

## CHILD AND ADULT CARE FOOD PROGRAM

# Mealtime Minutes e-Newsletter

## New Income Eligibility Guidelines Effective July 1, 2015

July 1st has come and gone. Be sure to use the most up-to-date Income Eligibility Guidelines when certifying Household Eligibility Applications.

The most up-to-date information is available on our [website](#). Look for:

- ◆ Income Eligibility Guidelines July 1, 2015, through June 30, 2016
- ◆ Electronic Direct Certification Guidance
- ◆ Annual CACFP Center HEA/Enrollment Checklist
- ◆ FY16 Enrollment Form (67-98)
- ◆ FY16 Parent Letter (69-49)
- ◆ FY16 Household Eligibility Application (69-88)

## New Reimbursement Rates for FY 2016

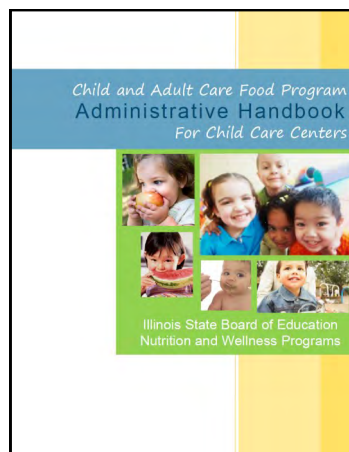
The United States Department of Agriculture issued the following Child and Adult Care Food Program (CACFP) reimbursement rates for fiscal year 2016:

### FY16 CACFP Reimbursement Rates (U.S. dollars)

Centers	Breakfast	Lunch/Supper	Snack
Paid	0.29	0.29	0.07
Reduced-Price	1.36	2.67	0.42
Free	1.66	3.07	0.84

These reimbursement rates are valid from July 1, 2015, through June 30, 2016, 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 [www.isbe.net/nutrition/htmls/daycare\\_centers.htm](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 23.75 cents or \$0.2375.



## Administrative Handbook Updates

The Administrative Handbook for CACFP was made available in August of 2013. Since then, there have been a few updates due to USDA changes.

To be sure you have the most updated information, refer to the Handbook on our website at [www.isbe.net/nutrition/cacfp-handbook/toc.htm](http://www.isbe.net/nutrition/cacfp-handbook/toc.htm).

August / September 2015

### Reminders / Due Dates

- ISBE offices will be closed **Monday, September 7, 2015**, for Labor Day.

### Training Opportunities

CACFP Center Administrative Overview workshops will be held:

- \* August 18 – Champaign
- \* August 19 – Lisle

Register for either training online at [www.isbe.net/nutrition](http://www.isbe.net/nutrition), under Workshops.

Training Resources for Annual and New Staff Duties is available online at <http://www.isbe.net/nutrition/htmls/daycare-center-training.htm>.



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## Chefs Move Program a Success in Rockford!

Shhh...Listen for the crunch. Chef Diana and Trinity Day Care Inc. of Rockford are at it again! Since 2012, Trinity Day Care Inc. and Chef Diana Kramer have partnered as part of the Chefs Move program on a monthly basis to present fun ways to provide healthy snacks to preschool children.

Most recently, they tried pomegranate, ratatouille, and their center favorite: kale chips! Made from fresh kale tossed with a little olive oil and salt, and baked in the oven, they have all the children asking for more. Once the children had their kale chips, they told everyone to lower their voice and take a listen; CRUNCH, CRUNCH, CRUNCH. The sound was music to their ears! Healthy and fun!

Afterwards, there were an overwhelming number of children who said, "I need to tell my mommy to make this at home!" The center representative explains how the children have been more eager and willing to try new healthy foods.

As this partnership shows, chefs and schools have a unique opportunity to work together to teach kids about food in a fun, appealing way. The Chefs Move program seeks to utilize the creativity and culinary expertise of chefs to help facilities ensure that America's youngest generation grows up healthy. Learn more about this program online at [www.chefsmovetoschools.org](http://www.chefsmovetoschools.org).



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## More Healthier Meals Cooking Classes Scheduled for September



Additional Healthier Meals Cooking Classes are scheduled at Kendall College in September. These classes are offered free of charge!

In each class, you will prepare and taste-test nutritious snacks and menu items that appeal to children, all while using more whole grains, fresh fruits and vegetables.

Current scheduled dates are September 21 and September 23, both in Chicago

To join us, follow the link at <http://www.isbe.net/nutrition/default.htm>. Review the agenda and then register for the CACFP Healthier Meals Cooking Class that fits your schedule. Space is limited so sign up now!

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## NFSMI Updates Name and Logo

The National Food Service Management Institute (NFSMI) recently presented a new name and new logo: the Institute of Child Nutrition.

For more than 25 years, NFSMI has been serving child nutrition professionals. Along with a rich history of supporting these professionals, the Institute has experienced tremendous growth in the amount of resources and services provided. Inspired by this growth, the Institute searched for a new name that would reflect today's image of professionalism and service in the field of child nutrition.



The new name and Circle 'i' logo will connect the Institute's valuable history to a fresh and energetic new look that is consistent with their mission: "To promote the continuous improvement of child nutrition programs."

Explore all of the Institute of Child Nutrition's resources, training, and research materials online at <http://www.nfsmi.org>.

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## New USDA Memos



### ■ Crediting Smoothies

USDA Memo CACFP 05-2014 (v.3) clarifies requirements for crediting smoothies in the Child Nutrition Programs, and replaces previous guidance on smoothies.

Milk contained in fruit smoothies prepared in-house has been allowable for crediting as a component since July 2012. FNS has further extended the allowance of crediting yogurt as a meat/meat alternate in smoothies for any meal, including snacks and supper for CACFP and SFSP, effective on the date of this memorandum.

