

mealtime MINUTES

Your link to the Child and Adult Care Food Program

Illinois State Board of Education

Nutrition Programs

INSIDE This Issue

Child and Adult Care Food Program Meal Statistics for Fiscal Year 20061

ADMINISTRATION

Civil Rights Compliance Reviews1
Juggling Regulations for the Child and Adult Care Food Program and the Illinois Department of Children and Family Services2
Child Nutrition Labeling Program Violations2
Keep the Illinois Department of Children and Family Services License Up to Date2
The Question and Answer Corner3
Claim Common Cent\$3

TRAINING

Refresher Training Available3

FOOD SERVICE AND NUTRITION

Peanut Allergy3
Food Allergies—Avoiding Cross Contamination4
State and National Internet Resources for Allergies4
When Is a Grain Whole?4
MyPyramid for Kids FREE Resources5
Nutrition Education That Works: An Integrated Approach5
New Games and Activities Available in the Nutrition Education Loan Library!5
Food Service Sanitation Certification6
Expect Physical Activity Guidelines for Americans in 20086

CALENDAR OF EVENTS

Child and Adult Care Food Program Meal Statistics for Fiscal Year 2006

Have you ever wondered how many meals are served in Illinois through the Child and Adult Care Food Program (CACFP)? You may be very surprised—we are talking about MILLIONS!!! The total number of meals served during fiscal year (FY) 2006 was 46,014,750 at over 1,900 child care facilities. The breakdown by meal service is provided below.

Fiscal Year 2006 Child and Adult Care Food Program Meal Statistics	
Meal Types	Number of Meals
Breakfasts	11,513,745
Lunches	14,959,115
Suppers	2,077,304 of which 1,754,675 were served in the At-Risk After-School Program
Supplements/ Snacks	17,464,586 of which 532,503 were served served in the At-Risk After-School Program

ADMINISTRATION

Civil Rights Compliance Reviews

Have you ever been through a civil rights compliance review? The purpose of a compliance review is to determine if the institution of Federal financial assistance (CACFP funds) is in compliance with civil rights requirements. These reviews do not occur very often, however, we want you to be prepared should you ever have one.

There are three types of compliance reviews:

1. Pre-award or pre-approval review—takes place before the institution is approved for program operation.
2. Post-award or post-approval review—conducted after an institution has been approved to receive federal financial assistance. This review may be done as a routine part of the program compliance review or as a special in-depth review.
3. Special compliance review—scheduled or unscheduled review conducted for any of the following reasons: follow-up on previous noncompliance findings, statistical data indicates a particular group is not participating in or benefiting from the program, reports of noncompliance, and/or systemic complaints of discrimination.

The following are items checked during a compliance review:

- Whether potential eligible persons and households have an equal opportunity to participate in the program.
- Whether race and ethnicity data are collected and maintained for three years plus the current year.
- Whether facilities are displaying the USDA nondiscrimination And Justice for All poster in a prominent location.
- Whether the nondiscrimination statement is included on all printed USDA program materials distributed to the public and on websites.
- Whether civil rights complaints are being handled in accordance with procedures.
- Whether the institution has conducted civil rights training for its staff.

Civil rights compliance is an important component of the CACFP Administrative Review process.

Juggling Regulation for the Child and Adult Care Food Program and the Illinois Department of Children and Family Services

Following regulations for several different programs or agencies can be very challenging especially when the regulations have different requirements. That is why it is so important you know all regulations, especially when there is a discrepancy between two regulations, always follow the strictest requirement.

CACFP sets standards only for meals. The Department of Children and Family Services (DCFS), the licensing agency for

child care centers, on the other hand, sets standards for the overall care for infants and children, including meals. When comparing CACFP infant requirements to DCFS Section 407.210, Special Requirements for Infants and Toddlers, there are several differences. The shaded requirements are the strictest and should be the ones followed.

