

CHILD AND ADULT CARE FOOD PROGRAM

Mealtime Minutes e-Newsletter

August/September 2014

Coming to WINS Soon: Application for FY15!



Look in WINS for your 2015 renewal application early in August. Watch for details, which will be e-mailed to all CACFP organizations. The due date for completion is October 1, 2014.

Every year your organization must renew its CACFP application in order to continue to receive reimbursement. Check your WINS Alerts to find a listing of all documents to be completed. You cannot claim CACFP meals without an approved application.

A NEW FY15 WINS instruction PowerPoint was developed to assist with the rollover process, and will be available online at www.isbe.net/nutrition, under What's New? The instructions will also be attached on your WINS Paperclip. Check it out!

New DCFS Data in WINS

New DCFS licensing reports are available in WINS for each sponsoring organization's active licensed sites. The reports may be accessed from the *Sponsor Tasks* section on the WINS Dashboard by selecting "DCFS Sponsor Reports."

If you are a non-profit unaffiliated sponsoring organization that wants to add additional centers to your organization, you also may access the list of non-active license status codes, which means they are not currently participating with any CACFP organization at this time.

There are certain regulations that unaffiliated sponsoring organizations must follow when soliciting and adding sites for CACFP. Contact CACFP staff for more information.

New Reimbursement Rates for FY 2015

The United States Department of Agriculture issued the following Child and Adult Care Food Program reimbursement rates for fiscal year 2015:

FY15 CACFP Reimbursement Rates (U.S. dollars)			
Centers	Breakfast	Lunch/Supper	Snack
Paid	0.28	0.28	0.07
Reduced-Price	1.32	2.58	0.41
Free	1.62	2.98	0.82

These reimbursement rates are valid from July 1, 2014 through June 30, 2015, and are for meals and snacks served in approved child care centers, outside-school-hours care centers and at-risk afterschool care centers. The reimbursement rates are also posted on our website at http://www.isbe.net/nutrition/htmls/daycare_centers.htm.

The cash-in-lieu of commodities rate, which is added to the reimbursement rate for every lunch and supper served under CACFP, is 24.75 cents or \$0.2475.

Reminders / Due Dates

- ISBE will be closed in honor of Labor Day on **Monday, September 1**.
- The Annual Financial Report (AFR) will be due December 15.
- Keep e-mail addresses current for the authorized representative and the contact person on the sponsor application.

Training Opportunities

- A Refresher Training for CACFP will be held August 19 in Rock Island. 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!

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Sharing CACFP Best Practices: Offer Foods with Fewer Added Sugars

Milk, yogurt, cheese and fruits provide a natural source of sugar. However, the majority of sugars in a typical American diet include “added sugars.” Those added sugars are often called empty calories because they add calories to the diet without offering any nutrients.




You can help the children in your care stay healthier as they learn and grow by providing foods and beverages with fewer added sugars. The extra calories from added sugars can make children feel full before they get a chance to get the nutrients needed from other foods and those extra calories may also contribute to weight gain.

Children are born with a preference for sweet flavors. When they regularly taste sugar and sweet flavors, they *learn* to prefer sweet flavors more often.

Try adding little or no sugar and choosing foods and beverages lower in added sugars, which can help children learn to like foods that aren't as sweet. To achieve this, serve more fresh fruits, buy whole-grain breads and cereals with little or no added sugars (no more than 6 grams of sugar per serving), offer fresh foods and less processed foods, and choose not to offer sweets as a reward. Instead, reward with kind words and comforting hugs or give them stickers or nonfood items to make them feel great.

For more information, refer to the Tip Sheet “Build a Healthy Plate With Fewer Added Sugars,” available online at <http://www.fns.usda.gov/sites/default/files/sugars.pdf>.

This tip sheet is part of the *Nutrition and Wellness Tips for Young Children: Provider Handbook for the Child and Adult Care Food Program*, which is available online at <http://www.fns.usda.gov/tn/nutrition-and-wellness-tips-young-children-provider-handbook-child-and-adult-care-food-program>.

