

Working Together for a Healthy Kentucky

Child and Adult Care Food Program

CACFP Nutrition News

March-April 2015

CACFP Meal Patterns Proposed Changes

Hello CACFP Sponsors!

Please see the USDA Proposed Rule for CACFP regarding changes in the meal pattern. Remember this is proposed at this point and is not yet in effect. USDA welcomes your thoughts and comments. The comment period is open for 90 days, until April 15, 2015. Your written comments should be specific and confined to issues that pertain to the proposed rule. Please explain the reasons and/or provide supporting information for any changes you recommend or changes you oppose. Also, reference the section or paragraph of the proposal you are addressing when possible. You will be notified if and when this proposed rule becomes final so that you can make any necessary changes to your food program.

Infants

- ◆ Revise the infant age groups from three age groups to two age groups
- ◆ Introduce solid foods to infants beginning at 6 months of age
- ◆ Eliminate the service of fruit juice to infants of any age
- ◆ Allow reimbursement for infant meals when the mother directly breastfeeds her child at the child care facility
- ◆ Require a fruit or vegetable serving in the snack meal pattern for the 6 to 11 month infant age group
- ◆ Allow additional grain options for infant snacks

One Year and Older

- ◆ Separate the fruit and vegetable component for adults and children
- ◆ Require that at least one grain serving per day, across all eating occasions, be whole grain or whole grain-rich
- ◆ Require breakfast cereals to conform to WIC requirements
- ◆ Prevent grain-based desserts from counting toward the grains component
- ◆ Allow an optional meat or meat alternate to be served at breakfast in lieu of some grains
- ◆ Allow tofu to be counted as a meat alternate
- ◆ Allow yogurt to be used to meet the fluid milk requirement for adults only, no more than once a day
- ◆ Disallow frying as an onsite preparation method for daycare facilities and institutions
- ◆ Add a fourth age group (13 through 18) to the meal pattern for children
- ◆ Prohibit service or limit sugar content of flavored milk to no more than 22 grams per 8 fluid ounces
- ◆ Limit sugar content for yogurt to 30 grams per 6 ounces

HOW TO COMMENT?

You are encouraged to read and comment on the proposed changes. This site is the most efficient way to access the proposed changes and make comments:

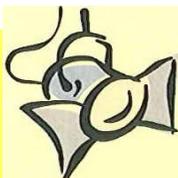
<http://www.cacfp.org/regulations-legislation-advocacy/cacfp-proposed-meal-patterns/>

Internet: <http://www.regulations.gov/#!home> When you are on that page, type FNS-2011-0029 in the search box and you will be able to add your comments.

Written comments should be addressed to:

Tina Namian, Branch Chief Policy and Program Development
Division of Child Nutrition Program Services
Department of Agriculture, P.O. Box 66874
St. Louis, MO 63166

Source: <http://www.cacfp.org/regulations-legislation-advocacy/cacfp-proposed-meal-patterns/>



Spotlight on “Bean Day” at Great Beginnings Child Care

On Jan. 6, Great Beginnings Child Care in Frankfort celebrated “Bean Day” in a variety of ways: counting beans, learning about different kinds of beans and how they make us strong, and even making collages with beans. Center Director Jenny Weeks and Teacher Lauren Owens got inspired to use one of our special food days as a theme on a cold January day. The children enjoyed a healthy and tasty lunch that included “Cowboy Beans”, baked “tater tots”, steamed carrots, broccoli and cauliflower, baked tortilla chips and 1% milk. It was a fun day for all the kids at Great Beginnings on “Bean Day 2015!”



Above, top right and right: Children enjoying their “Bean Day” lunch.

Center: Some bean art!



Right: Cowboy Beans are made by combining three different kinds of beans, onions, hamburger and barbeque sauce.



National CACFP WEEK

March 15-21

Join us in raising awareness about CACFP during this week. This is a great time to show parents and the public what CACFP is doing for your center and how it is benefiting the participants with more nutritious meals. Here are some ideas to help you get the word out about CACFP and celebrate together!

