

## CHILD AND ADULT CARE FOOD PROGRAM

# Mealtime Minutes e-Newsletter

### Sign Up Now! CACFP Healthier Meals Cooking Class



Be the first in your facility to take advantage of this great new opportunity, the CACFP Healthier Meals Cooking Class!

This class is a one day, four hour cooking class, offered free of charge by the Illinois State Board of Education, Nutrition and Wellness Division.

Classes are offered at either Lincoln Land Community Col-

lege in Springfield or Kendall College in Chicago.

Attendance earns four hours of continuing education with your Certificate of Training.

Attendees will prepare and taste-test nutritious menu items that appeal to children while using more whole grains, fresh fruits, fresh vegetables and lowering fat, sugar and sodium.

The class agenda includes:

- ◆ Scaling and Adapting Recipes
- ◆ Proper Produce Storage
- ◆ Knife Skills
- ◆ Chef Demonstration using the “mise en place” concept of organizing and arranging all ingredients and components required to efficiently prepare menu items
- ◆ Preparation and Tasting of different recipes from the Recipes for Healthy Kids Cookbook for Childcare Centers

Advance your skills and learn the latest techniques and methods of cooking healthier. Be ready with fresh ideas when the new CACFP Meal Patterns arrive.

The class schedule is posted online. [Register Now!](#)

April / May 2015

#### Reminders / Due Dates

- ISBE offices closed for Memorial Day, Monday, May 25

#### Training Opportunities

- **NEW!** The Nutrition and Wellness Opportunities in the CACFP: Team Nutrition Training Tips and Resources webinar and other trainings and online module trainings are available at [www.isbe.net/nutrition/htmls/workshops.htm](http://www.isbe.net/nutrition/htmls/workshops.htm).
- Don't miss out on the CACFP Healthier Meals Cooking Class: Register online at [www.isbe.net/nutrition](http://www.isbe.net/nutrition), under Workshops.

#### Inside This Issue

	Page
<a href="#">Summer Food Service Program Information / Q&amp;A</a>	2
<a href="#">CACFP Updates</a>	3
<a href="#">Wellness Kit Application</a>	3
<a href="#">Resources &amp; Publications</a>	3

### Reminder: Proposed Meal Patterns Comments

The [Public comment](#) period for the USDA's Food and Nutrition Service proposed CACFP Meal Pattern revisions is open until April 15, 2015. All comments will be reviewed and taken in to consideration before the final rule is passed. The proposed rule and all other pertinent information are available on the USDA CACFP Meal Pattern webpage: [www.fns.usda.gov/cacfp/meals-and-snacks](http://www.fns.usda.gov/cacfp/meals-and-snacks).

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?](#)

Proposed CACFP  
Meal Pattern  
Public Comments

## Summer Food Service Program: Is It For You?

Wondering which Child Nutrition Program you should offer to children during the summer months? Are you operating an At-Risk Afterschool program during the school year but still offer snacks or meals during the summer? If so, the Summer Food Service Program may be just right.



- ◆ If you operate an At-Risk After-School Snack and or Meal Program, consider participating in the SFSP during the summer months. The At-Risk CACFP program does not operate during school summer breaks. If the school used for area eligibility is a year-round school, then your CACFP At-Risk Afterschool Program is allowed to continue during the summer.
- ◆ If you operate a licensed child care center, you must keep the children in the CACFP throughout the year. You are not allowed to change to the SFSP. You also are not allowed to take the children from the child care center to eat at a SFSP site.

If you are interested in participating in the SFSP as a sponsor, a separate application must be submitted by June 15, 2015. You must have attended one of the SFSP training workshops in March 2015, or one that will be offered in April or May 2015. Workshop information including dates, locations, and times are listed below.

If you are interested in participating in the SFSP as a site, please contact our office for a listing of SFSP sponsors in your area. If your facility offers both the CACFP and SFSP to children, you will be required to complete a Clarification of Participation form with your SFSP application to ensure that different children are participating in the programs.

For additional information on the CACFP, contact Robin Desai or Janet Campbell in the Nutrition and Wellness Programs Division at 800-545-7892, or email [rdesai@isbe.net](mailto:rdesai@isbe.net) or [jacampbe@isbe.net](mailto:jacampbe@isbe.net). If you want additional information on the SFSP New Sponsor Workshops, contact Naomi Greene or Amy Bianco in the Nutrition and Wellness Programs Division at 80-545-7892, or email [ngreene@isbe.net](mailto:ngreene@isbe.net) or [abianco@isbe.net](mailto:abianco@isbe.net).