Child and Adult Care Food Program Requirement	Department of Children and Family Services Requirement
<i>Center must purchase and provide infant formula and food for infants.</i>	Infant food can be provided by the day care center or parent.
Center must purchase and provide at least one type of iron-fortified infant formula. The formula can be milk-based or soy-based.	<i>Formula shall be milk-based, unless otherwise indicated in writing by the child's physician.</i>
CACFP regulation is not specific, therefore follow DCFS requirements.	<i>No food other than formula, breast milk, or water shall be placed in a bottle for infant feeding.</i>
<i>Fruit juice may be offered to 8- to 11- month-old infants for a supplement. In this case the age is stricter than the DCFS requirement; however, according to DCFS the juice must be served in a cup.</i>	Juice may be fed from a cup when the infant is old enough to drink from a cup (approximately six months).
CACFP regulation is not specific, therefore, follow DCFS requirements.	<i>Children under two years of age shall not be fed berries, candies, raisins, corn kernels, raw carrots, whole grapes, hot dogs, nuts, seeds, popcorn, raw peas or peanut butter, as these foods may cause choking.</i>
CACFP regulation is not specific, therefore, follow DCFS requirements.	<i>Cooked carrots, corn, peas, and bananas may be served to infants only if mashed, grated, or pureed.</i>
CACFP regulation is not specific, therefore, follow DCFS requirements.	<i>Whole milk shall be served to children under the age of two unless low-fat milk is requested by child's physician.</i>
CACFP regulation is not specific, therefore, follow DCFS requirements.	<i>The use of honey for sweetening infant foods is not allowed.</i>

Child Nutrition Labeling Program Violations

USDA Food and Nutrition Service occasionally alerts this office of Child Nutrition (CN) Labeling Program violations. A current list of the violations is maintained on our website at www.isbe.net/nutrition, click on Valuable Links and News; you will find the information under News Items. Those products listed did not get USDA approval to use the CN Label and cannot be relied on to meet CACFP meal pattern requirements.

Keep Department of Children and Family Services License Up to Date

The application to renew a day care center license must be completed, signed by the governing body or its authorized representative, and submitted to DCFS three months prior to the expiration date of the current license in order for the application to be considered timely and sufficient. When these renewal requirements are not followed, you are jeopardizing

receipt of meal reimbursement. Therefore, mark your calendar as a reminder to watch for the DCFS license renewal documents. If you have not received them four months prior to the expiration date of the day care center license, contact your licensing representative as soon as possible!

The Question & Answer Corner

- Q.** When are we supposed to use the Medical Exception Statement for Food Substitution?
- A.** *You need to have a completed Medical Exception Statement for Food Substitution on file when a child has a medical condition that prevents them from eating the food, including the consistency of the food, which is offered on your regular menus. After you complete the Medical Exception Statement for Food Substitution, you can claim the meal for reimbursement when it follows the doctor's order, even though it may not meet the CACFP meal pattern requirements.*

- Q.** Are meals served to children 12 months and older reimbursable if they contain infant formula?
- A.** *Yes, for a period of one month while a 12-month-old child is weaning from infant formula to whole cow's milk (often called the transitional stage) meals that contain infant formula may be reimbursable. When a child is weaning from formula to cow's milk, it is a common practice to provide the infant with both foods at the same meal service to gradually ease the infant into accepting the new food. Infant formula is not considered an alternative type of milk and can only be substituted to meet the fluid milk requirement for the CACFP meal pattern during the transitional stage, when the child is 12 months old. Therefore, a child 13 months or older who continues to need infant formula must have a Medical Exception Statement for Food Substitution on file to be eligible for reimbursement.*

If an infant receives breast milk, the breast milk can continue to be offered to a child over one year of age in place of cow's milk, since breast milk is considered an alternate type of milk.

- Q.** What types of desserts may be offered? How often may desserts be served?
- A.** *Only certain types of desserts are creditable in the Child and Adult Care Food Program. Fruits can be served as often as desired for dessert. Grain-based desserts such as cakes and cookies are not creditable in the CACFP as a dessert at lunch or supper. However, grain-based desserts may be served as a component for snacks. It is recommended that cookies and other sweet-baked products be served for snacks no more than two times per week since they are high in sugar, fat, and saturated fat. For more information refer to the Meal Chart for Children under Grains/Breads Requirements or the What's in a Meal? booklet under Crediting Foods.*

Claim Common Cent\$

Funding & Disbursement Services Division
Phone: 217/782-5256
Fax: 217/782-3910



Know Your Agreement Number

Do you know your agreement number for the Child Nutrition Program(s)? Your agreement number is also known as your sponsor identification or your region-county district-type (RCDDT) code. It is an eleven-digit number used by your organization for all types of reporting to the Illinois State Board of Education (ISBE). It is shown in the following format: 99-999-9999-99. The agreement number is comprised of all numbers, except for the 9th position which may be either a number or a letter.

PLEASE have your agreement number available when you call ISBE regarding claim or payment questions. We reference that number to look up all information and if you have it available when you call, we can assist you much faster.

If you have claim questions, please contact Carol Curto or Gladys Rothenberg in Funding and Disbursements at 217/782-5256.

