

CHILD AND ADULT CARE FOOD PROGRAM

Mealtime Minutes e-Newsletter

Celebrate National Nutrition Month and National CACFP Week

February / March 2016



March is National Nutrition Month. Each day our CACFP provides more than 3.3 million children nutritious meals and snacks that contribute to their wellness, healthy growth and development.

This March, celebrate CACFP's diversity and highlight the ways participants benefit from the program. CACFP plays a very important role in the safety net to improve access to food and healthy diets for millions.

Celebrate National Nutrition Month with [Team Nutrition](#) and [MyPlate](#) materials developed specifically for kids and their parents/caregivers. There are lessons, activities, posters, games, and handouts that you may use or request. As March approaches, periodically check the [Team Nutrition](#) website for more resources.

Join the [National CACFP Week](#) campaign sponsored by the National CACFP Sponsors Association, celebrated March 13-19, 2016. Their members are provided an assortment of materials to share and raise awareness.

Reminders / Due Dates

- ◆ ISBE offices will be closed: Friday, February 12, 2016, in honor of Lincoln's Birthday, and Monday, February 15, 2016, for Presidents' Day.

Training Opportunities

- ◆ Training resources are available online at <http://isbe.net/nutrition/htmls/workshops.htm>.
- ◆ Register for a Healthier Meals Cooking Class, online at www.isbe.net/nutrition. Both Level 1 and Level 2 classes are currently scheduled.

New Dietary Guidelines Released

The U.S. Department of Health and Human Services and U.S. Department of Agriculture recently released the 2015-2020 Dietary Guidelines for Americans. This newest edition of the Dietary Guidelines recognizes the importance of focusing not on individual nutrients or foods in isolation, but on everything people eat and drink to bring about lasting improvements in individual and population health.

As the Dietary Guidelines and science evolve, USDA will continue to provide guidance to support CACFP's nutrition and wellness goals, including the current Key Recommendations from the Dietary Guidelines, which highlight what a healthy eating pattern includes:

- ◆ A variety of vegetables from all of the subgroups—dark green, red and orange, legumes (beans and peas), starchy, and other
- ◆ Fruits, especially whole fruits
- ◆ Grains, at least half of which are whole grains
- ◆ Fat-free or low-fat dairy, including milk, yogurt, cheese, and/or fortified soy beverages
- ◆ A variety of protein foods, including seafood, lean meats and poultry, eggs, legumes (beans and peas), and nuts, seeds, and soy products
- ◆ Oils

A healthy eating pattern limits saturated fats and trans fats, added sugars, and sodium.

The full 2015-2020 Dietary Guidelines for Americans is available at www.dietaryguidelines.gov.



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Healthier Meals Cooking Classes and Local Food Sources



Now is the time for anyone participating in one of the Child Nutrition Programs to [register](#) for the Level 1 and Level 2 Healthier Meals cooking classes located around the state. We are also offering Spanish classes at Kendall College.

The newest Level 2 Farm to Fork class demonstrates advanced knife skills, teaching efficient prep and cooking methods. The recipes move toward more scratch cooking while using local and fresh ingredients.

When you attend a Level 2 class you receive a free peeler and set of six cutting boards. Come join us.

Updated Rate for CACFP Mileage



The State of Illinois' mileage reimbursement rate for the use of personal vehicles will decrease from 57.5 cents per mile to **54.0 cents** per mile. This change will be in effect as of January 1, 2016.

The ISBE memo dated February 2010 set the effective date for changes in the mileage rate for Day Care Home Sponsors to 90 days after the date of the state rate change. Therefore, the new rate of \$0.54 per mile will become effective March 31, 2016, for allowable reimbursable travel expenses for the CACFP program.

Allowable Price Increase for Contracts

Price increases on Renewal of Competitively Bid Vended Meal Contracts is allowed each year to the extent of the Consumer Price Index–All Urban Consumers, U.S. base, for 12 months ending each December, as computed and published by the U.S. Department of Labor.

The all items index rose **0.7 percent** from December 2014 to December 2015.

Before any price increase may be implemented for renewal years, the contractor shall document through a costs analysis, the need for such an increase.

