

Mealtime Minutes e-Newsletter

Child Care Wellness Subgrant Applications Due April 30

April/May 2014



Don't let the Illinois Child Care Wellness — Team Nutrition Training Subgrant opportunity pass you by! Wednesday, April 30, 2014, is the deadline to apply. The Request for Proposals is available under What's New? on the ISBE Nutrition and Wellness Programs website at www.isbe.net/nutrition.

Funding for 15 subgrants of \$6,700 up to \$26,700 will be awarded. Grantees also will receive Kids MyPlate posters and Certificates for each facility participating in subgrant projects. We encourage eligible CACFP Sponsoring Organizations to utilize this opportunity for training and implementation of programs that create or maintain healthier child care environments.

An online Subgrant Workshop, designed to inform and prepare institutions for applying, will be posted to the ISBE website at www.isbe.net/nutrition. Viewing is required for anyone intending to apply for the subgrant who did not attend an in-person Subgrant Workshop.

This exciting opportunity is open to all CACFP multi-site sponsors of CACFP facilities at which 90 percent or more of the enrolled children are eligible for free or reduced-price meals, determined by CACFP claim data. If any claim between the beginning of the current CACFP fiscal year through the RFP's posting-date, Oct. 1, 2013 - Jan. 31, 2014, meets the requirement, the Sponsoring Organization is eligible to apply.

Sponsoring organizations of all types of CACFP facilities are eligible:

- ◆ At-Risk Afterschool Programs
- ◆ Child Care Centers
- ◆ Head Start and Early Start Programs
- ◆ Outside School Hours Programs
- ◆ Pre-K Programs

If you have any questions, please contact Robin Desai at rdesai@isbe.net.

Reminders / Due Dates

- ISBE will be closed **Monday, May 26** in honor of Memorial Day.
- Keep **e-mail addresses** current for the authorized representative and the contact person on the sponsor application.

Training Opportunities

- Refresher Trainings for CACFP will be held April 8, 2014, in Rockford; and May 8, 2014, in Alsip. Register online at www.isbe.net/nutrition.
- Webinar trainings and online module trainings are available at <http://www.isbe.net/nutrition/htmls/workshops.htm>.

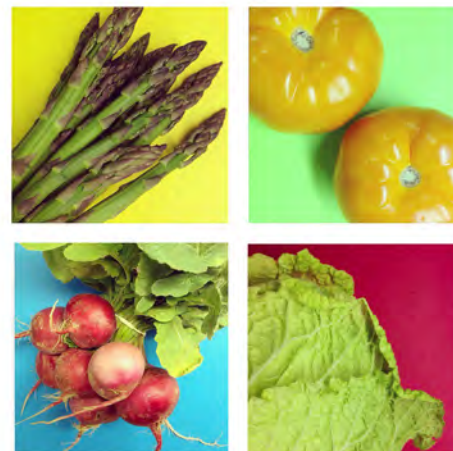
View them any time and as often as needed!

What's Coming into Season at the Market?

Spring is approaching and the daffodils are popping their heads out of the ground. Before long, it will be time to go to the Farmer's Market. But for now, what fresh fruits and vegetables are available and coming into season at your local market?

In April and May, you might select asparagus, cabbage, cherries, greens, leeks, lettuce, radishes, spinach, squash, and strawberries, and add them to your menu cycle. What about trying a mixed salad including an assortment of fresh greens, assorted lettuce, spinach and a few strawberries for color?

The Boys and Girls Club of Albany, Ore., received a mini-grant for their after-school at-risk program, which was partially used to take field trips to their local farmer's market. As a *Best Practice*, these trips introduced and encouraged the children to eat more fresh fruits and vegetables. Later on in the season, consider taking the children of your facility to their local Farmer's Market for a fun field trip on a warm spring day.



CMS Computer Donation Program Available for Eligible Illinois Organizations



The Illinois Department of Central Management Services (CMS), acting at the direction of Gov. Pat Quinn, has established a new Computer Donation Program (CDP) designed to make surplus computers available to eligible Illinois schools, non-profit organizations or day care centers with a demonstrated need for IT Equipment for education and training purposes.

