August / September 2013 Issue

Reminders / Due Dates

- Keep e-mail addresses current for the authorized representative and the contact person on the sponsor application.
- ISBE will be closed September 2 in honor of Labor Day.
- The Annual Financial Report (AFR) will be due December 15. The AFR Data Collection Sheet for FY13 is available online at http://www.isbe.net/nutrition/htmls/daycare_centers.htm.

Training Opportunities

Webinar trainings and online module trainings are available at http://www.isbe.net/nutrition/htmls/workshops.htm.

Training Modules are available for the following forms:
- Cash Disbursements
- Monthly Profit or Loss Summary
- Monthly Milk Purchase Estimate
- Personnel Activity Report

View them any time and as often as needed!

Building Best Practices Workshops Scheduled

Building Best Practices workshops will be held in August for CACFP child care center employees and administrators. The workshops will include training on the ISBE monitor review process, enrollment and household eligibility updates, documenting your CACFP expenses, and aligning your menu planning with the 2010 Dietary Guidelines for Americans.

Registration is available on the Nutrition and Wellness Programs website, and is limited to two people per sponsoring organization.

Workshops dates and locations:
- August 13 – Springfield
- August 15 – Collinsville
- August 21 – Oak Lawn
- August 22 – Oak Brook

New! Administrative Handbook for CACFP Available

The Child and Adult Care Food Program Administrative Handbook for Child Care Centers is now available! The handbook is the go-to manual for questions regarding the operation of CACFP.

You can find the Administrative Handbook on the ISBE website at http://www.isbe.net/nutrition/htmls/daycare_centers.htm.

We will mail each institution a hard copy handbook soon. Look for it in the mail!

Updated! Master List of Enrolled Children

To coordinate with the updated Enrollment and Household Eligibility Applications, the Master List of Enrolled Children (ISBE form 67-95 (7/13)) was updated and simplified. Check marks replaced the form/application/certification dates for simplification. This form is not required, but is available to help organize all children enrolled in your program and assist with maintaining a current list of each child’s enrollment and eligibility. Using this form helps make completion of the claim for reimbursement simpler at the end of each month. Keep this form up to date, recording any new children as well as children that have dropped from your program. New instructions have been included to help complete this updated form.

Adult Meal Participation Form

The Program and Nonprogram Adult Food Service Participation form (ISBE 68-21 (7/13)) has been updated and posted on the website. You may either use this form to record the number of meals served to program and nonprogram adults, which must be maintained on a daily basis; or, maintain this count on the Meal Participation Record.

- **Program adults** include those who have a responsibility to the food program to plan, prepare, serve, clean up or supervise the food service operation. Program adult meals are not included in meal counts reported on the monthly claim for reimbursement, but are an allowable expense to the program.

- **Nonprogram adults** are those who have no responsibility to the food program, such as guests, visitors, and monitors. Nonprogram adult meals are not included in the monthly claim for reimbursement and the expense is not allowable to the program.
Sharing CACFP Best Practices

For August, let’s take a look at how child care centers can “Build a Healthy Plate With Fruits.”

When children eat a range of colorful fruit choices, it helps them receive the vitamins and minerals they need to grow and play. Including fruits from all colors of the rainbow when planning menus is a simple way to incorporate a better variety of fruit in the CACFP snacks and meals you serve. For examples to consider, view the chart at right.

Making food fun and using preparation methods that make fruits easier to eat are some ways to encourage kids to eat fruits. Try the recipe below for Peachy Peanut Butter Pita Pockets. You can prepare the ingredients ahead of time, slicing the fruit in small pieces to ensure they are easy and safe to eat. To add some fun, children who are old enough can assemble the snack themselves.

To limit added sugars in the fruits you serve, try offering fresh fruit, or fruits canned in water or 100% fruit juice.

Swift Child Care Early Childhood Centers in Skokie, Ill., always includes freshly cut fruits and vegetables multiple times daily. Some applications are steamed; however, most are served triple washed and fresh. Another simple best practice they use is offering pureed fruits and veggies for infants using a blender system. Using fresh sweet apples, they serve homemade applesauce for infants instead of store bought brands.

We would like to thank Swift Child Care Early Childhood Centers for sharing these wonderful examples of healthy best practices.

Ingredients
- Pita pockets (whole wheat recommended)
- Peanut butter
- Bananas ( thinly sliced), Peaches ( fresh, thinly sliced), Apples ( cored, thinly sliced)

Preparation
1. Cut pitas in half to make pockets ( at least 0.5 oz. per serving) and warm in the microwave for about 10 seconds to make them more flexible.
2. Carefully open each pocket and spread 1 Tablespoon of peanut butter to make a thin layer on the inside walls.
3. Fill each pocket with, at minimum, ½ cup of tossed banana, peach, and apple slices. Serve at room temperature.

---

### Peachy Peanut Butter Pita Pockets

Celebrate National Peach Month in August with this delicious snack recipe, adapted from California Champions for Change to meet requirements of the CACFP Meal Pattern for Children.