Sponsor Monitoring and Five-day Reconciliation

Sponsors with more than one facility/site must conduct sponsor monitoring. We recommend using the ISBE form [67-59 Monitor Review form for Sponsors](#) if you sponsor CACFP other than at-risk. For sponsors of at-risk, we recommend using the ISBE form [67-77 Monitor Review for At-Risk Afterschool Snack/Supper Program](#).

Sponsor monitoring consists of:

- ◆ A pre-approval review of any new facility.
- ◆ A review of any new facility within the first 4 weeks of CACFP operation (this counts as one of the three required reviews noted in the bullet point below).
- ◆ Three reviews of any existing facility(s).



Of the three required reviews:

- ◆ At least two must be unannounced.
- ◆ At least one of the two unannounced reviews must include a meal observation.
- ◆ No more than six months may elapse between reviews.
- ◆ The percentage of reviews conducted must be proportional to the percentage of each type of meal claimed. Refer to USDA policy memo [CACFP 04-2006](#) for more information.
- ◆ If the facility operates during the evening, weekend or holidays, reviews must be conducted during these times. Refer to USDA policy memo [CACFP 04-2006](#) for more information.
- ◆ The timing of the unannounced reviews must be varied, to ensure that the reviews are not predictable to the facilities. Refer to USDA policy memo [CACFP 16-2011](#) for more information.
- ◆ A sponsor of both CACFP at-risk and SFSP may conduct a total of three reviews per facility, to satisfy both program's monitoring requirements. Refer to USDA's [At-Risk Afterschool Meals Handbook](#) for more information.

Additionally, the questions on ISBE form [67-59 Monitor Review form for Sponsors](#) and ISBE form [67-77 Monitor Review for At-Risk Afterschool Snack/Supper Program](#) pertain to the entire facility, to include all rooms. When a meal service is observed, it must be observed of the entire facility, to include all rooms. The Five-day Reconciliation of Meal Counts, which is part of ISBE form 67-59, must be conducted based on total enrollment of the facility, to include all classrooms. If a facility has more than 50 children enrolled, then 10 percent of the number of enrolled children must be reconciled. If the facility has 50 or less children enrolled, then 5 children must be reconciled. For more specific information related to the Five-day Reconciliation of Meal Counts, refer to USDA policy memo [CACFP 07-2005](#).

New USDA Memos



CACFP 06-2016, Disclosure Requirements for the Child Nutrition Programs

The purpose of this memorandum is to provide a reminder for local educational agencies (LEAs) regarding the restrictions on disclosure of sensitive information collected through the Child Nutrition Programs. This memorandum also clarifies the applicability of disclosure protections for individual student eligibility information collected for purposes of the Child and Adult Care Food Program (CACFP) and the Summer Food Service Program (SFSP). This memorandum supersedes an earlier memorandum dated August 23, 2010, Disclosure Requirements for the Child Nutrition Programs, SP31-2010, CACFP17-2010, SFSP15-2010.

CACFP 05-2016, Guidance on Competitive Procurement Standards for Program Operators

Recent communications between the Food and Nutrition Service (FNS) and State agency program staff during procurement trainings and management evaluations conducted in fiscal year (FY) 2014-2015 indicated a need for guidance on competitive procurement standards. These standards are located at: National School Lunch Program (NSLP) 7 CFR Part 210.21; Special Milk Program (SMP) 7 CFR Part 215.14a; School Breakfast Program (SBP) 7 CFR Part 220.16; Summer Food Service Program (SFSP) 7 CFR Part 225.17; Child and Adult Food Program (CACFP) 7 CFR Part 226.22 and the Uniform Administrative Requirements, Cost Principles, and Audit Requirements for Federal Awards at 2 CFR Part 200.317-326 (formerly in 7 CFR Parts 3016.36 and 3019.40-48).