TRAINING

Refresher Training Available

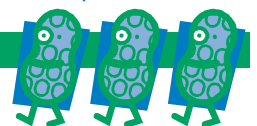
Training is available each month to refresh your knowledge of or assist a new employee with CACFP procedures. Sign up for *Refresher Training for Institutions Participating in CACFP*. The session covers the basics of Household Income Eligibility Application approval, menu planning and required record keeping. These work sessions are offered free of charge and are four hours in length.

You must pre-register for training online. Check out the training locations on our website at <http://www.isbe.net/nutrition>. Click on *Child and Adult Care Food Program* in the blue box. The next screen provides you with much CACFP information so scroll through to check it out. Click on *Workshop/Training Schedule* in the yellow box. You will be able to view all CACFP training opportunities planned to date. Select the date and location you would like to attend. The *Event Details* screen provides all information about the upcoming training, including access to a map. Print the map so you can find your way to the location and not be late. At the bottom of the screen click *Register for This Event*. Complete the registration form. Make sure the information is accurate, double check your email address and phone number. A message will immediately appear on the screen thanking you for registering. You will also receive an email from webmaster@isbe.net at the email address you provided confirming your registration and providing details about the training. Each person attending needs to register.

The online registration is required so we can plan for the appropriate number of participants. Space is available on a first come-first serve basis. If the training has to be cancelled, we will contact you at the email address or phone number provided on the registration form. Again, make sure this information is correct. Please contact us at 800/545-7892 with questions.

FOOD SERVICE AND NUTRITION

Peanut Allergy



It seems we hear more and more about serious allergic reactions to foods. Peanuts, nuts, shellfish, fish, and eggs are the most common foods causing reactions. The reactions may begin

Q. Rolled oats are not whole grains.

A. *False. Rolled oats and “quick oats” contain all of the bran, germ, and endosperm of whole oats. Processing of whole oats by flattening creates rolled oats and processing by steaming the oats creates “quick oats.”*

A whole grain kernel contains three edible parts: the endosperm, germ, and bran. These provide vitamins, minerals, fiber, and protective substances. Refined grains are missing the germ and bran. Flour and meals must have the germ, the bran, and the endosperm to be whole. Other whole grains include whole-wheat flour, bulgur (cracked wheat), oatmeal, whole commeal, and brown rice.

Certain food products have standards of identity that meet general quality requirements. The standard of identity includes the food’s name, what it must contain, and what it may contain. Presently, only the items below have standards of identity for whole grains and flours.

Whole Grain Bakery Products With Standards of Identity

- Whole wheat bread
- Whole wheat rolls
- Whole wheat buns

Whole Grain Macaroni Products With Standards of Identity

- Whole wheat macaroni
- Whole wheat spaghetti
- Whole wheat vermicelli

Whole Grain Cereal Flours and Related Products With Standards of Identity

- Cracked wheat
- Crushed wheat
- Whole wheat flour
- Graham flour
- Entire wheat flour
- Bromated whole wheat flour
- Whole durum flour

The 2005 Dietary Guidelines for Americans recommends you select at least half of your daily grain products from whole grains. That means consume three or more one-ounce servings of whole grains daily, and eat foods from a variety of whole grains. Examples include whole wheat, brown rice, oats, and whole grain corn.

Consider the following practical suggestions to increase whole grains in your child care menu plan.

- Choose a whole-wheat variety bread
- Serve oatmeal, whole-grain ready-to-eat cereals
- Substitute half of the white flour in your recipes with whole wheat flour
- Serve whole grain tortillas and taco shells
- Use whole grain bagels, muffins, or waffles
- Purchase whole grain pasta
- Serve whole grain cornbread

Refer to the *USDA Food Buying Guide, Section 3, Grains/Breads* for further information.

MyPyramid for Kids FREE Resources

Have you taken the opportunity to order FREE *MyPyramid for Kids* posters, within limits, for the classroom and cafeteria yet? It includes three levels of classroom lessons for grades 1 to 6, posters for the classroom and cafeteria, worksheets, coloring pages, and the *MyPyramid Blast Off* interactive computer game.

The MyPyramid graphic stresses the following key messages.

- Make half your grains whole
- Vary your veggies
- Focus on fruits
- Get your calcium-rich foods
- Go lean with protein

Visit USDA’s Team Nutrition website (www.teamnutrition.usda.gov) to view the interactive website. You may order these items online at www.ntis.gov/USDA/MyPyramid.aspx.

