

All About The Meal



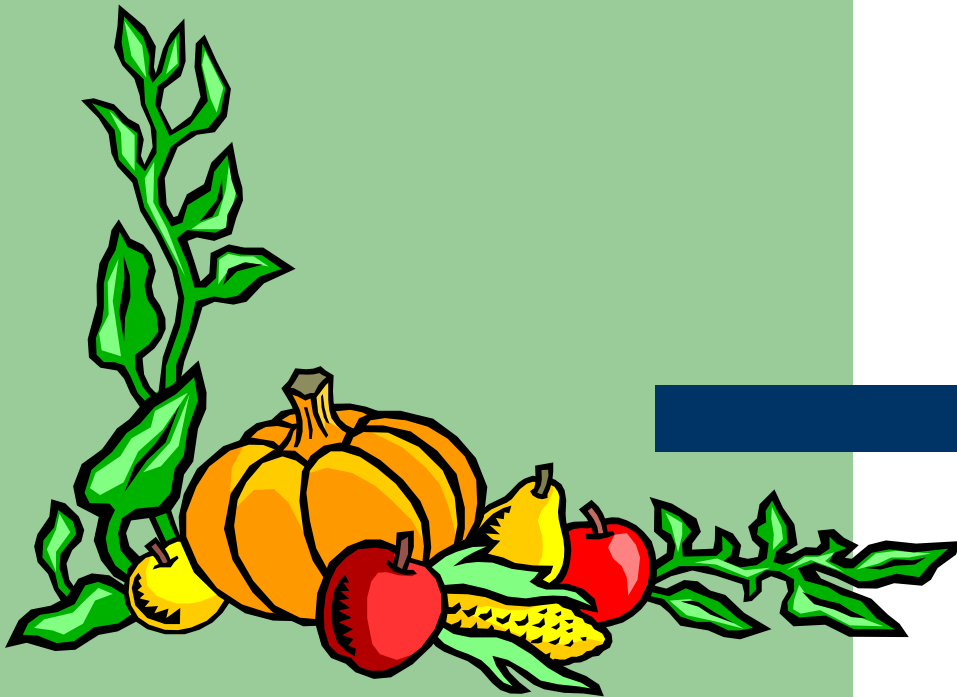
Nutrition Programs
Illinois State Board of
Education

Topics

- Using the Crediting Food Guide
- Meal Times
- Insight & Scenarios offered by ISBE Monitor Reviews & ISBE Day Care Home Staff

Using The Crediting Foods Guide

http://www.isbe.net/nutrition/pdf/crediting_foods.pdf





Why Use The Guide?

- Contains all information required for a meal to be creditable for CACFP
- Portion size for each age group and food component
 - All required components for each meal service.
 - Breakfast
 - Lunch/Dinner
 - Supplement (Snack)

Advantages To On-line Version

- Using guide as an electronic document allows search features for specific foods
- Guarantees most current version
- Don't have to locate physical copy!
- Saves \$\$\$ and trees



Introduction

- Provides an overview of the Child and Adult Care Food Program (CACFP)
- Defines creditable and non-creditable foods
- General information on the use of the guide
- Main references:
 - *The Food Buying Guide (FBG) for Child Nutrition Programs* (<http://www.fns.usda.gov/tn/resources/foodbuyingguide.htm>)
 - *What's in a Meal*
 - Courtesy of Indiana Department of Education, School & Community Nutrition
 - *Infant Feeding Guide* (http://www.fns.usda.gov/tn/resources/feeding_infants.html)

Two Main Sections

- Children age 12 months and over
- Infants under the age of 12 months

Child Meal Requirements



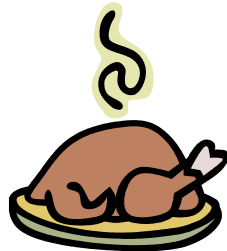
For Children Age 12
Months and Older

Meal Chart for Children

- Indicates minimum portion sizes for specific age groups
 - Age 1 through 2
 - Age 3 through 5
 - Age 6 through 12
- Be sure to read the footnotes for important additional information

Food Components

- Grains/Breads
- Fruits and Vegetables
- Meat and Meat Alternatives
- Milk



Each Section Includes:

- General overview of specific requirements for each food component
- Recommendations for each food component
- Listing of foods for each food component
 - Indicate creditable (yes or no)
 - Comments
 - Additional Nutrition Information
 - If the food is not listed,
 - Food Buying Guide
 - Ask ISBE


Example Of Listing

Updated Comments
And
Nutritional
Information

FINAL Crediting Foods with graphics 040610 (Preview) - Microsoft Word

The following chart lists only milk products about which crediting inquiries are often made or foods that are often credited incorrectly. Use of product brand names does not constitute ISBE approval or endorsement. Product names are used solely for clarification.