Instead of:	Choose:
Flavored milk	Unflavored fat-free or low-fat milk (1% fat or less) 
Sweetened yogurt	Fat-free or low-fat plain yogurt topped with fruit
Ice cream or frozen yogurt	Frozen fruits that don't contain added sugars, or frozen 100% fruit bars
Sweetened breakfast cereals	Cereals with little or no added sugars, whole-grain cereals, or oatmeal w/ fruit
Cookies	 Whole-grain crackers, graham crackers, or plain animal crackers
Canned fruit in syrup, or sweetened applesauce	Fruit canned in water or 100% fruit juice; unsweetened applesauce
Doughnuts, pies, or cakes for desserts	Fruits (fresh, frozen, or canned in water or 100% juice), fruit salads, or baked fruits (like baked apples or pears) 
Jam or jelly	100% fruit spread
Soda, fruit-flavored drinks, fruit cocktails, or fruit punch	Water, fat-free or low-fat milk, or 100% juice (no more than one ½-cup serving, once per day)

Crediting Requirements for Juice



For any juice served in CACFP, it is important to read the product label. The Crediting Foods Guide for CACFP, found online at http://www.fns.usda.gov/sites/default/files/CACFP_creditinghandbook.pdf, defines full-strength fruit or vegetable juice as:

An undiluted product obtained by extraction from sound fruit. It may be fresh, canned, frozen, or reconstituted from concentrate and served in either liquid or frozen state or as an ingredient in a recipe.



Frozen fruit juice should only be measured based on the unfrozen liquid volume (without overrun) in Child Nutrition Programs. This can be determined by melting purchased frozen juice products and recording the volume after melting.



Liquids expand during freezing and many manufacturers are also using machines that incorporate additional air which further increases the frozen volume. This is why the unfrozen volume must be used for crediting purposes, despite the information that may be included in product literature sheets.



Additionally, as noted in the Crediting Foods Guide for CACFP, frozen fruit/fruit juice bars must contain at least 1/8 cup of fruit and/or full-strength fruit juice for each bar. Only the fruit or full-strength fruit juice portion may be counted toward the fruit requirement. Maintain a CN label, Product Formulation Statement, or standardized recipe on file for documentation purposes.

Team Nutrition Training Subgrants Awarded



Congratulations to the 12 CACFP sponsoring organizations that recently were awarded Illinois Child Care Wellness – Team Nutrition Training Subgrants. Some of the activities proposed for use of the subgrants are:

- ◆ Nutrition workshops and activities for children and staff
- ◆ Classroom container gardening projects
- ◆ Family Fun Nights to share information about healthy foods and physical activity
- ◆ Using stories, dramatic play, and arts and crafts activities to teach positive messages about nutrition and physical activity

Once grant activities are underway, ISBE plans to visit centers to develop videos and a special newsletter to help inform CACFP participants how to try similar wellness activities at their own facilities.



Submit Application to Take Advantage of Limited Time Bonuses!

As an early learning and development program, you play a pivotal role in giving our state's youngest children the best start in life. Now there's a new system in Illinois that can help you make quality your top priority:

ExceleRate Illinois helps you prepare children for success in school and in life.

ExceleRate Illinois is a comprehensive quality rating and improvement system (QRIS) that includes:

- ◆ Licensed Child Care Centers
- ◆ Preschool for All and Center-Based Prevention Initiative Programs
- ◆ Head Start/Early Head Start Programs
- ◆ Licensed Family/Group Child Care Homes (coming in 2015)

As an added bonus, Governor Quinn has recently announced new, limited-time financial incentives for early learning and development providers participating in ExceleRate Illinois! The award amounts range from a \$1500 bonus for small programs receiving the Bronze Circle of Quality to a \$6500 bonus plus a 15% CCAP add-on for large programs receiving the Gold Circle of Quality under the ExceleRate Illinois rating system.

Visit ExceleRateIllinoisProviders.com for more information about the [Circles of Quality](#), financial [incentives](#), and for a wealth of resources to help [prepare your application](#).