1. Plan an activity with the children and take pictures of them doing the activity. Send pictures to your U.S. congressman and senators along with a short note about how CACFP helps promote lifelong healthy eating habits.
2. Host an open house for families, celebrating CACFP. Serve a few of your children's favorite recipes. Display any crafts you may have done with the children. Invite your legislative representative to join you and your guests. Try to get media coverage, too.
3. Plan at least one nutrition-related activity this week and inform parents.
4. Talk about the menu each day in relation to “My Plate.” Did you meet the recommended number of servings?
5. Try out a new recipe. Ask parents if they have a recipe they would like to share.
6. For more ideas, go to <http://www.cacfp.org/files/8413/9213/1417/>





Vegetable of the Month Spinach

Spinach is a great source of vitamin A, C and potassium for our diets. It is also a good source for iron, fiber and vegetable protein. There are three basic types of spinach that most people purchase. The three types are flat or smooth leaf, savory, and semi-savory. Flat or smooth leaf spinach is unwrinkled and has spade-shaped leaves. This spinach is typically frozen or canned. Savory spinach is dark green and crinkly, like what we find in our produce aisles. Semi-savory spinach has slightly curled leaves and is typically sold fresh. Spinach is one of many vegetables that tastes good raw in a salad or cooked in a pasta dish. Spinach is also a food that you can hide in smoothies, casseroles, salads and soups! Here are some different ways to cook spinach.

Steamed– In a steamer, cook 1 lb. spinach for 3-5 minutes or until tender. If you don't have a steamer, you can boil an inch of water in a saucepan, then gently place the spinach in the pan. Try serving steamed spinach drizzled with olive oil, then sprinkle with unrefined sea salt and sesame seeds.

Sautéed- In a sauté pan or skillet on the stove, gently toss spinach with a bit of coconut or olive oil until wilted. For a flavor "kick", sauté minced raw garlic in the pan before adding the spinach and sprinkle the cooked spinach with unrefined sea salt.

Microwave–Wash and remove tough stalks. Place the still wet spinach in a large microwave-safe bowl, that is covered. Don't add additional water unless the spinach is completely dry. Cook on high until all the leaves are dark green (but not brown). Start with 3 minutes for a small amount and 7 minutes for a larger amount. Check and add cooking time if needed.

Boiled–Bring lightly salted water to a rapid boil in a large pot. Cut stems off spinach leaves and clean well. Cook spinach in boiling water for 1 minute. Drain and press out excess water.

Stir-fry–In a large wok heat 2 tsp. of oil over medium heat. Stir-fry 1/4 tsp. salt and 3/4 lb. of spinach for 1 minute. Make sure stems are removed from spinach. When it has wilted, add 1/2 tsp. sugar or Splenda and 1 tsp. of minced garlic and stir-fry 2 to 3 minutes more. Plate spinach and serve warm or cold.

Recipe of the Month:

Cheesy Spinach Bites

Or

"Leprechaun Lunchies" for St. Patty's Day

Prep time: 15 minutes

Cook time: 20 minutes

Total time: 35 minutes

Serves: 20 "bites"



Ingredients:

- 1 Tbsp. Olive oil
- 1 onion, chopped
- 2 garlic cloves, minced
- 2 large eggs, beaten
- 1 cup low-fat cottage cheese
- 1/2 cup grated Parmesan cheese
- 1/2 cup Mozzarella cheese
- 3-4 cups fresh spinach, chopped
- 1/4 tsp. salt

Instructions:

1. Preheat oven to 375 degrees
2. Heat oil in a sauté pan over medium heat
3. Cook onions and garlic until cooked through
4. Whisk eggs in a bowl
5. In a food processor, add cottage cheese, Mozzarella, and Parmesan cheeses, spinach and onion/garlic mixture.
6. Pulse to combine.
7. Pour mixture into greased mini muffin tins
8. Bake for 20-25 minutes or until the filling is set and golden on top

Source: <http://www.superhealthykids.com>

Snack Ideas for Centers

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

Monday

Chocolate/Hazelnut Graham Crackers with Bananas/Milk

Recipe: Evenly spread 2 graham crackers with 1 Tbsp. chocolate-hazelnut spread. Top with 1/2 a sliced banana.

Tuesday

Fruit Kabob/Cheese Cubes/Water

Idea: Using a variety of different fruit, let children make their own Kabobs, and add the cheese also.

Wednesday

WW Goldfish/Fresh Veggies & Dip/Water

A site with more great snack ideas: <http://allrecipes.com/howto/healthy-snacks-little-dippers/>

Thursday

Peanut Butter & Banana Wraps/Milk

Recipe: Spread a multi-grain wrap with 3-4 Tbsp. of peanut butter (or soy), then roll it around one peeled and sliced banana.

Friday

Homemade Trail Mix/Apple slices/Water

A site with lots of ideas about making your own trail mix: <http://greatist.com/health/21-healthier-trail-mix-ideas>

Are You Ready for A Review?

Here are some tips and guidance from CACFP staff that can help you be prepared for a review. Hope this helps you have a great review!