The program is now accepting applications for computers and peripheral equipment that state government has deemed surplus. Applications from organizations that are in Poverty Areas as defined by U.S. Census data will receive preference.

The program aims to increase the availability of IT equipment used for education and training programs throughout Illinois. The desktop computers that will be available through the program will have a Pentium 4 processor or higher and come with monitors, keyboards and mouse. CMS expects that it will have hundreds of units available in the coming months as the state conducts a computer-refresh program.

CMS has created a simple, two-page web-based application system for the CDP program. For a link to the application, contact information and more details, go to pcdonation.cms.illinois.gov.

7th Annual Illinois School Wellness Conference to be held April 30, 2014



The 7th Annual Illinois School Wellness Conference has expanded this year to include sessions related to Early Childhood centers and programs. The conference, hosted by ISBE and Illinois Action for Healthy Kids, highlights successful health and wellness-related outreach in schools, innovative projects that improve the overall health of the school community, and emerging issues impacting school health and wellness. Registration can be found online at [Action for Healthy Kids](http://ActionforHealthyKids). Register now to attend this informative event!

Registrants may pay via credit card or check. Checks should be made out to "Action for Healthy Kids", ATTN: Heidi Knoblock. Note "IL School Wellness Conference" on your check and send all checks to 600 W. Van Buren, Suite 720, Chicago, IL 60607.

If you have questions about the Illinois School Wellness Conference, please contact Lindsey Arenberg at 800-416-5136, ext. 108, or by e-mail at LArenberg@actionforhealthykids.org.

Conference Details:

- ◆ Date: Wednesday, April 30, 2014
- ◆ Time: 8:15am-3:30pm
- ◆ Location: Hilton Garden Inn, Champaign, IL
- ◆ Registration Fee: \$50, includes continental breakfast, lunch, conference materials and raffle prizes

Featured tracks include:

- ◆ School Nutrition
- ◆ Coordinated School Health
- ◆ School Breakfast
- ◆ Early Childhood
- ◆ Physical Activity

At-Risk Fact Sheet: Updated

The [At-Risk Fact Sheet in English](#) and [At-Risk Fact Sheet/Spanish](#), available on the Nutrition and Wellness Programs website, recently were updated to clarify the requirements for educational and enrichment activities.

Nutrition Through the Seasons

Quick Tip: Learn about "Nutrition Through the Seasons" with Snap-Ed Connection, online at <http://snap.nal.usda.gov/nutrition-through-the-seasons>.

The graphic features a stylized tree with purple trunk and branches, green leaves, and orange and yellow fruit. The background is a light blue sky with a white cloud and a green ground with a yellow pear.

Sharing CACFP Best Practices: Whole Grains

The [Build a Healthy Plate with Whole Grains](#) tip sheet in the [Nutrition and Wellness Tips for Young Children: Provider Handbook](#) offers excellent information and ideas to boost whole grain consumption for young children. Grains fall into two groups: whole grains and refined grains. The *Dietary Guidelines for Americans* recommends making at least half your grains whole grains. Whole grains are rich in dietary fiber and pack more B vitamins than refined grains.

Choosing whole grain products at the grocery store can be tricky. Creative marketing can sometimes be misleading. To determine if a product is whole grain rich, choose products that list a whole grain as the first ingredient on the ingredient list. Look for the word “whole” in front of any grain, such as “whole-wheat” or “whole-grain cornmeal” or look for whole grain ingredients such as “brown rice,” and “oatmeal”. Check out the tip sheet for a larger list of whole grains.



Ingredients: Whole-wheat flour, water, sugar, soybean oil, whey (milk), eggs, vanilla, natural and artificial flavoring, salt, leavening

The tip sheet also provides many ways to incorporate whole grains into your meals. To highlight a few, consider serving whole grains at breakfast, by serving whole grain cereal, bread, bagels and pancakes. Serving [whole grain pasta](#) and whole grain tortillas are both great ways to include whole grains at lunch and dinner as well.