CACFP 04-2016, Local Agency Procurement Reviews SY2015-2016

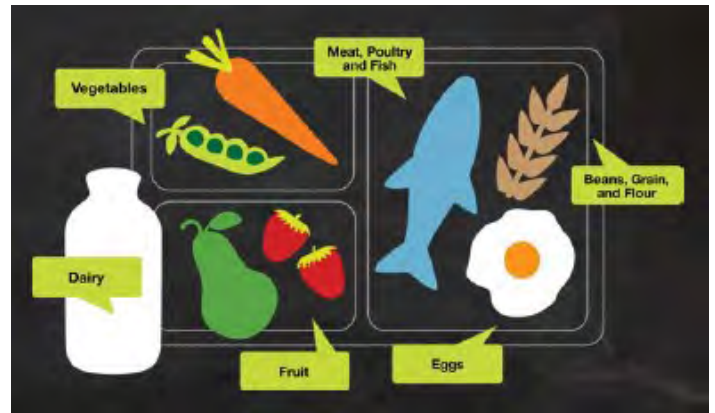
Program integrity is essential in all aspects of Program administration and State agencies contribute to this by overseeing Program operations. To this end, this memorandum provides guidance on State agency oversight of Program operator procurement procedures while FNS is currently developing a Local Agency Procurement Review Tool to aid State agencies.

CACFP 03-2016, Procurement Standards and Resource Management Requirements related to Franchise Agreements

The Food and Nutrition Service (FNS) is aware that school food authorities and Program operators may be operating the National School Lunch Program (NSLP), School Breakfast Program (SBP), and other Child Nutrition Programs (CNP), in a way that includes offering reimbursable meals and non-program foods (a la carte sales, catering, adult meals, etc.) using foods from popular franchise restaurants through a franchise agreement. Upon review, such franchise agreements contained a number of serious flaws which are out of compliance with applicable Federal law. Failure to properly compete violates competitive pro-

urement standards as required in Program regulations and 2 CFR 200.318-326 (formerly 7 CFR Parts 3016.36 and 3019.40-48, as applicable), and for schools operating NSLP and SBP, regulations on competitive food services in 7 CFR Parts 210.11 and 220.12 and use of nonprofit food service account (NFSA) funds in 7 CFR 210.14(a).

CACFP 01-2016, Procuring Local Meat, Poultry, Game, and Eggs for Child Nutrition Programs



Recently, FNS has received a number of questions related to buying local meat, poultry, game, and eggs; this memorandum seeks to clarify the regulatory requirements related to food safety and answer specific questions related to these products with a series of questions and answers.

CACFP 19-2015, Service of Traditional Foods in Public Facilities

Section 4033 of the Agricultural Act of 2014 (P.L. 113-79) (Farm Bill) directs the U.S. Department of Agriculture (USDA) and the Food and Drug Administration to allow the donation to and serving of traditional food through food service programs at public facilities and nonprofit facilities, including those operated by Indian tribes and facilities operated by tribal organizations, that primarily serve Indians. This memorandum is intended to provide guidance relating to this provision for schools and institutions operating the USDA Child Nutrition Programs.

CACFP 05-2014 (v3), Smoothies Offered in Child Nutrition Programs



As fruit, vegetable, milk, and yogurt, smoothies are an increasingly common food item in the Child Nutrition Programs (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 vegetables and yogurt in smoothies, and clarifies the use of fruit concentrates in CNP.

Check it Out! Resources, Publications, Media Clips

Getting Kids Excited About Healthful Local Foods



Learn some great ideas of how Farm to School providers and nutritionists across the country get kids excited about eating healthy foods. The Healthy Habits Take Root video shows ideas that range from how schools do taste tests, to going on a farm visit.

There are so many ways to help children get excited about nutritious local products. Watch how healthy habits take root and get kids excited about healthful local foods: <http://fnic.nal.usda.gov/getting-kids-excited-about-healthful-local-foods>.

Preschoolers' Sack Lunches Score Low

A recent research study, Dietary Quality of Preschoolers' Sack Lunches as Measured by the Healthy Eating Index, from the November 2015 Journal of the Academy of Nutrition and Dietetics assesses the nutritional quality of preschoolers' sack lunches measured against the Healthy Eating Index (a measure of how well a diet meets the MyPlate recommendations). Eating habits are developed during the preschool years and this study evaluated the quality of the preschoolers' sack lunches provided by their parents.

