for meal service? How do you document it?

**Answer:** This is a great idea. If you use tomatoes from your garden, just write beside it “from our garden.” When we look for a receipt for fresh tomatoes, we would look on the menus first and see that they were from your garden. This is also true if you get donated tomatoes, etc. from a parent. Please note in your monthly file: Parent Jane Doe donated 5 pounds of fresh tomatoes, served on September 10, lunch. Put Jane Doe's phone number on the note also, in case we come to visit, so we can verify. **In addition, be sure to thoroughly wash the fresh vegetables and fruits!**

## Fruit of the Month: Blueberries



Blueberries are loved by adults and children and are enjoyed fresh out of the container, added to a fruit salad or in a delicious desert. They are a perennial flowering shrub that is native to North America. Some types grow wild in the Southeastern United States. Low-bush blueberries are cultivated and grown on a two year cycle. They prefer open and sunny conditions. The harvesting is done by hand and is very labor intensive.

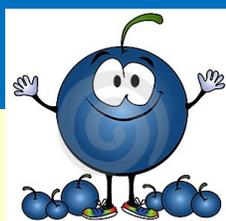
These tasty small berries are very low in calories (80 calories per cup) and are rich in vitamin C and dietary fiber. They also contain manganese and vitamin K.

Some of the tastiest blueberries in the United States are available from June to August. Look for berries that are plump, smooth-skinned, have a silver-grey surface, and are deep purple to blue-black. At home, store them in a plastic or zip lock bag in the refrigerator for up to a week. When eating them fresh, wash your blueberries in cold water, but they are better to eat at room temperature.

They are great to add to fruit salads, cereal, yogurt, ice cream and muffins. They can also be used to make fresh fruit tarts, sauce, jelly and jams.

From: <http://nutrition-and-you.com/blueberries.html>

“Blueberries contribute vitamins and minerals including vitamin C, vitamin K and manganese, making them a good choice to help meet nutrient needs.”



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



### Blueberry Oatmeal Squares

Prep and cook time: 25 minutes

**What you need:** 1½ cups quick oats  
½ cup whole-wheat flour  
½ teaspoon baking soda  
½ teaspoon salt  
1 teaspoon cinnamon  
½ cup fresh or frozen blueberries  
1 egg  
1 cup skim milk  
3 tablespoons apple sauce  
¼ cup brown sugar

**Equipment and supplies:** Large mixing bowl  
8x8-inch baking pan  
Measuring cups and spoons  
**What to do:** Preheat oven to 350° F.

Coat baking pan with cooking spray.  
Place all of the ingredients into a large bowl and mix until just combined.  
Pour into prepared pan and bake for 20 minutes or until a toothpick inserted into the center comes out clean.  
Allow to cool for 5 minutes and cut into squares.

**How much does this recipe make?** 9 squares

Reviewed by: [Mary L. Gavin, MD](#) From: [www.kidshealth.org](http://www.kidshealth.org)

## Snack Ideas for Centers

For more snack ideas, try this website: <http://www.choosemyplate.gov/preschoolers/healthy-habits/snack-ideas.html>

### Monday

Blueberries &  
Strawberries,  
WW Crackers,  
Milk

### Tuesday

Fresh Pineapple or  
Canned Peaches (in  
juice or water)  
Low-fat Cottage Cheese  
Water

### Wednesday

WW Mini Bagel with  
Light Cream Cheese  
Grapes  
Apple Juice

### Thursday

Low-fat Vanilla Yogurt  
Peaches or Plums  
Water

### Friday

String Cheese  
WW Crackers  
Apple Slices  
Milk

## Tips for Child Care Providers to Promote Healthy Attitudes about Food

As children grow and experience new foods, child care providers may notice changes in eating habits or attitudes about certain foods. The following are important tips for child care providers to prevent unhealthy attitudes about food.

- **Accept different levels of food intake.** Never force a child to eat. It is normal for children to eat a lot one day and almost nothing the next. If you offer choices from each of the food groups every day, children will adjust and eat appropriate amounts over several days. Deciding how much to eat at a given meal or snack is the child's job. Your job is to serve a variety of nutritious, tasty foods.
- **Know that "food jags" are normal.** Preschoolers are especially likely to insist on eating the same food every day. Continue offering a variety of foods even if a child eats only one thing. With time and patience, children will start to eat a wider variety of foods.
- **Expect some waste.** It is good for children to naturally stop eating when they are full. Serving child-size portions will help cut down on leftover food.

