

## Mealtime Minutes e-Newsletter

### Accommodating Children with Special Dietary Needs April 2012 Issue

Many questions arise when you have a child or children in your facility that may either have a disability that alters their diet or a child that may have food intolerance and you may be unclear of your responsibilities to accommodate. Refer to the Child Nutrition Program website, [Accommodating Children with Special Dietary Needs](#), providing a link to the regulations, the updated [Physician's Statement for Food Substitutions](#) form and procedures on how and when to provide accommodations.

If a requested substitution meets the meal pattern requirements the substitution can be made but is not required. *Continued below...*

### Jeanne's Farewell

After working more than 22 years with the Child Nutrition Programs, 19 years with CACFP, I have decided it is a perfect time to retire. I cannot tell you how much I truly loved my job and working with all of you. I leave with wonderful memories of the many *yesterdays* spent at this desk sharing CACFP information to help you operate a top-notch food program for children. Now it is time for me to look forward to all the *tomorrows* ahead. I plan on enjoying every moment between each beautiful sunrise and sunset; with the grace of God, I will get to do just that.

Warmest regards, Jeanne

#### Reminders / Due Dates

- Submit **April claim** by the 10th
- Keep **email addresses** current for the authorized representative and the contact person on the sponsor application



Jeanne Lavanger and her girls,  
Chloe Jo and Lexie Sue

### A Wellness Policy Makes Good Business Sense

Putting a wellness policy on paper makes good business sense. Parents will appreciate your attention to excellent care and you will also feel good about your contribution to children's health. A new workshop from the Illinois Nutrition Education and Training Program – *Creating a Child Care Wellness Policy*—will show you how.

- Learn how to create a healthier environment for children.
- Get step-by-step instructions for writing wellness policies that support healthy eating and physical activity.
- Discover resources for fun, interactive nutrition education and get tips on providing daily opportunities for physical activity.
- Learn about the upcoming changes in child nutrition meal patterns and how a wellness policy can help you make those changes.
- Find ideas for engaging staff and families in supporting healthy behaviors.
- Get an opportunity to begin writing policies for your program.

To schedule this workshop call 800/466-7998 x 251 or email [inet@kidsroe.org](mailto:inet@kidsroe.org).

### Question and Answer

**Q:** Do Veggie Stix count as a creditable grain/bread component for a snack?

**A:** No. Veggie Stix do not credit as a grain/bread component in the Child Nutrition Programs. To be creditable as a G/B, the product must meet two criteria:

1. It must be enriched or whole-grain, made from enriched or whole-grain meal and/or flour. If using a cereal, it must be whole-grain, enriched or fortified. Bran and germ are credited the same as enriched or whole-grain meal or flour.

2. It must be included in Group B of the G/B Chart in the Meal Pattern for Children – Ages 1 through 12 Years [http://www.isbe.net/nutrition/pdf/meal\\_chart.pdf](http://www.isbe.net/nutrition/pdf/meal_chart.pdf).

For more information, please see pages 2-4 of the Food Buying Guide [http://teamnutrition.usda.gov/Resources/FBG\\_Section\\_3-GrainsBreads.pdf](http://teamnutrition.usda.gov/Resources/FBG_Section_3-GrainsBreads.pdf).

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## Milkshakes and Smoothies

Improving the nutrient content of the foods children eat by disguising nutrient-rich food such as vegetables and fruits in recipes is a great idea for people of all ages. However, for the Child Nutrition Programs, it is not a menu planning principle that teaches and encourages children to recognize and choose a variety of healthy fruits and vegetables.

All components are required to be easily recognizable. In the case of milkshakes and smoothies, the milk and fruit or juice must be offered separately and then can be blended into the partially frozen drink for lunch, supper and snack only, breakfast is excluded. For snack, juice cannot be served if milk is the only other component served. A third component would have to be served. This is to prevent a completely fluid snack. Milkshakes and smoothies are not creditable for breakfast.



If you were using yogurt in a smoothie, yogurt is a meat/meat alternate and the **meat/meat alternate cannot be part of a drink**, therefore the yogurt is not creditable in a smoothie.

Frozen yogurt, drinkable yogurt products, homemade yogurt, yogurt flavored products, yogurt bars, yogurt covered fruits and/or nuts or similar products are **not** creditable.

However, an item such as yogurt in a tube, is not considered a beverage and is creditable as a meat/meat alternate.

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## Accommodating Children with Special Dietary Needs continued...

