

## CHILD AND ADULT CARE FOOD PROGRAM

# Mealtime Minutes e-Newsletter

February / March 2015

## Proposed Revisions for CACFP Meal Patterns

The USDA's Food and Nutrition Service proposed CACFP Meal Pattern revisions related to the Healthy Hunger-Free Kids Act, on January 15, 2015.

The proposed rule and all other pertinent information are listed on the USDA CACFP Meal Pattern webpage: [www.fns.usda.gov/cacfp/meals-and-snacks](http://www.fns.usda.gov/cacfp/meals-and-snacks). Two one-page summaries for both the Infant Meal Pattern and Child and Adult Meal Pattern proposed changes are available under the Proposed Rule Materials section of the webpage.

The CACFP meal patterns webpage is a great one-stop shop for all the proposed rule resources. It includes a link to the press release, the proposed rule in the Federal Register, the one-page summaries, and instructions on how to provide public comment. [Public comment](#) period is open until April 15, 2015.

Additionally, an ISBE-hosted webinar, webinar PowerPoint, and two USDA summary handouts are posted on the ISBE Nutrition and Wellness Programs homepage, under [What's New?](#)

## CACFP NDL — Now Available to Sponsoring Organizations

The USDA is required by law to maintain a list of institutions, day care home providers, and individuals that have been terminated or otherwise disqualified from Program participation. This list is called the National Disqualified List (NDL), and is a tool for promoting Program integrity.

Sponsoring organizations may use the NDL to check the institution name, address or *principal(s)* of a new or existing site that may have been disqualified. The definition of a *principal* is any individual who holds a management position within, or is an officer of, an institution or a sponsored center, including all members of the institution's board of directors or the sponsored center's board of directors.

The law also required the USDA to make the list available to State agencies for their use in reviewing applications to participate **and to sponsoring organizations to ensure that they do not employ as principals any persons who have been disqualified from the Program.** This is now a part of Program regulations § 226.6(c)(7).

The new web-based NDL can be accessed at: <https://snp.fns.usda.gov/ndlweb/Welcome.action> The [Sponsoring Organization NDL User Manual](#) may be used as a guide.

**Sponsors should now check day care home providers, new principals in the organization, and sponsored centers and its principals against the NDL to prevent the following situations from occurring:**

- Prevent individuals associated with a disqualified institution from re-entering the Program as a day care home provider, as a principal with another institution, or as a principal in a sponsored center.
- Prevent day care home providers terminated for cause by one sponsoring organization from re-entering the Program under the auspices of a different sponsoring organization.

### Reminders / Due Dates

- ISBE will be closed **Thursday, February 12, 2015**, in honor of Lincoln's Birthday, and **Monday, February 16, 2015**, in honor of Presidents' Day.
- March is National Nutrition Month. Visit the [Academy of Nutrition and Dietetics](#) website for resources!

### Training Opportunities

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

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## Accommodating Special Dietary Needs: Peanut Free Q & A



**Q:** What is involved if a center wanted to go “peanut free”?

**A:** It is very difficult to be 100% “peanut free” due to the high number of foods that are processed in a plant where peanuts are present. We would caution the use of the term “peanut free.” The term “peanut aware” could be more attainable.

People with allergens have various levels of sensitivity, and depending on the level of sensitivity, a child could react to minimal exposure.

A possible scenario that many would not consider would be a non-allergic child eating peanut butter for breakfast at home, arriving at the center and having a smear of peanut butter still on his hand. If an allergic child came in contact with the non-allergic child’s peanut butter smeared hand, it is possible that the allergic child could have a reaction. It would be very difficult for a center to control this type of scenario and thus use the term “peanut free.”

**Q:** If a center wanted to go “peanut free” or state “peanut aware,” must the center check every label of every product?

**A:** Yes. All foods served to children would have to be reviewed, including foods purchased by the center and foods brought into the center by parents or other individuals.

The center would likely have to disallow homemade items being brought into the center by parents or other individuals, because there is no documented way to ensure that the food was not contaminated with an allergen. Centers will have to continually review products, even ones that have passed review previously, because product ingredients and/or the facility that the product is produced in can change at any time.