If you do not regularly serve whole grains now, start gradually and mix it up. You can use half whole wheat flour and half enriched flour when preparing your favorite recipes. You can combine half brown rice with half white rice. The gradual introduction of whole grains can make it easier for children to adjust to change. It can also give you a better idea of how switching from purchasing refined grains to whole grains will impact your budget.

We encourage you to share the [Build a Healthy Plate with Whole Grains](#) tip sheet with your parents and families! Messages received at home often have the most impact.



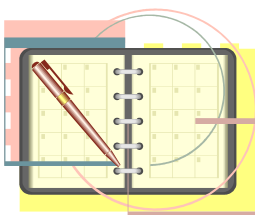
Share Your Success, Win a 1 Great Plate® Game!

In our next newsletter, we'll focus on "[Fats and Oils: Build a Healthy Plate with Options Low in Solid Fats.](#)"

Extra calories from solid fats can make it harder for children to grow at a healthy weight. Have you tried offering children fewer foods that are high in solid fats, or replacing solid fats with healthy oils? We're looking for simple best practice tips to help inspire centers just like yours!

Please e-mail your photos, activities and/or accomplishments to cnp@isbe.net, and we might feature them in our next newsletter. If your Best Practices Tip is shared in the next Mealtime Minutes e-newsletter, we will send your organization a 1 Great Plate® Game.

16th Annual Early Childhood Education Expo: Your GPS to Business Success



The Women's Business Development Center's 16th Annual Early Childhood Education Entrepreneurship Expo can guide you through the basics of business ownership as well as how to maneuver through the most difficult terrain in advanced business learning. For more information, check out the event's website online at <http://www.wbdc.org/Events/EarlyChildhoodEducationEntrepreneurshipExpo.aspx>.

Event Details: 8:00 AM – 4:30 PM Saturday, June 14, 2014; UIC Forum, 725 W. Roosevelt Road, Chicago, IL

Effective Date of Household Eligibility Applications: Update

The USDA recently issued updated policy providing guidance and clarification regarding individual income eligibility applications in the Child and Adult Care Food Program (CACFP).

As always, free and reduced-priced income information must be updated annually and may not be more than 12 months old. Income eligibility forms should be considered current and valid until the last day of the month in which the form was dated one year earlier. The determining official for the sponsor or independent center signs and dates the household eligibility application form to certify eligibility.

As a result of the updated USDA policy, sponsors now have two additional methods of certifying a household eligibility application. The sponsor can use:

- 1) The date the parent or guardian signed the household eligibility application as the effective date.
- 2) The date the household submitted the application as the effective date.



These two flexibilities apply only to eligibility determinations made through the application process of complete applications containing all required information at the time of submission. Institutions can use this flexibility when processing applications as well as when waiting for other source categorical eligibility (e.g., for homeless or migrant children) indicated on a household application. Institutions exercising this flexibility must do so for all children in all participating Programs. In addition, institutions must have a method to document the date the application was submitted, such as a date stamp. The USDA anticipates that this flexibility would be used primarily for newly eligible children.


Use of these additional flexibilities is at the institution's discretion; however, an institution implementing **#2 Date of Submission** must notify its State agency. For fiscal year 2013-2014, if an institution wishes to implement this method of eligibility, **please submit such request to Janet Campbell at jacampbe@isbe.net no later than June 1, 2014**. Such requests must include the agreement number, name of the institution, and the process in which the institution will use to ensure that all requirements set forth above are adhered to. Such notification for subsequent fiscal years will be submitted electronically via the WINS Sponsor Questionnaire.

Summer Food Service Program Workshops Scheduled

Don't miss out: the workshops for the Summer Food Service Program (SFSP) are HERE! The SFSP is designed to bridge the "nutrition gap" when school is not in session. Children up to age 18 can eat free nutritious breakfasts, lunches or snacks at summer feeding sites operated by approved sponsors. Sponsors receive federal reimbursement for serving meals that meet USDA nutrition guidelines. The SFSP is targeted to low-income areas, where at least 50 percent of the children qualify for free or reduced price school meals. Many sponsors also offer educational, enrichment, or physical activities or partner with others to do so. Please refer to the article on page 3 of the [February/March Mealtime Minutes](#) to see if the SFSP is a good fit for your organization. If SFSP is right for you, see the training schedule below.