ExceleRate Illinois is administered under the direction of the Governor's Office of Early Childhood Development (OECED) and other state agencies. The OECED leads the state's initiatives to create an integrated system of quality, early learning and development programs to help give all Illinois children a strong educational foundation before they begin kindergarten.



More information about OECED and useful resources can be found online at: <https://www2.illinois.gov/gov/OECD/Pages/default.aspx>.

Questions & Answers

Q. I need to add days of operation in WINS for our At-Risk Afterschool Meals program beginning again in August, after summer break. How do I do this?

A. Two new tutorials, *Adding Days of Operation* and *Extending Calendar Year*, have been developed to help any CACFP participant add or change days of operation in WINS. To view them, click on the Help icon (the blue circle with question mark) on the WINS Dashboard.



Q. If an At-Risk Afterschool meal is served by the school, can the different afterschool clubs at the school eat separately?

A. Yes, it is permissible for the different clubs and groups that make up the school's afterschool program to eat in different locations on the school grounds.

For example, the band members may eat the meal in the band room with just the band members while the football team eats outside.

Q. How can we expand outreach for our At-Risk Afterschool Meals program?

A. Try these tips provided by Angela Jeppesen of the Harvesters—The Community Food Network in the [At-Risk Afterschool Handbook](#), which was updated for July 2014:

■ Churches do more than host summer programs. Work with your local places of worship to set up weeknight feeding sites in conjunction with their mid-week programs.

■ Libraries provide safe places for kids and teens, offering after school programming such as tutoring and reading help. Work with your local library to provide after school snacks or meals.

■ Partner with your local Kiwanis, Masons, PTA and other non-profit and civic groups to spread the word about afterschool meals and to find resources for activities.

For more information about At-Risk Afterschool Meals programs, refer to the *Handbook* online at <http://www.fns.usda.gov/sites/default/files/atriskhandbook.pdf>.

Check it Out! Resources, Publications, Media Clips

Better Kids Care Training

Penn State Extension offers Better Kid Care training opportunities online at <http://extension.psu.edu/youth/betterkidcare>. Better Kid Care provides child care professionals with professional development to improve the quality of their care and educational practices. More than 150 relevant training topics are covered, with Knowledge Areas that include [Health, Safety & Nutrition](#).

Wellness Conference Presentations Posted

The Illinois School Wellness Recognition Conference, held in April, was a great success. Presentation links, including those for the new Early Childhood track, are now posted on the Action for Healthy Kids website.

You can find the presentation links online at <http://www.actionforhealthykids.org/component/content/article/38/1168>.

Discover MyPlate: Nutrition Education for Kindergarten-Age Children



Check out Discover MyPlate! These ready-to-go lessons help children become food-smart as they practice counting, reading, writing, and more. Fun characters, like Reggie Veggie and Mary Dairy, engage children in developmentally appropriate activities to explore healthy food choices and discover fun ways to be physically active.

The Discover MyPlate Teacher's Kit includes: Teacher's Guide With 6 Lessons and Classroom Celebration Ideas, 6 Emergent Readers (mini books for students & and a teacher's big book), Reach for the Sky Original Song, 40 Food Cards, 4 Look and Cook Recipes (English & Spanish), a Student Workbook with 19 Activity Sheets, The Five Food Groups Poster, and 5 Parent Handouts (English & Spanish).



All of the Discover MyPlate resources are free and available online at: <http://www.fns.usda.gov/tn/discover-myplate>.

Nutrition Posters Available

Team Nutrition Elementary School Posters can be found online at <http://www.fns.usda.gov/tn/elementary-posters>. Use these kid-tested posters to encourage elementary school children to make healthy food choices. See the [Team Nutrition Popular Events](#) Idea Booklet for activity ideas connected to these posters.

Poster Themes:

- Launch Your Day with Breakfast!
- It's Launch Time (Fruits & Veggies)
- Make Today a Try-Day
- Try New Foods (Be Brave)



Ordering Information: Schools, child care centers, and summer meal sites that participate in the USDA Child Nutrition programs **may request free print copies of these posters**. All 4 posters come together as a set. More than one copy of the posters may be ordered. See our order form for more information at: <http://tn.ntis.gov/>.

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