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## Food Costs: Q & A

**Q:** Is there a certain percentage of our monthly CACFP reimbursement that should be spent on food?

**A:** There is no regulatory requirement, but a good rule of thumb is that about 40% of your monthly CACFP reimbursement should be spent on the purchase of nutritious food. CACFP funding is supplementary funding to enhance and improve the nutritional quality of food served to children in daycare.

To extend this rule of thumb, it would be reasonable to spend about 40% of your monthly CACFP reimbursement on food costs, 40% on operational labor costs, 15% on administrative labor and supplies costs and 5% on other allowable CACFP costs. In terms of dollars, if you received \$3,000 in CACFP reimbursement in February, \$1,200 would be for food costs, \$1,200 would be for operational labor costs, \$450 would be for administrative labor and supplies costs and \$150 would be for other allowable CACFP costs.

**Q:** If I do not currently spend 40% of my monthly reimbursement on food, what are some ways I can increase my food costs?

**A:** We recommend purchasing more fresh fruits and vegetables and more fresh lean meats. Fresh fruits and vegetables and fresh lean meats contribute to a healthy life. Another way to increase your food costs could be to add variety to your menu. Variety adds interest and exposes children to more nutritious foods.

**Q:** If I buy more fresh fruits and vegetables, I’m concerned that children will throw them away, and I will have wasted money. What would you say to this?

**A:** Your concern might be accurate, at least initially. If children have not been offered fresh fruits and vegetables at home or in your daycare center previously, they may be reluctant to try them and that is a natural reaction. However, we have to start somewhere, and research shows that consistent exposure to a food often leads to a child trying the food and then making a conscious decision about whether or not s/he wants to eat the food. The child has to be exposed to the food before s/he can decide if s/he wants to take a bite.

The Child and Adult Care Food Program is the perfect opportunity to expose and educate children about nutritious food and healthy eating. It’s worth it! Give it a try!



## Check it Out! Resources, Publications, Media Clips

### What's Cooking? USDA Mixing Bowl - Now Available!



A new online tool has been designed by the USDA to help child care staff find nutritious and budget-friendly recipes.

The website includes household recipes scaled for families, as well as:

- More than 400 standardized quantity recipes for child care centers in both English and Spanish
- Nutrition information for many recipes, including detailed nutrient and MyPlate food group amounts
- Share recipes on social media (Facebook, Twitter, etc.) and provide star ratings, comments, or tips for other users
- Function to create a personal cookbook to print or download

Visit the site today at <http://www.whatscooking.fns.usda.gov/>, and get started with the helpful *Apple Corn Chili* featured on the homepage!

### Study: Children Eating 20% More Added Sugars

A recent study shows that for the past 30 years, children have increased the amount of calories consumed from added sugars in foods by approximately 20% (277 to 329 calories/day).

Many adults and children are consuming so much added sugar, and despite recent declines, consumption is still well above the recommended amounts.

“Added sugars increase excess energy and reduce nutrient density in our diets, often contributing to weight gain and obesity,” said study author Elyse Powell, Royster Fellow at the University of North Carolina Chapel Hill. The research study was presented at The Obesity Society Annual Meeting.

The United States Food and Drug Administration is considering different options to combat added sugars in food, including new food labels and working with manufacturers to limit or decrease over time the amount of added sugars.

In your facility, you can combat this by serving fewer processed main entrees, and more whole grains and fresh fruits and vegetables.

**Source:** <http://www.obesity.org/news-center/us-adult-consumption-of-added-sugars-increased-by-more-than-30-over-three-decades.htm>

### Division of Responsibility in Feeding

Ellen Satter, a registered dietitian and family therapist who has been internationally recognized as an authority on eating and feeding, has published numerous books on feeding children.

One of Satter's most notable books is the [Division of Responsibility in Feeding](#).

She provides a convenient one-page [handout](#) on her website which details the [division of responsibility in feeding](#) between the adult and the child, by age group.

In a nut shell, the adult is responsible for providing the food to the child and the child is responsible for eating it. Adults must do their part in order for children to do their part. Check it out!

### Join Mealtime Minutes e-Newsletter Listserv

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Questions or comments? Email us at [cnp@isbe.net](mailto:cnp@isbe.net) or call 800/545-7892 or 217/782-2491

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