- ◆ Be sure to have all needed files/forms readily available when the consultant visits your center. Even if the Director is out, all staff need to know where the files/forms are kept so the review can be completed.
- ◆ Your current 17-9 or "Record of Meals Served" is crucial to a successful review. This allows you to keep an accurate record of meals served daily. Please total your meals served daily and also record your daily total attendance on it.
- ◆ CACFP Enrollment forms need to be completed for each child that is enrolled and also need to be filled out completely, including what days the child or children attend and what meals they eat. Be sure the parents sign and date, as well as the director or designated staff member.
- ◆ You are encouraged to have all parents/participants fill out the CACFP Income Applications completely. Be sure that the designated staff (usually the director) signs the bottom of the Income Application.
- ◆ Attendance records need to be totaled daily.
- ◆ Make sure your Membership Roster is filled out thoroughly. At the end of each month, when you are ready to file your claim, make a copy and put it in your folder. The CACFP Consultant can then easily determine which participants are free (F), reduced (R) or paid (P).
- ◆ Your 17-8 or "Record of Program Expenditures" needs to be completed monthly also. Your food costs, non-food costs, milk purchases and program labor (if you claim labor) are all recorded here.
- ◆ The Personnel Activity Report (PAR) needs to be completed daily by employees who work in the food program.
- ◆ The consultant will ask for your procurement documentation, which could be for small purchases, vendors and/or caterers, which have to have been completed yearly.
- ◆ Be prepared to provide a copy of your last month's menus plus current month's menus. You will also need to provide your infant menus.
- ◆ The consultant will need to see a copy of your In-Service Training: this documents that you have completed the Civil Rights Training that is required by the USDA. Your record of training must include the name of the training, date, location, all participants' names, their titles, their signatures and the trainer's signature.
- ◆ It is very important that you submit your media announcement to both Grassroots (ex. Public Library bulletin board) and a Media source (ex. Newspaper, radio, local TV), and keep copies of your media releases.
- ◆ We encourage you to use the CACFP Reference Sheet in the CACFP Training Handbook as a very useful guide as to what records need to be kept.
- ◆ Please feel free to call or email us if you have questions about any of these important items that will be needed when consultants visit you to complete a review. We are always happy to help!

CACFP Updates & Reminders!

- ◆ **Do you have a new Director?** When your center or program has a new director, we encourage you to contact us to set up a training for your new staff member. We want to help you be successful at negotiating the forms and procedures that are required. Trainings are offered monthly at our office in Frankfort.
- ◆ The **2015 Annual National CACFP Sponsors Association Conference** will be held on April 21-23 in Las Vegas, Nevada. You can go to their website at www.cacfp.org, where you will find great information, resources and toolkits. PLUS, you will find lots of information about the conference on the website.

CACFP 05-2014 (v.2)

◆ Smoothies Offered in Child Nutrition Programs

As fruit, vegetable, milk, and yogurt smoothies are an increasingly common food item in the Child Nutrition Program (CNP), the Food and Nutrition Service (FNS) has modified the guidance on smoothies to allow for the crediting of vegetables and yogurt, including smoothies with yogurt at lunch. These additional ingredients provide variety to food service operators seeking to include appealing and nutritious smoothies on their menus. This memorandum replaces previous guidance on smoothies, addresses the crediting of vegetable and yogurt in smoothies and clarifies the use of fruit concentrates in CNP.

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

Claim Fax number: 502/564-8919

New Website Address:

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

Staff/Extensions

Jennifer Alvis, Branch Manager	Ext. 4907
Kelia Benningfield	Ext. 4906
Debra Galloway	Ext 4947
Mernia Hill	Ext 4905
Elaine Jett	Ext. 4910
Annalisa Ochs	Ext. 4901
Rene' Poitra	Ext. 4904
Suzanne Ray	Ext. 4914
Christina Schenk	Ext. 4902
Tim Simpson	Ext. 4900
Bart Spears	Ext. 4941
Sara Talbott	Ext. 4948

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. or
sara.talbott@education.ky.gov.

Fun Food and Health Days

March & April

March is National Nutrition Month

April is National Garden Month

March 7	National Cereal Day
March 9	National Meatball Day
March 18	Oatmeal Cookie Day
March 22	National Water Day
March 25	National Waffle Day
March 26	Spinach Day
April 2	National Peanut Butter & Jelly Day
April 12	Grilled Cheese Sandwich Day
April 17	Healthy Kids Day
April 23	National Picnic Day
April 28	National Blueberry Pie Day
April 30	Raisin Day

Date We Are Closed in March/April

1/2 Day-Good Friday

April 3

USDA Statement of Non-Discrimination

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If you wish to file a Civil Rights program complaint of discrimination, complete the USDA Program Discrimination Complaint Form, found online at http://www.ascr.usda.gov/complaint_filing_cust.html, or at any USDA office, or call (866) 632-9992 to request the form. You may also write a letter containing all of the information requested in the form. Send your completed complaint form or letter to us by mail at U.S. Department of Agriculture, Director, Office of Adjudication, 1400 Independence Avenue, S.W., Washington, D.C. 20250-9410, by fax (202) 690-7442 or email at:

program.intake@usda.gov.