- **Avoid bribing or rewarding children for trying new foods.** These techniques make children believe that new foods are undesirable.

- **Never use food as a punishment or reward.** Withholding food can make children anxious that they will not get enough food, thus causing overeating. Using foods like sweets or special treats as a reward teaches children that some foods are better or more valuable than others.

- **Respect and value cultural eating differences.** Introduce children to foods from different cultures. Encourage children and families to share stories about their various cultures

From: <http://www.extension.org>



## Wellness Corner: Child Care Providers

Child care programs are very important for helping young children be physically active to promote their health and development. Child care providers can help young children be physically active every day by

- Leading structured physical activities inside or outside
- Encouraging children (for example, say "good throw")
- Let the children do things that are safe (For example, let children run on the playground when it is safe)
- Receiving training about children's physical activity
- Not allowing children to spend too much time in sedentary activities.



### Moderate and Vigorous Physical Activity:

Children should have many chances to do both moderate and vigorous physical activities. When children do moderate physical activities, they can talk but cannot sing. Vigorous physical activities are rhythmic, repetitive activities that use large muscle groups. While doing these activities, children breathe fast and can speak only in short sentences.

**Moderate physical activity** is activity that children can easily do. It makes children's heart rate and breathing rate go up a little bit. Examples are walking and dancing.

**Vigorous physical activity** is activity that quickly makes children tired. It makes children's heart rate and breathing rate go up a lot. Examples are running and jumping rope.

From: <https://brightfutures.org/one-step/module-2/page-2-5.html>

**Contact Information**  
**Child And Adult Care Food Program**  
**School and Community Nutrition**  
**Community Nutrition Branch**  
**500 Mero St., 23rd Floor**  
**Frankfort, KY 40601**  
**Phone number: 502/564-5625**  
**Fax number: 502/564-5519**

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**New Website Address:**  
<http://education.ky.gov/federal/SCN/Pages/Child-and-Adult-Care-Food-Program.aspx>

**Staff/Extensions**

Elizabeth Fiehler, Branch Manager	Ext. 4949
Kelia Benningfield	Ext. 4906
Brett Ellis, Programmatic Supervisor	Ext. 4917
Annalisa Ochs, Review Section Supervisor	Ext. 4901
Debra Galloway	Ext. 4947
Mernia Hill	Ext. 4905
Elaine Jett	Ext. 4910
Rene' Poitra	Ext. 4904
Suzanne Ray	Ext. 4914
Christina Schenk	Ext. 4902
Tim Simpson	Ext. 4900
Bart Spears	Ext. 4941

**Questions Regarding Claims and Online System**

Mike Sullivan	Ext. 4930
Kara Carter	Ext. 4920

**COT Help Desk: 502/564-7576**

(SCN staff are unable to reset passwords)

**SCN Main Office (CACFP) 502/564-5625**

Applications, Approval, Policies or Regulations

**WANTED!!!**

Please continue to send us your great ideas for healthy meals, celebrations and fun physical activities you have used successfully in your programs! We plan to share your success stories with sponsors throughout the state: from healthy cookies that the kids loved to active games that everyone enjoyed. Please send them to: [debra.galloway@education.ky.gov](mailto:debra.galloway@education.ky.gov)

**Fun Food and Health Days**

**July & August**

July is "National Blueberry Month"  
 August is "National Picnic Month"

July 3	National Eat Beans Day
July 4	Independence Day!!
July 7	National Macaroni Day
July 10	Teddy Bear Picnic Day
July 17	Peach Ice Cream Day
July 28	Hamburger Day
August 3	Watermelon Day
August 8	Zucchini Day
August 19	National Potato Day
August 24	National Waffle Day
August 27	Banana Lovers' Day
August 31	Eat Outside day

**Date we are closed in July/August:**

**July 3rd**



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Individuals who are deaf, hard of hearing or have speech disabilities may contact USDA through the Federal Relay Service at (800) 877-8339; or (800) 845-6136 (in Spanish).

The USDA is an equal opportunity provider and employer.