Milk Creditable Foods

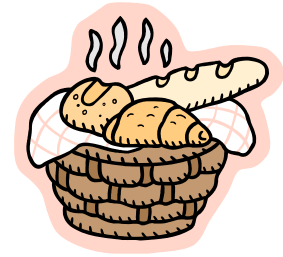


Food Item	Creditable		Comments	Nutrition Information
	Yes	No		
Acidified Milk	X		Acidified milk is fluid milk produced by souring fluid milk with an acidifying agent. Examples of acidified milk include acidified kefir milk and acidified acidophilus milk.	
Breast Milk—expressed	X		Meals containing breast milk instead of fluid milk may be claimed for reimbursement when all other components are served to a child 12 months of age and older. A Medical Exception Statement is not required.	
Buttermilk	X			Buttermilk is low in fat.
Certified Raw Milk		X	Certified raw milk is not pasteurized. Regulations require the use of pasteurized milk. Pasteurized milk is heated at a high temperature for a period of time to destroy microorganisms.	
Cheese			Cheese cannot be credited toward the milk	

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Grains/Breads Group



- Includes Grain/Breads Chart
 - Grouped by similar minimum serving sizes
 - Footnotes indicating additional information

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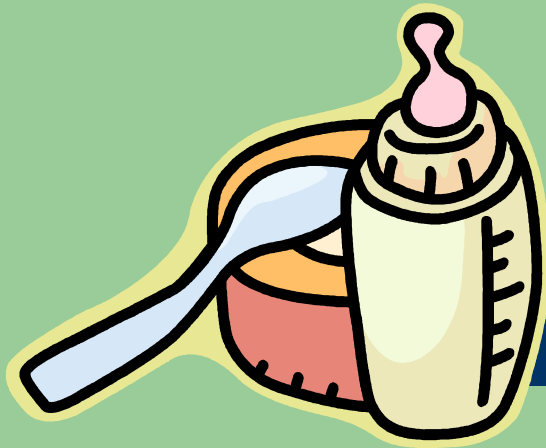
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GRAINS/BREADS CHART

Some of the following foods, or their accompaniments, may contain more sugar, salt, and/or fat than others. This should be a consideration when deciding how often to serve them.

GROUP A	MINIMUM SERVING SIZE FOR GROUP A
Breading-Type Coating	1 serving = 20 g or 0.7 oz
Bread Sticks—hard	$\frac{3}{4}$ serving = 15 g or 0.5 oz
Chow Mein Noodles	$\frac{1}{2}$ serving = 10 g or 0.4 oz
Crackers—saltines, snack	$\frac{1}{4}$ serving = 5 g or 0.2 oz
Croutons	

Infants



Children under the age
of 12 months

Infant Meal Pattern Chart

- Meal requirements for each age
 - Birth through 3 months
 - 4 through 7 months
 - 8 through 11 months
- Indicates additional requirements when child is developmentally ready
- Remember to refer to the footnotes for additional important information

Who Determines When An Infant Is Developmentally Ready?

- Determined by
 - Parent/Guardian
 - Doctor
- Caregiver observations may assist in determining readiness
- Not all infants are developmentally ready at the same age

When is an Infant Developmentally Ready?