Each serving – containing at least 0.5 oz. serving of pita and ½ cup of fruit – makes a reimbursable snack for children ages 1 - 5. Increase the amount of those ingredients according to the CACFP Meal Pattern to make a reimbursable snack for children ages 6 - 12.

### Share Your Story

Do you have a simple nutrition and wellness best practice or a success story to share?

In our next newsletter, we’ll focus on “Build a Healthy Plate with Vegetables.” Do you have tips for serving vegetables? Have you started a vegetable garden at your center that the children help tend? We want to hear about it.

Please e-mail your photos, activities and/or accomplishments to cnp@isbe.net, and we might feature them in our next newsletter!
**Questions and Answers**

**Q:** We serve infants under 1 year old and are wondering if certain brands of “graduate puffs” cereals with different grains and fruits can count as a cereal for infants?

**A:** No. Iron fortified infant cereal is required for any infant through 11 months.

**Q:** Do certain nut butter or peanut butter “spreads” that are on the market count the same as peanut butter?

**A:** No. Peanut butter “spreads” do not meet the FDA’s standard of identity for peanut butter or other nut butters, therefore it cannot be a creditable item for the CACFP. Some of these “spreads” list sugar and palm oil as the first and second ingredient before listing the types of nuts.

**Q:** Is a snack of pretzels and cheese reimbursable under the CACFP?

**A:** Yes. Snacks must have at least two components out of the following four:

1) Fluid Milk  
2) Fruit or Vegetable or 100% Juice  
3) Meat or Meat Alternate  
4) Grains/Breads

Because pretzels count as a Grains/Breads components, and cheese is a Meat Alternate component, this snack would be reimbursable for CACFP.

Take a look at the example of a two-week snack menu below to see if each snack idea is reimbursable or not. For additional reimbursable CACFP snack ideas, check out the Sample Snack Menus on the ISBE website at: [http://www.isbe.net/nutrition/pdf/sample_CACFP_snack_menus.pdf](http://www.isbe.net/nutrition/pdf/sample_CACFP_snack_menus.pdf).

<table>
<thead>
<tr>
<th>Day</th>
<th>Snack Menu</th>
<th>Reimbursable?</th>
<th>Notes</th>
</tr>
</thead>
<tbody>
<tr>
<td>1</td>
<td>Turkey Slices, Wheat Roll, and Water</td>
<td>✔️ YES</td>
<td></td>
</tr>
<tr>
<td>2</td>
<td>Cucumber Slices w/ Low Fat Dip, Pita Bread, and Water</td>
<td>✔️ YES</td>
<td></td>
</tr>
<tr>
<td>3</td>
<td>100% Apple Juice and Carrot Sticks</td>
<td>NO – Both menu items are from the same component group.</td>
<td>✔️ Carrot Sticks, Soft Pretzel, and Water would make a reimbursable snack.</td>
</tr>
<tr>
<td>4</td>
<td>Cottage Cheese, Pineapple Chunks, and Water</td>
<td>✔️ YES</td>
<td></td>
</tr>
<tr>
<td>5</td>
<td>100% Orange Juice and Mozzarella Cheese Stick</td>
<td>✔️ YES</td>
<td></td>
</tr>
<tr>
<td>6</td>
<td>Plain Granola Bar, Strawberry Yogurt, and Water</td>
<td>✔️ YES</td>
<td></td>
</tr>
<tr>
<td>7</td>
<td>Milk and 100% Grape Juice</td>
<td>NO – Juice may not be served when milk is served as the only other component.</td>
<td>✔️ Milk and Grape Clusters would make a reimbursable snack.</td>
</tr>
<tr>
<td>8</td>
<td>Blueberries, Whole Grain Waffle, and Water</td>
<td>✔️ YES</td>
<td></td>
</tr>
<tr>
<td>9</td>
<td>Snack Crackers w/ Bean Dip, and Milk</td>
<td>✔️ YES</td>
<td></td>
</tr>
<tr>
<td>10</td>
<td>Graham Crackers and Water</td>
<td>NO – Serving water with snacks is encouraged, but is not itself a reimbursable component.</td>
<td>✔️ Graham Crackers, Kiwi Slices, and Water would make a reimbursable snack.</td>
</tr>
</tbody>
</table>

To ensure you serve the correct portion size for all meals and snacks, review the CACFP Meal Pattern charts for Infants and Children Ages 1 through 12. Both Meal Pattern charts are available on the ISBE Nutrition and Wellness Programs website at: [http://www.isbe.net/nutrition/htmls/forms_cacfp.htm](http://www.isbe.net/nutrition/htmls/forms_cacfp.htm).
What is an allergic condition?

Did you know that allergic conditions are among the most common medical conditions affecting children in the United States? An allergic condition is a hypersensitivity disorder in which the immune system reacts to substances in the environment that are normally considered harmless. Food or digestive allergies, skin allergies (such as eczema), and respiratory allergies (such as hay fever) are the most common allergies among children. Allergies can affect a child's physical and emotional health and can interfere with daily activities, such as sleep, play, and attending school. A severe allergic reaction with rapid onset, anaphylaxis, can be life threatening. Foods represent the most common cause of anaphylaxis among children and adolescents.