Nutrition Education That Works: An Integrated Approach An Online Course By the Illinois NET Program for PreK–5 Educators

For nearly ten months, the Illinois NET (Nutrition Education and Training) Program has proudly highlighted Illinois NET Online, a web-based training service that will expand access to nutrition education training for school staff members. Each course is free of charge and can be completed at the learner’s convenience in two hours or less. The first course, *Nutrition Education That Works: An Integrated Approach for PreK-5 educators*, explores statistics that indicate kids are not meeting current health recommendations. This interactive program highlights how schools can be a part of the solution to improve children’s health and provides educators with the information and skills needed to integrate nutrition education into core curricula. *Nutrition Education That Works: An Integrated Approach* also serves as an excellent way to meet staff nutrition education requirements for local wellness policies. Visit Illinois NET online at http://www.kidseatwell.org/online_training.html for additional course information.

New Games and Activities Available in the Nutrition Education Loan Library!

In a continuous effort to update and keep the Nutrition Education Loan Library holdings current, we are pleased to announce these new additions. Consider checking out one or more to enhance your food and nutrition services, especially during March which is National Nutrition Month®.

Color Me Healthy—A nutrition and physical activity program for children ages four and five. It is designed to stimulate all the senses of young children: touch, smell, sight, sound, and, of course, taste. Components of *Color Me Healthy* include a teacher’s guide, reproducible parent newsletters, three posters, four sets of picture cards, hand stamps, and original music (tape and CD).

MyPyramid Pursuit—A fun and energetic game to learn and review the USDA’s MyPyramid and good nutrition.

MyPyramid pocket chart and card set—This 41" x 40" pocket chart makes teaching healthy eating habits fun! This is a visual guide to a balanced diet and includes 95 real photographic food and word cards that can be put into the pocket corresponding to the correct food group. Great for classroom activities or health fairs!

Wheel-of-Health—A spin wheel with a variety of physical activities to engage children in. Some of the activities on the

within minutes of eating the food, or may take hours. The allergic reaction could be itching, hives, swelling of the mouth, throat, or tongue, and difficulty in breathing. Some children will outgrow their allergy; others will have to deal with it throughout their life.

Peanut allergy affects one to two percent of our young children, it is the most common cause of anaphylaxis, a **life-threatening** allergic reaction. If not treated quickly, it could lead to collapse and even death. Some children can have a serious allergic reaction to a microscopic amount of peanut (butter), peanut smell, or when playing with a child who ate peanut butter without having washed his hands and face. Because of the serious reactions to peanuts, many child care centers have decided to take precautions and declared themselves a *peanut-free child care center*. This is a decision made by the child care center; it is **not a CACFP requirement**.

What can you do to create a safe environment for a child with peanut allergy? Here are just a few things to consider.

- All personnel in the child care center should be able to recognize the child who has serious allergic reactions so they can be watchful while the child is in their room, on the playground, or walking through the hallways.
- All personnel should be told the signs of an allergic reaction and the seriousness of the risks.
- The teacher should have a list of the child's allergies posted in her room.
- Birthday and holiday parties pose a big risk when you allow parents to bring in treats. Even when ingredient lists are provided, you cannot be sure the item has not been cross-contaminated with peanut residue. The best solution is to eliminate all food brought in by parents. When the center plans and prepares the food for parties, there is much less risk of an incident occurring.
- Table should be washed before and after food is served.
- Water fountains could have peanut residue, therefore, the allergic child should avoid drinking from the water fountain.
- Is there a class pet? Find out the ingredients in the pet food and bedding; many kinds contain peanut products.
- When the child's class goes on a field trip, make sure there is someone on the trip who will carefully monitor the child's activities and potential exposures.
- Make sure there is a *Medical Exception Statement for Food Substitution* on file specifically explaining the food(s) to avoid and the specific replacement food. Child care center staff should never revise or change a diet prescription or medical order. The *Medical Exception Statement for Food Substitution* does not need to be renewed on a yearly basis; however staff is encouraged to ensure the diet orders reflect the current dietary needs of the child.
- You cannot charge a child with a disability for meals when requiring food substitutions or modifications to the planned menus. A child whose reaction to peanuts will cause anaphylaxis, leading to possible death, is indeed considered disabled under the Rehabilitation Act of 1973 and the American With Disabilities Act of 1990.

Food Allergies—Avoiding Cross Contamination

One of the key factors in keeping an eating area safe for children who suffer from food allergies is avoiding cross contamination. A few ways to avoid cross contamination include:

- Prepare allergen-free foods first, clearly label them and then store them in a protected area.

- Use a separate sanitation system. This means clean allergy free areas with cloths and water not previously used with other foods or for serving.
- Thoroughly clean all equipment, preparation areas, serving utensils, and serving areas.
- Reserve lunch tables for students with allergies and monitor the foods eaten at those tables.
- Use a separate sanitation method for allergy free tables, such as separate cleaning cloths and water or disposable cleaning towels, so allergens will not be carried over from other unmonitored areas.
- Remind all students not to share foods from lunch trays or foods brought from home.