- Babies are Mature enough to begin learning to eat from a spoon when they can:
 - Hold their necks steady and sit without support.
 - Draw in their lower lip as a spoon is removed from their mouth.
 - Keep food in their mouths and swallow rather than push it back out on their chins.
- Source:
 - Feeding Infants
 - http://www.fns.usda.gov/tn/resources/feeding_infants.html

When An Infant Is Developmentally Ready

- Solid foods **must** be served in addition to the formula to make a reimbursable meal in the Child Nutrition Program

Required Guidelines for Infant Meals

- Requirements for the provider
- Definitions and guidance on specific topics to include:
 - Formula
 - Breast milk
 - Infant Formula/Food Waiver
 - Medical Statement

Infant Formula/Food Waiver Notification

- Form may be used by provider, if sponsor indicates
 - Provider must follow requirements of sponsor
- Food Waiver is not required for Homes

Required Contents of the Infant Formula Waiver

- Must include formula offered by provider
 - Provider must offer a creditable formula
- Must include signature of Parent/Guardian refusing formula

Commercial Baby Foods

- Guidance on analyzing commercial baby foods for creditability



Combination Foods

- Not creditable
- If parent provides and requires provider to give to infant
 - Provider may offer **in addition** to foods provider is offering

Are These Meals Reimbursable?

- Requirements for each age level
 - Infant 0 through 3 months
 - Infant 4 through 7 months
 - Not developmentally ready
 - Developmentally ready
 - Infants 8 through 11 months
 - Not developmentally ready
 - Developmentally ready

Are These Meals Reimbursable?

- Provides various scenarios when infant meals may be claimed
 - When Medical Statement is necessary
 - When Infant Formula Waiver is required
 - What if infant is receiving breast milk
 - If expressed, may still be reimbursable
 - If mom provides, not reimbursable
 - Reimbursable if provider's own child

Infant Crediting Foods

- Listing of foods served to infants

FINAL Crediting Foods with graphics 040610 (Preview) - Microsoft Word

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Close

1 2 3 4 5 6 7

The following chart lists only infant foods about which crediting inquiries are often made or foods that are often credited incorrectly. Use of product brand names does not constitute ISBE approval or endorsement. Product names are used solely for clarification.

Infant Creditable Foods



Food Item	Creditable		Comments	Nutrition Information
	Yes	No		
Bread	X		Bread, including dry bread, toast, biscuits, bagels, English muffins, pita bread, rolls, and soft tortillas, may be claimed as supplements for infants 8–11 months of age. Bread must be made from whole-grain, bran, germ, and/or enriched meal or flour to be creditable. Bread should not contain nuts, seeds, or hard pieces of	

NOW OFFERED IN SPANISH!!!

- Find the Spanish version of the Crediting Food Guide on our website at

http://www.isbe.net/nutrition/pdf/crediting_foods_sp.pdf

Meal Times



Who Establishes The Meal Times Of A Provider?

- Site sheet application submitted by the provider to the sponsor
- OR
- Sponsor approved method for notice of meal time change

Meal Times For Children

- The meal must be served within the period listed on the provider site sheet for the appropriate meal service
- Exceptions to routine meal times should be documented with the sponsor

Recommendation for Meal Times

- Two hours between meal services
- Meals times as follows per meal service
 - Breakfast before 10AM
 - Lunch 10:30AM-2PM
 - Dinner/Supper 4PM-7PM
 - Evening Snack 6PM-9PM
- Length of meal service maximum of
 - 1 hour
 - Snack ½ hour

Meal Times Outside Sponsor's Hours Of Operation.

- Sponsor must be able to monitor all approved meal services
- Sponsor can not approve meal services that they can not monitor
 - includes safety issues involved with time of monitoring meal service

Field Trips At Meal Time

- Refer to Procedure 1022 –Schedule Variance-Field Trips
- Requirements
 - Limited number in occurrence
 - Disclosure of location and time of meal service
- Sponsor is responsible for assuring field trip meals meet program requirements and qualify for reimbursement

Meal Times for Infants

- Provider not following specific meal times for infants
 - Infants may require more feeding times than older children

ISBE Data File

- Sponsor must download provider changes (including time of meal services), at a minimum two times a month, to ISBE- IWAS data system
- ISBE file should be accurate to allow for unannounced ISBE monitor reviews at provider meal times

What If The Meal Is Served Outside The Times As Indicated?

- Provider not home (no hit)
 - Sponsoring Organization/Provider Agreement #14
- Meal already served
 - Sponsoring Organization/Provider Agreement #15

#14. Sponsoring Organization/Provider Agreement

- Notify sponsoring organization, in advance, when the provider will be out of the home at a meal service period

#15. Sponsoring Organization/Provider Agreement

- Promptly inform the sponsoring organization about any changesin meal times.....

Correction Of The Actions

- Document corrective action
 - Provider to inform sponsor as directed
 - Provider to change times if necessary
- Review at later date to follow up on provider compliance.