## SFSP Q & A

**Q:** Can a licensed child care center add additional children as a summer camp program without increasing their licensed capacity?

**A:** No. The additional children might place the center out of compliance which is a violation. Additionally, if summer children are accepted they must fit the age range of the licensed facility and meet the criterion of enrollment (such as medical and birth certificate).

**Q:** At the YMCA we want to hold a 6-10 week summer camp. We also have a DCFS licensed child care center in another part of the building. Is this acceptable to DCFS?

**A:** Any program that provides care for more than 3 children, and care is provided for more than 8 hours a week must be licensed or receive exemption from DCFS. If the program falls in the category of a Special Activities program, the Summer Program can be exempt from Licensure. However, the licensed program and the exempt program cannot be mixed or in the same room. Contact DCFS or your license representative for more information.

**Q:** What if the extra children that come to my DCFS licensed center in the summer for a "camp/summer program" are all over 12 years old and aren't part of my licensed capacity? Do I still need to contact DCFS?

**A:** YES- certain ages cannot be mixed. Contact DCFS or your licensing representative for more information.

## New Sponsor Workshops

Date	City
4/2/15	Fairview Heights
4/14/15	Bedford Park
4/16/15	Peoria
5/6/15	Schaumburg
5/13/15	Springfield

For additional location details and to register, click on "Register Now" at [http://isbe.net/nutrition/htmls/sfsp\\_training.htm#work](http://isbe.net/nutrition/htmls/sfsp_training.htm#work)

## Updated Mileage Reimbursement Rate

The Travel Control Board has enacted the following rate change, effective January 1, 2015: The State of Illinois' mileage reimbursement rate for the use of personal vehicles has increased from 56.0 cents per mile to 57.5 cents per mile.

## At-Risk Afterschool Fact Sheet: Updated

The At-Risk Afterschool [Fact Sheets](#) on the Nutrition and Wellness Programs website recently were updated to clarify food preparation:

*All food consumed by children under the supervision and care of a licensed child care facility must be prepared and provided by the licensed child care facility or a licensed caterer, for which the licensed child care facility has a dated food service contract with, for catering services.*

The fact sheets are available in both English and Spanish.

## CACFP Wellness Kit Applications Due April 10, 2015

The CACFP Team Nutrition Training Wellness Kit Application for eligible Independent Centers participating in the CACFP is posted online under What's New? at <http://www.isbe.net/nutrition/>.

The Wellness Kit program is designed to enhance nutrition and physical activity education for children in fun and creative ways, and will include a variety of nutrition-related storybooks, activities, and educational curriculum that emphasize the importance of eating fruits, vegetables and whole grains.

Carefully review the application for all of the requirements. All independent centers in Illinois that participate in the CACFP and have 75% or more of their students eligible for free and reduced price meals are eligible to apply.

The deadline to apply is April 10, 2015.

This project is funded by FY13 Team Nutrition Training Federal funds from the U.S. Department of Agriculture (USDA).

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

### Healthier Options for Kids' Meals



There is promising news for those who find it challenging to encourage healthier foods for children in schools and child care settings when unhealthy options are widely available elsewhere.

In response to growing demands by consumers and activists, major fast-food chains are moving to improve the quality of their food with more nutritious options.

A recent article in [USA Today](#) highlights restaurants' moves to drop advertisements for soft drinks in kids' meals and incorporate healthier options, such as low-fat and fat-free milk and 100% fruit juices. Other recent changes have included the introduction of fruit as an alternative to French fries.

### Nutrition Resources Webinar Posted

The ISBE Nutrition and Wellness Programs recently hosted a webinar in celebration of National Nutrition Month®.

Child Nutrition education resources were the focus, providing information about MyPlate, Team Nutrition, Let's Move! Child Care and the National Food Service Management Institute.

The webinar can be viewed online at <http://www.isbe.net/nutrition/htmls/workshops.htm>.

### Join Mealtimes Minutes e-Newsletter Listserv

To receive notices of the Mealtimes Minutes e-newsletter, join the Mealtimes Minutes e-newsletter listserv. Email: [mtm-join@list.isbe.net](mailto: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 Mealtimes Minutes includes the authorized representative and contact person. For questions regarding Listserv, please email [cnp@isbe.net](mailto:cnp@isbe.net).

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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