If a child in your CACFP facility has special dietary needs, refer to the ISBE Child Nutrition website Accommodating Children with Special Dietary Needs for detailed information, and make sure a completed Physician’s Statement for Food Substitutions form is kept on file for each child with special dietary needs.


“Little People’s Garden” Teaches Big Life Lessons

Give a man a fish and you feed him for a day. Teach a man to fish and you feed him for a lifetime. This Chinese proverb is the idea behind the Little People’s Garden in Montevideo, Minnesota.

“Children need to know where their food comes from,” said Liz Ludwig, Farm Service Agency county executive director. “It’s not made in a factory; it’s grown in the soil, raised by farmers and ranchers, and cared for by people we call farmers.”

Initiated by Ludwig, the Little People’s Garden — now in its fourth year — was planted at Kinder Kare learning center in Montevideo, providing preschoolers a hands-on opportunity to learn where their food comes from and how to make healthy food choices.

Eleven volunteers from nine agencies and organizations from around the Minnesota area work with the children, teaching them a lesson on food groups in which they pick lettuce, tomatoes, peas and radishes from their 4×8 Little People’s Garden, and put them into a salad for the kids to eat. Raisins, cheese, croutons and sunflower seeds are added to round out the food groups. They also have a lesson on tops and bottoms that allows the children to pick vegetables and determine if they eat the tops or the bottoms. Usually peas, radishes, broccoli and cauliflower are used as tops and bottom taste testers.

The tots see the rewards of their work each year as they plant, water and pick tomatoes, peas and cucumbers off of the vine.

“Last fall, they were digging potatoes out of the ground and a child pointed and shouted, ‘Potatoes!’ with a big smile and excited voice,” said Ludwig. “The kids are making connections. They are learning about their world. They are learning about their food.”

USDA offers interactive and exploratory lessons as a creative way to connect gardens with nutrition messages in the classroom. Whether your garden is large or small and your growing season is long or short, these materials can help you.

Agriculture Secretary Tom Vilsack began the People’s Garden Initiative in 2009 in an effort to challenge employees to create gardens at USDA facilities. Since that time it has grown into a collaborative effort of more than 1,200 local and national organizations working to establish community and school gardens across the country. To date, there are 1,918 gardens across the United States. Learn how to start your own at www.usda.gov/peoplesgarden

Source: Originally posted on the USDA Blog website by Liz Ludwig, Farm Service Agency County Executive Director in Chippewa and Yellow Medicine Counties, Minn., on June 7, 2013.
Promote Health and Wellness with the Let's Move! Child Care Initiative

The National CACFP Sponsors Association is teaming up with the First Lady's Let's Move! Child Care (LMCC) initiative to prevent childhood obesity and get young children off to a healthy start. Let's Move! Child Care empowers early education and child care providers to achieve best practices in five goal areas:

- Physical Activity
- Screen Time
- Beverages
- Infant Feeding
- Food

Thousands of early education and child care providers across the country have joined Let's Move! Child Care, including more than 4,000 CACFP child care providers. The National CACFP Sponsors Association wants to see the number of participating CACFP child care providers grow. Let's Move! Child Care best practices are in line with basic CACFP requirements and serve as targets for going beyond the requirements to promote children's health and wellness.

In the upcoming months, look for opportunities to participate in Let's Move! Child Care trainings.

First Lady Michelle Obama summed it up best: "Everyone is going to see that these small changes can make a big difference. If our kids get into the habit of getting up and playing, if their palates warm up to veggies at an early age, and if they're not glued to a TV screen all day, they're on their way to healthy habits for life. That's why I'm so excited about LMCC - because I know that child care facilities and home-based providers can be a real building block for an entire generation of healthy kids."

Ready to learn more about LMCC? Visit the LMCC website here.

To get the latest updates and resources from LMCC, sign up here.

Quick Review: Age Requirements for Serving Milk

- Children ages birth through eleven months should receive iron fortified infant formula or breast milk
- Children ages two years and older must receive fat-free or low-fat milk
- For children between the ages of one and two years, whole milk is recommended; but, they may receive fat-free or low-fat milk
- Breast milk is acceptable for any age

Join Mealtime Minutes e-Newsletter Listserv

To receive notices of the Mealtime Minutes e-newsletter, join the Mealtime Minutes e-newsletter listserv. Email: mtm-join@list.isbe.net and type only the email address to be added in the message section. Leave the subject line blank. A confirmation will be sent to the email address provided. Staff already receiving the Mealtime Minutes includes the authorized representative and contact person. For questions regarding Listserv, please email cnp@isbe.net.

Questions or comments? Email us at cnp@isbe.net or call 800/545-7892 or 217/782-2491

This institution is an equal opportunity provider.