For a **child with a disability**, the **substitution must be made** to the regular meal, including milk, for any child with a disability (i.e. a life-threatening reaction when exposed to the food and/or beverage) when the following two requirements are met:

1. A licensed physician's statement is required. Facilities can provide the [Physician's Statement for Food Substitutions](#) sample form to families for a physician to complete.
2. The statement must include the child's disability, explanation as to how the disability restricts the child's diet, the major life activity affected by a disability, and food(s)/beverage(s) to be omitted and foods/beverages to be substituted.

For a **child without a disability**, **substitutions may be made** to the reimbursable meal for any child who has a food intolerance or allergies that do not rise to the level of a disability when the following two requirements are met:

1. A signed statement from a "medical authority" is required. A medical authority would include licensed physicians, chiropractic physicians, physician assistants and nurse practitioners. Facilities can provide the [Physician's Statement for Food Substitutions](#) sample form to families for a physician to complete.
2. The statement must include the medical or other special dietary reason for the need for substitution, the food(s)/beverage(s) to be omitted, and food(s)/beverage(s) to be substituted.

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## Elimination of Temporary Approval for Household Eligibility

Temporary approval of Household Eligibility Applications is no longer recommended. All Household Eligibility Applications are effective for 12 months.

Temporary approval was encouraged when the need for assistance seemed short-term, such as when a household experienced a temporary reduction in income or when no income was reported. Year-long eligibility did not apply when a household was given temporary approval. At the end of the temporary approval period, determining officials re-evaluated the household's situation. **Effective immediately, households that are in temporary approval status must be approved for an entire year**, with the original date of the temporary approval as the start of the year of eligibility. Year-long eligibility includes households that report no income on their Household Eligibility Application.

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## New Tools! Food and Milk Substitution Charts

### Ever Needed to Know When a Food Substitution is Reimbursable?

Now you can reference the new [Food Substitution Chart](#), which provides detailed answers to common food substitution requests. It addresses requests for food substitutions based on a vegetarian diet, religious beliefs, allergies, a need for ground or pureed foods, and tube feeding and when they may or may not be reimbursable. The chart only applies to children 1 year of age and older. It does not apply to infants.

### Ever Needed to Know When a Milk or Non-Dairy Milk Substitute is Reimbursable?

Now you can reference the new [Milk and Non-Dairy Milk Substitution Chart](#). This helpful chart lists various reasons for requests, if and when a *Physician Statement for Food Substitution* must be on file and if and when the center may or must provide a substitution. Non-dairy milk substitutes must be nutritionally equivalent to milk and served in the correct portion for the age of the child. The milk and non-dairy milk substitution chart is only for children 1 year of age and older. It does not apply to infants.

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## Batch Claim Submission



Do you have more than one site? Do you want to save time filing your monthly claim? Check out the "Upload Batch Files" item on the Main Menu in ACES. You can create a simple computer file that can be used to record all the claim information for multiple sites and you can upload all site claims at the same time. Instructions on how to format the file and upload it are available from the information in ACES. You do not have to go to each individual site claim in ACES and keypunch the information separately into each site. Once the batch file has been submitted and all site claims are filed, you just have to go into ACES and open the sponsor claim and check your totals and submit it. Using batch files can be quite a time saver when you have multiple sites.

Once you have the file formatted, you can just update it each month with the monthly claim information. If you use a computerized meal counting system you might be able to have it load the claim information automatically into the batch file each month. Check with your Information Technology folks or your meal claiming system.

Please contact Sharon Hopson or Nicole Richards at 217-782-5256 or via email at [shopson@isbe.net](mailto:shopson@isbe.net) or [nrichard@isbe.net](mailto:nrichard@isbe.net) for any claim questions.

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## At-Risk Afterschool Meals Component of CACFP

As of December 13, 2010, the Healthy, Hunger-Free Kids Act of 2010 expanded the availability of the At-Risk Afterschool Meals Program in all states. Illinois has participated in the At-Risk Afterschool Meals program since 2001. Thus, the only new benefits to participants in Illinois are the added guidance book entitled [At-Risk Afterschool Meals Handbook](#) and a list of Questions and Answers included in [CACFP Memo 08-2012](#).

If you have an afterschool program that provides enrichment activities and you think your program may meet the eligibility requirements for the at-risk afterschool meals program, or if your program is already involved and you would like more detailed information, please refer to our [At-Risk Afterschool Programs Fact Sheet](#).



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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