Currently, 100-percent fruit or vegetable juice, and 100-percent fruit and vegetable juice blends count toward the meal pattern requirements. In order to be consistent with meal pattern requirements, FNS is amending its policy to permit the crediting of vegetables contained in smoothies from any vegetable subgroup in the following forms: fresh, frozen, or canned vegetables, 100-percent vegetable juice, and 100-percent vegetable and fruit juice blends.

Pureed vegetables and fruits, (fresh, frozen, or canned), when served in a

smoothie, credit as juice, and as such are subject to the limitations regarding juice service. For example, not more than 50 percent of the fruit or vegetable offerings at lunch and supper in CACFP and SFSP, and may not be served when milk is served as the only other component at snack in CACFP and SFSP.

Vegetables from the dry beans and peas subgroup may credit toward the vegetable meal pattern requirement as juice when served in a smoothie.

This policy on the crediting of vegetables in smoothies applies in all CNP meals and snacks.

### ■ Traditional Foods

The USDA has recently received inquiries from several representatives of Native communities about serving traditional foods in Child Nutrition Programs (CNPs). In particular, Native communities are interested in knowing which traditional foods are allowed and how these foods may contribute towards a reimbursable meal.

USDA Memo TA 01-2015 clarifies that traditional foods may be served in CNPs and provides examples of

how several traditional foods may contribute towards a reimbursable meal.

The memo can be found online at <http://www.fns.usda.gov/child-nutrition-programs-and-traditional-foods>.

### ■ Infant Formula

The purpose of USDA Memo CACFP 14-2015 is to consolidate, clarify, and provide additional guidance on infant formula and meal requirements in the CACFP.

This revision clarifies that infant formula must be regulated by the Food and Drug Administration (FDA) in order to be part of a reimbursable meal.

Additionally, the memo extends the length of time refrigerated breast milk may be stored at a center or day care home, updates guidance on creditable infant formulas, allows centers and day care homes to serve infant foods containing DHA, and addresses frequently asked questions.

Read the memo online at <http://www.fns.usda.gov/infant-feeding-cacfp>.

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## Report: Role of Families and Pediatricians Vital in Obesity-Prevention Efforts



A new report from the American Academy of Pediatrics affirms that the adoption of healthful lifestyles by individuals and families can result in a reduction in many chronic diseases and conditions, of which obesity is the most prevalent.

The report is available online at <http://pediatrics.aappublications.org/content/136/1/e275>.

Findings include that when working with families of children at risk for obesity, pediatricians should promote:

- ◆ Diets free of sugar-sweetened beverages
- ◆ Fewer foods with high caloric density
- ◆ Increased intake of fruits and vegetables
- ◆ Reduced sedentary behavior, and
- ◆ 60 minutes of daily moderate to vigorous physical activity

Childcare providers can do their part by ensuring their menus contain nutritious foods (including a good variety of fruits and vegetables) and planning physical activity opportunities throughout the day. The "[Nutrition and Wellness Tips for Young Children: Provider Handbook for the CACFP](#)" is a great resource to help create healthier environments for children.

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## Trainings Available: Infant Feeding and Meal Substitutions



**Infant Feeding Training:** If you serve infants, check out this detailed and short [training](#). Share it with your teachers and food service staff also!

**Food and Milk Substitutions Training:** Everyone should read the [Food and Milk Substitutions Training!](#) Whether you currently have a child in care with food allergies or not, chances are, you will need this information eventually. So get a head start!

For those of you currently working with families to accommodate the needs of children requiring food substitutions, be sure you are taking all the right steps.

These trainings, along with many others, are available online at <http://isbe.net/nutrition/htmls/workshops.htm>.

## Bounty of Farm to Preschool Resources Available

The Food and Nutrition Service (FNS) has a cornucopia of resources to support the burgeoning movement to introduce more local foods and food education into early childhood education and care settings.

- ◆ **Fact sheet (pdf):** Hot off the (digital) presses, the USDA Farm to School team published a new fact sheet focused on preschool settings. This resource presents basic information about farm to preschool efforts, including tips and resources.
- ◆ **Policy memo (pdf):** Want to dig deep into finding out how to integrate local food into your CACFP? Look

back at this March 2015 memo for guidance on incorporating local foods and agriculture-based curriculum in early childhood education and care settings. It gets right to the point with a Q&A section on procuring, growing, and accepting donated local food for CACFP programs.

- ◆ **Farm to Preschool Webpage:** You can find even more resources on FNS's Farm to Preschool webpage, online at [www.fns.usda.gov/farmtoschool/farm-preschool](http://www.fns.usda.gov/farmtoschool/farm-preschool). Curriculum and menu ideas and procurement guidance will inspire you to get started or take your program a step further.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Local Lentil Patty on a Whole Grain Roll	Whole Wheat Spaghetti with Meat Sauce	Chef Salad	Oven-Baked Local Fish Sandwich on a Whole Grain Roll	Whole Wheat Cheese Pizza
Refried Beans	Whole Wheat Roll	Local Spanish Rice with Corn	Mashed Potatoes	Baked Sweet Potato Fries
Jicama	Green Beans	Carrots	Steamed Broccoli	Grape Tomatoes
Fresh Peas	Broccoli & Cauliflower	Banana	Canned Pears	Strawberries
Cantaloupe Wedges	Kiwi Halves	Skim Milk	Skim Milk	Low-fat Milk
Skim Milk	Low-fat Milk			

*Local purchasing often happens step-by-step and one of the most offered pieces of advice is to start small. This scenario illustrates how one school might start small with a "harvest of the month" program and then scale up to include more and more local foods into its menu. This scenario may take several years to achieve, but the point is that there are a variety of ways to offer and source local products. — from the guide, [Procuring Local Foods for Child Nutrition Programs](#)*

## 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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