Training workshops for the Summer Food Service Program will be held at the following locations for organizations interested in sponsoring the SFSP during the summer of 2014:

New SFSP Sponsor Orientation Workshops

	Date	City	Location	
	April 10, 2014	Schaumburg	Hilton Garden Inn	1191 E. Woodfield
	April 16, 2014	Galesburg	Best Western	300 S. Soangetaha
	April 30, 2014	Lisle	Hilton	3003 Corporate West Drive
	May 14, 2014	Springfield	Illinois Education Association	3440 Liberty Drive

Reservations are required for the workshops and must be made in advance. To register or obtain additional information, please visit our website at: http://www.isbe.net/nutrition/htmls/sfsp_training.htm or contact Amy Bianco or Naomi Greene at 800/545-7892 or abianco@isbe.net or ngreene@isbe.net.

Clarification: Fluid Milk Substitutes

It was brought to our attention that there is some conflicting guidance between the new [CACFP Crediting Guide](#) and CACFP 21-2011-Revised on fluid milk substitutions. To clarify, any fluid milk substitutions requested for children with a non-disabling medical condition must be nutritionally equivalent to milk (as stated in CACFP 21-2011). A Q&A, #8 on page 19, in the new CACFP Crediting Guide incorrectly indicates that the fluid milk substitution rule does not yet apply to CACFP (Q. I work with both the National School Lunch Program and the Child and Adult Care Food Program. I recently provided comments on proposed regulations for the National School Lunch and School Breakfast Programs concerning the use of alternate fluid milks. Does this proposal also include the CACFP? A. No, this proposal does not include the CACFP. It is currently only an option for the National School Lunch and School Breakfast Programs.). This was inadvertently included based on old guidance – please disregard it.

Q & A: Illinois Child Care Wellness — TNT Subgrants

Q: Do I need to plan activities during the entire grant period, or can I focus my activities/spending of my subgrant funds during a particular time frame? For example, the grant period runs from July 1, 2014 through June 30, 2015. Can I focus my activities/spending during October through March?

A: It is up to you. You have up to the specified 12 months to use the funds. You can conduct your activities during a shorter timeframe if you wish.

Check it Out! Resources, Publications, Media Clips

Celebrate Seasonings During National Herb Week

The first week of May is National Herb Week. Using seasonings can help reduce fat, sugar and sodium in the recipes prepared for the children in your care. They can also improve the flavor of your food, and can be grown indoors in containers, or outdoors in vegetable gardens, flower beds or rock gardens. Learn how, with these great resources:

- ◆ The University of Illinois Extension's "A Taste of Gardening" contains a helpful guide for growing herbs, including how to harvest and preserve them. The guide can be found online here: <http://urbanext.illinois.edu/tog/herbs.cfm>.
- ◆ Another website, dedicated to relaying the benefits of cooking with fresh herbs, is maintained by The University of Nebraska Cooperative Extension online at <http://food.unl.edu/fnh/fresh-herbs>. Resources on the site include tips, videos, and handouts. One handout, "Fresh Herbs: a Picture of Healthy Eating," gives information on how to select, store, prepare, freeze and cook with fresh herbs and includes information on planting herb gardens. Another, "Flavor that Food," gives information on herb and food combinations.



NFSMI Resources Available

The mission at the National Food Service Management Institute at the University of Mississippi (NFSMI) is to provide information and services that promote the continuous improvement of Child Nutrition Programs. Check out these great resources, which are just a few of the selections available on the NFSMI website:

- ◆ Video for child care professionals to learn about managing food allergies in a child care setting (published 2014): <http://www.nfsmi.org/ResourceOverview.aspx?ID=492>.
- ◆ Mini-posters and fact sheets, including "Grains with Gusto" and "Better with Beans," to support food service assistants, technicians, and managers: <http://www.nfsmi.org/ResourceOverview.aspx?ID=406>.

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

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