Overall, sack lunches scored low on the Healthy Eating Index:

- ◆ Meals lack vegetables, plant proteins and whole grains.
- ◆ Only 1 in 10 had the recommended amounts of greens and beans
- ◆ Nearly half did not pack any vegetables at all
- ◆ More than 80% did not pack the recommended amount of vegetables
- ◆ Nearly 70% did not pack enough whole grains, seafood and plant-based proteins
- ◆ Over 60% had more than the recommended limits for refined grains, sodium and saturated fats
- ◆ Over half scored a perfect score for empty calories
- ◆ Over half contained the recommended amounts of dairy and protein, and
- ◆ Most parents were likely to pack fruit (70%)



New! Mealtime Minutes for Parents Newsletter



New to Mealtime Minutes this month is a Mealtime Minutes for Parents page, attached as the last page of the regular Mealtime Minutes e-newsletter.

that print materials are useful because they can be shared with parents and can provide expert reference for decisions and behaviors.

[Formative Research on Nutrition, Physical Activity, and Electronic Media Use in the CACFP](#) found a need to increase awareness among CACFP audiences about the roles each can play in encouraging nutrition, physical activity, and electronic media use best practices. It also found

The Mealtime Minutes for Parents newsletter can be used to share important nutrition and wellness information with the parents and caregivers of the children in your care. Please feel free to post it on a bulletin board where parents can see it, or print the page separately to send home with parents and caregivers.

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

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Mealtime Minutes Newsletter for Parents

Winter 2016

What is CACFP?

The Child and Adult Care Food Program (CACFP) provides aid to child and adult care institutions and family or group day care homes for the provision of nutritious foods that contribute to the wellness, healthy growth, and development of young children.

Through CACFP, more than 3.3 million children receive nutritious meals and snacks each day as part of the day care they receive.

To help teach children about healthy eating that will last them a lifetime, CACFP has resources and publications that will help you put together great tasting, nutritious meals and snacks that children will enjoy. Find these resources online at <http://www.fns.usda.gov/cacfp/nutrition-and-nutrition-education!>

Growing Healthy Website Available for Families

The American Association of Pediatrics (AAP) is the world's largest publisher of pediatric content. HealthyChildren.org is the digital extension of the AAP mission to provide the most trustworthy health content to parents and caregivers at home, on the go, and from anywhere in the world.

Whether you're looking for general information related to child health or for more specific guidance on parenting issues, you'll find information regarding the AAP's many programs and activities, policies and guidelines, publications and other child health resources, as well as much, much more:

- Nearly 4,000 articles on more than 500 children's health topics
- An interactive KidsDoc Symptom Checker
- An "Ask the Pediatrician" tool
- Easy-to-use search by keyword, topic, or age
- Tips, tools, schedules, checklists, and more
- Special offers and a free e-newsletter for registered users

For quick tips, go online at www.healthychildren.org/growinghealthy.

New 2015 Dietary Guidelines Encourage Healthy Eating Patterns among Americans



The U.S. Department of Health and Human Services and U.S. Department of Agriculture recently released the 2015-2020 Dietary Guidelines for Americans.

These updated nutritional guidelines encourage Americans to adopt a series of science-based recommendations to improve how they eat to reduce obesity and prevent chronic diseases, like Type 2 diabetes and heart disease.

This information is important to Child and Adult Care Food Program participants because as the Dietary Guidelines and science evolve, USDA will continue to provide guidance, as needed, to support CACFP's nutrition and wellness goals.

Key Recommendations from the Dietary Guidelines note that a healthy eating pattern includes:

- A variety of vegetables from all of the subgroups—dark green, red and orange, legumes (beans and peas), starchy, and other
- Fruits, especially whole fruits
- Grains, at least half of which are whole grains
- Fat-free or low-fat dairy, including milk, yogurt, cheese, and/or fortified soy beverages
- A variety of protein foods, including seafood, lean meats and poultry, eggs, legumes (beans and peas), and nuts, seeds, and soy products
- Oils
- Limiting saturated fats and trans fats, added sugars, and sodium

The full 2015-2020 Dietary Guidelines for Americans is available at www.dietaryguidelines.gov.

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