What If It Happens Again?

- Continue with corrective action to include encouraging changing time of meal service, as necessary
- Proceed to the next step of the seriously deficient process

Insight & Scenarios Offered By ISBE Monitor Reviews & ISBE Day Care Home Staff



Must Milk Always Be Served?

- For all children, 12 months and older, milk must be served at all meals
 - Breakfast
 - Lunch
 - Dinner
- Milk is not required at snack
- For infants under 12 months see Formula requirements

What if Child Can Not Drink Milk?

- Medical statement from doctor indicating the required substitutions

What Type Of Milk?

- All milk must be pasteurized and meet State or local Standards for fluid cow's milk. All milk should contain vitamins A and D at levels specified by the FDA.
- Recommendations
 - Child 12 months to 2 years
 - Whole milk
 - Child over 2 years in age
 - Low fat or no fat milk
- Expressed breast milk, if mother provides

Is Soy Milk As A Substitute Acceptable?

- Not without a medical exception
- Substitutions must always have a completed medical exception

Can A Meal Be Claimed If An Infant Is Receiving Breast Milk?

- Yes, expressed breast milk is an acceptable substitute for fluid milk without a medical exception
- No, if mother is present, unless mother is the provider

Infant Formula Waiver

- Provider not offering formula, but requiring parent to sign infant formula waiver
 - Provider must offer the required type of formula in order for the waiver to be valid
 - If provider admits to not offering formula, provider should be given corrective action
 - Proceed to the next step in the seriously deficient process

Solid Foods For Infants

- If the parent brings creditable solid food, **and** the provider is offering **at least one** of the required creditable food items, the meal still qualifies for reimbursement

What If A Provider Charges Extra For Food?

- To qualify for reimbursement, a provider **must not** charge a separate fee for meals

Parents Required To Bring Food.

- If a provider **requires** a parent to bring creditable food served as a portion of the reimbursable meal, the provider can not claim the meal

Children With Medical Statements

- If child is indicated as disabled, the provider must provide the required component indicated by the medical statement to claim the meal
- If child is not indicated as disabled, provider does not have to substitute to claim the child's meal

What If The Provider Does Not Serve Milk For Meal Time?

- If breakfast, lunch or dinner
 - Deny claim of meal for reimbursement
 - Document corrective action
 - Complete a follow-up review
 - No milk at next review, proceed to seriously deficient process

What If The Meal Or The Meal Record Is Missing A Required Component?

- Deny claim of meal for reimbursement
- Document corrective action
- Complete a follow-up review
 - If missing component at next review, proceed to seriously deficient process

What If The Provider Serves An Inadequate Serving Size Of A Meal Component?

- Deny claim of meal for reimbursement
- Document corrective action
- Complete a follow-up review
 - If serving inadequate serving size at next review, proceed to seriously deficient process

Is The Menu Submitted Reviewed For Component Variety?

- Encourage providers to limit serving the same food items on a daily basis and limiting number of servings on a weekly basis
- Request type of juice served on menus to discourage serving the same fruit or vegetable
 - Apples with apple juice
 - Tomatoes with tomato juice

This Is The Food Program!

- Remind providers that offering variety of foods supplies the infants and children more of their complete daily recommended nutrient requirements than serving the same foods each day.

Why Seriously Deficient Process For Meal Inadequacies?

- Regulation 226.20(c)
 - Meal patterns for children age one through 12 years.the total amount of the food authorized in the meal pattern set forth below shall be provided in order to qualify for reimbursement.
- Sponsoring Organization/Provider Agreement #4,
 - Prepare and serve meals that meet CACFP meal patterns to enrolled children at no separate charge.

What If The Meal Participation And Menus Are Not Current?

- Document all records not current at the time of the review
 - If provider claims meals that are missing records at the review
 - Next step of serious deficient process
 - If providers does not claim the meal
 - No serious deficient consequences

What If Incomplete Records Are Found By An ISBE Monitor?

- Same as if found by Sponsor monitor
 - If provider claims meals that are missing records at the review
 - Next step of serious deficient process
 - If providers does not claim the meal
 - No serious deficient consequences

Supporting Regulations

- Regulation 226.18(b)(3)
- Regulation 226.20

Questions?

Contact us!

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