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).

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Spring into Good Health!

Parent Page



With the nice weather coming soon it's a great time for parents and children to take advantage of being outside after a cold winter. Here are some tips and suggestions to get your kids moving! Keep it simple – remember children need an hour of physical activity a day. They don't have to get it all at once. You can break it up throughout the day and physical activity doesn't always require being on a sports team. Ride your bike, play freeze tag, garden, or simply go for a walk. These are all activities you can do with your child!

- ◆ Be an active role model for your child. By helping them live a healthy lifestyle, YOU will be healthier too.
- ◆ Make your activities into an adventure. Are there weekly errands you do that could be done by walking or riding a bike with your child? Along the way you can develop a scavenger hunt or look for the "lost treasures."
- ◆ Bring some "retro" games from your childhood back. Many of the games you used to play as a child, most children aren't familiar with. Spend some time outside teaching them what games you played as a child.
- ◆ Have a "Bubble Mania" day outside. Make your own homemade bubbles and chase each other while blowing bubbles.
- ◆ Chalk games never get old. Draw a hopscotch board and have an old fashioned hopscotch competition.
- ◆ Take a walk after supper and look around for specific shapes, like circles and triangles, or ask your child to watch for flowers and interesting plants and trees along the way.
- ◆ Put limits on screen time throughout the day. Adults and children are too consumed by technology. Take some time to enjoy the outdoors and get moving!

Sources: <http://kidsgamescentral.com/outdoor-child-games.html>

<http://www.sparkpe.org/blog/how-parents-encourage-kids-to-be-physically-active/>

"Letting children go out to play is one of the best things that parents can do for their children."

Prof. Roger Mackett



March: National Nutrition Month

Great Ideas for Adults!



National Nutrition Month starts March 1st. During this month, why not incorporate some new nutrition ideas into your lifestyle? Try and add one to two new things a week. Remember it takes 21 days to make something a habit. Listed below are 21 different healthy ideas to try, so start slowly and good luck with developing some new healthy habits!

- ◆ It is recommended to eat 2 cups of fruit and 2 ½ cups of vegetables a day. Remember to add these in throughout the day to make it easier.
- ◆ Choose fresh fruit more often than fruit juice. Fruit juice has little or no fiber, the calories may be high, and many juices have added sugar.
- ◆ Try crunchy vegetables instead of chips with your favorite low-fat salad dressing for dipping.
- ◆ Try to drink at least eight, 8 ounces of water a day. The more the better!
- ◆ Eat breakfast every day. People who eat breakfast are less likely to overeat later in the day. Better to eat cold pizza than nothing at all!
- ◆ Limit foods and beverages that are high in sugar. Look into switching your regular soft drink to diet or limiting the amount you consume.
- ◆ Have low-fat, low-sugar snacks on hand. Whether you are at home, at work, or on the go, healthy snacks may help to combat hunger and prevent overeating.
- ◆ Try to eat 6 smaller meals a day instead of 3 big meals a day.
- ◆ Keep track of your food intake to know which food group you need to eat more or less from. You can do this with smart phone apps or with a food journal.
- ◆ When eating out, split your meal with someone or box up half of it when it comes.
- ◆ If you do decide to eat out, the healthiest cuisines are Indian, Thai, Japanese, Chinese, Mexican and Greek.
- ◆ Slow down when you eat. It takes your stomach 20 minutes to know it is full.
- ◆ Eat at the table. Turn off the TV so you don't overeat.
- ◆ Avoid oversized portions. Use a salad plate instead of a dinner plate, use smaller bowls and 8 ounce glasses.
- ◆ Healthy adults should limit their sodium consumption to 2,300 milligrams per day.
- ◆ Spice your meals up instead of using salt. Spices are a great seasoning for food without the sodium.
- ◆ Eat oily fish like salmon or sardines at least twice a week (rich in Omega-3)
- ◆ Make at least half of your carbohydrate foods whole grain each day (e.g. brown rice).
- ◆ With your morning whole wheat bagel use peanut butter or avocado as healthy fat sources.
- ◆ Choose fat-free or low-fat milk and cheese, or substitutes (like soy or rice milk) that are high in vitamin D and calcium instead of whole milk products.
- ◆ Snack only when you're hungry. Skip the urge to nibble when you're bored, frustrated or stressed. Feed the urge to do something by walking the dog or working in the garden.

Sources:

<http://win.niddk.nih.gov/publications/PDFs/tipsforadults804bw.pdf>

<http://www.eatright.org/nutritiontipsheets/>

<http://midwaysimplicity.com/100-simple-nutrition-tips/>