# Parents ... Get Straight A's With a Healthy Breakfast

Your Child's Attention, Attendance and Academic Achievement  
Improve With Breakfast

## The proven benefits of breakfast for your child include:

- Better overall nutrition and healthy body weight
- Fewer absences and reduced tardiness
- Higher scores on achievement tests

### Did You Know?

- Breakfast is the most important meal of the day.
- Any child who skips or does not have access to breakfast can suffer learning and health problems.
- Eating breakfast gets rid of hunger symptoms such as being tired or sleepy, getting headaches or becoming cranky.



Healthy Eating  
Made Easier®

## Helpful hints for busy parents

- **Get off to a good start**  
Make sure your child has time for breakfast at home or take advantage of the School Breakfast Program if your school operates one. School meals are not only convenient but also an inexpensive and healthy option.
- **Keep breakfast simple**  
Have items available in your kitchen that can easily be put together in the morning: cereal, milk, toast or bagels, cheese, fruit and yogurt.
- **Join your child for breakfast**  
Be a positive role model—eat breakfast yourself and share breakfast with your child when you can.

## Quick and easy ideas for breakfast ..

Cereal and low-fat milk



Toasted bagel with cream cheese



Toast with peanut butter

Fruit smoothie (blend fruit with milk or yogurt)

Cereal bar with fruit and a yogurt

Hard-cooked egg and whole-grain toast



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Healthy Eating Made Easier™

Visit [HealthyEating.org](http://HealthyEating.org) for FREE tips, interactive nutrition assessment tools, meal suggestions and more.



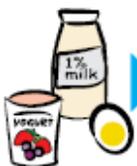
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## Help Your Family Make Breakfast a Priority and Meet Your Nutrient Needs



How much does your child need from each of the food groups every day?

Age	Milk	Vegetables	Fruits	Grains	Meats + Beans
2-8	2-2½ cups	1-2 cups	1-1½ cups	3-5 ounces	2-5 ounces
9-11	3 cups	2-3 cups	1½-2 cups	5-7 ounces	5-6 ounces



Serve a breakfast that includes a good source of protein such as cheese, egg, milk or peanut butter. Serve two other food groups to fill in the rest of the meal, such as whole-grain toast or cereal with fruit.

## Healthy Breakfast Foods:

**Make half your grains whole.** Choose whole-grain foods often, such as oatmeal or whole-wheat bread, bagels or cereal.

**Get your calcium-rich foods.** To build strong bones choose low-fat or fat-free milk, and cheeses or yogurt for breakfast.

**Focus on fruits.** Eat them at breakfast on top of cereal or add them to a yogurt smoothie.

**Go lean with protein.** Add peanut butter to toast or try a "breakfast" bean and cheese burrito.



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Visit [HealthyEating.org](http://HealthyEating.org) for FREE tips, interactive nutrition assessment tools, meal suggestions and more.

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# Cooking with Kids



Children enjoy helping in the kitchen and often are more willing to eat foods they help prepare. Children should be involved in all aspects of cooking, from gathering or purchasing ingredients to “reading” the recipe, to measuring, cutting, stirring and serving the completed food. Kids helping with the preparation of foods promotes independence and develops self-confidence.

Another goal in cooking with kids is to expose children to healthy foods. Children may choose nutritionally sound foods if they understand the role of food in good health. Talk about such facts as “milk makes strong bones” or “fruits provide natural sweetness” while cooking to help kids make the best, most nutritious choices.

It is important to give kitchen tasks that are appropriate for each child’s age so that the job that can be done successfully. Give clear instructions, show how it is done, and let him practice. When children help with food preparation, remind them to wash hands using soap and water before and after handling food or utensils to prepare food. Expect a few spills, be patient and allow extra time for each task.

Each child has his own pace for learning a new skill, but a 2-year-old can:

- wipe table tops
- snap green beans
- break cauliflower
- wash salad greens
- scrub vegetables
- put bread in the toaster
- 

3-year-olds can do additional activities such as:

- spread soft spreads
- place things in the trash
- pour liquids
- mix ingredients
- pour cereal
- clear their place at the table
- 

4-year-olds can do additional activities such as:

- peel oranges
- mash bananas using a fork
- set the table
- peel hard-cooked eggs
- knead dough
- unload the dishwasher
- 

5 to 6-year-olds can do additional activities such as:

- measure ingredients
- use an egg beater
- break eggs into bowl
- cut with a blunt knife



**Power Panther**  
**Eat Smart. Play Hard.™**