Serving a safe and healthy lunch to students with food allergies can be done with slight alterations in recipes and preparation routines. Always have an emergency plan in place so if an allergic reaction does take place you and your staff are prepared.

State and National Internet Resources for Allergies

Did you know Illinois has its own allergy related organizations and resources? Please visit the sites listed below to find out what is happening in your local area as well as news releases related to schools and food allergies. Many national organizations are also great resources for recipes, recipe conversion ideas, and the latest research.

- Illinois Food Allergy Education Association (<http://www.illinoisfaea.org/>)
- Central Illinois Food Allergy Network (<http://www.cifan.org/About/default.asp>)
- The Food Allergy & Anaphylaxis Network (<http://www.foodallergy.org>)
- USDA Food Nutrition Services, Allergies, and Food Sensitivities (http://healthymeals.nal.usda.gov/nal_display/index.php?info_center=4&tax_level=2&tax_subject=278&topic_id=1379&placement_default=0)
- Food Allergy Initiative (<http://www.foodallergyinitiative.org/>)
- Allergy Kids (<http://www.allergykids.com/>)
- The Food Allergy Project (<http://www.foodallergyproject.org/>)

When Is a Grain Whole?

An acceptable grain/bread in CACFP is a product that is enriched or whole-grain or made from enriched or whole-grain meal or flour. Do you know what are considered whole grain or are you slightly confused about the subject? Whole grain products are healthier for us, so we definitely should include more of them in our diet. The Food and Drug Administration issued draft guidance or recommendations in February 2006, on “whole grains” to help consumers understand whole grain label statements.

Answer the following questions as *True* or *False*.

- Q. Wild rice, crushed wheat, and graham flour are whole grains.
A. *True*.
- Q. Label terms such as multigrain, stone ground, seven grain, and 100 percent wheat indicate the product is a whole grain.
A. *False*. Read the ingredient listing to determine if a product contains whole grains.
- Q. Soybeans and chickpeas are not considered whole grains?
A. *True*, neither soybeans nor chickpeas are whole grains. They are considered legumes.

wheel include lunges, jumping jacks, marching in place, and arm curls. This item would be great for health fairs, gym classes, or just getting the kids up and moving.

The OrganWise Guys MyPyramid Pack—This pack includes a MyPyramid puzzle and four activity books. The activity books include *MyPyramid Activities*, *Poetry in Motion*, *An Active Role Model*, and *A Family Meal Plan*.

To take a look at these new items and more, visit www.kidseatwell.org and click on the *Search Loan Library for School and Childcare Resources* link. You can order up to five items at a time directly from the website.

Food Service Sanitation Certification

Have you checked the expiration date on your food service sanitation certificate? Do not let it expire. Contact your local health department for more information.

Expect Physical Activity Guidelines for Americans in 2008

As important as a healthy diet is, so is engaging in physical activity. Health and Human Services has announced it will issue comprehensive Physical Activity Guidelines for Americans in 2008. This year, a Physical Activity Scientific Advisory Committee will convene to formulate recommendations for the Physical Activity Guidelines for Americans.



Illinois State Board of Education

100 North First Street • Springfield, Illinois 62777-0001
www.isbe.net

Rod R. Blagojevich
Governor

Jesse H. Ruiz
Chairman

Christopher A. Koch, Ed.D.
State Superintendent of Education (Interim)

An Equal Opportunity/Affirmative Action Employer and Provider
 Printed by the Authority of the State of Illinois • April 2007 150 PRT3402720 No. 761



CALENDAR OF EVENTS

A P R I L 2007		View www.isbe.net/nutrition to download the April issue of <i>Mealttime Minutes</i> and archived copies.
	18	Refresher Training for Institutions Participating in the CACFP—Whittington
	22-28	<i>Week of the Young Child</i> http://www.naeyc.org/about/woyc/

M A Y 2007	7-11	<i>Child Nutrition Employee Appreciation Week</i>
	17	Refresher Training for Institutions Participating in the CACFP—Oak Lawn
	24	Child and Adult Care Food Program Orientation for New Institutions—Springfield
	28	Memorial Day—ISBE Office Closed

J U N E 2007		<i>Dairy Month</i>
	6	<i>Child Care Business Expo—Chicago</i>
	20	Refresher Training for Institutions Participating in the CACFP—Springfield



RETURN SERVICE REQUESTED