

Mealtime Minutes e-Newsletter

April/May 2013 Issue

What's New in CACFP?

- ◆ The USDA has introduced the [What's New](#) webpage, featuring a variety of different resources for all the programs in the Child and Adult Care Food Program. Find information on webinars, translations, improving your program management, tips on nutrition and wellness, and recipes, cookbooks and more. Mark this webpage as a favorite!
- ◆ Another new feature is the CACFP Wellness Resources for Child Care Providers [website](#). Look here for information on topics such as: nutrition information; physical activity ideas to help motivate children to move more and sit less; limiting electronic media use and screen time; resources to help even the smallest child care center develop and implement a wellness policy; community connections; resources in Spanish; and the new [Nutrition & Wellness Tips for Young Children: Provider Handbook for the Child and Adult Care Food Program](#), an excellent guide for the CACFP that also includes information about food allergies and choking hazards.

Reminders / Due Dates

- Keep e-mail addresses current for the authorized representative and the contact person on the sponsor application
- ISBE closed May 27th in honor of Memorial Day

Training Opportunities

Webinar trainings and online module trainings are available at <http://www.isbe.net/nutrition/htmls/workshops.htm>.



Look for the new Feeding Infants webinar and Food Substitutions slideshow.

View them any time and as often as needed!



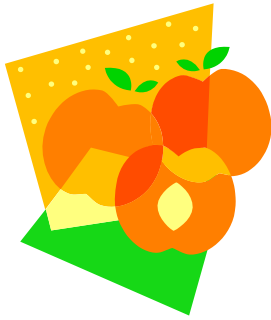
Survey for CACFP Participants

We appreciate all the effort that CACFP participants put forth to make their program a success. With that in mind, we encourage you to share your ideas with us on CACFP topics you want to know more about. We created a brief, nine-question survey, available online at <http://www.surveymonkey.com/s/CVNWPM9>, to help gather your input. We've extended the deadline to participate until the end of May. Answers will be kept confidential, and you will not be asked information that would identify your center. Questions include: what topics would be most useful in enhancing your job skills?; what specific forms and instructions would help you complete your job?; and, what would you like to see more of in this newsletter? We hope you will take the time to share your thoughts, and we thank you for your feedback!

New Guidance Available for Food Substitutions

Accommodating children who may have food allergies or special dietary requirements, while also ensuring you meet the meal pattern requirements for CACFP, can get complicated. Because of this, we put together a new presentation: *Food and Milk Substitutions: Accommodating Children with Special Dietary Needs*. It will help answer some of the common questions we receive about what, and when, food modifications and substitutions are allowable and reimbursable. Look for this new tool on the CACFP Training Resources and Workshops [webpage](#), under Training Resources.





Crediting Fruit Cups

The USDA has been made aware that some manufacturers may be advertising that their 4.0 ounce fruit cups credit as 1/2 cup of fruit in the Child Nutrition Programs. Because fruit credits by volume, not weight, a 4.0 ounce by weight fruit cup is equivalent to 3/8 cup fruit – slightly less than 1/2 cup fruit.

Grant Opportunity for Healthy Eating Research

The Robert Wood Johnson Foundation is making \$1.6 million in healthy eating research grants available to improve health through nutrition and physical activity. These funds are available for large-scale changes (such as at state and federal levels) and smaller, organization-level changes (such as in schools, recreational programs, child-care settings and hospitals). For more information about the grants please visit the [web-site](#) online.

USDA Memos: Documenting Processed Products

The USDA's Food and Nutrition Service [CN Labeling website](#) recently was updated with new product formulation statements (PFS) for fruits and vegetables, as well as revised PFS for documenting grains. Also, a new [memo](#) dated Jan. 15, 2013, was issued as a reminder that program operators should review product literature carefully because they are responsible if menus they develop do not meet meal pattern requirements.

When you prepare meals from a recipe, make sure to keep the recipe on file. And, when purchasing processed products, make sure they either have a CN Label, or that products without a CN Label have a completed and signed PFS on manufacturers' letterhead. All documentation should list how the processed products contribute to the meal pattern requirements.

Tax-exempt Status for Churches

A recent [USDA memo](#) provides updated clarification on the eligibility requirements for churches seeking to participate in the CACFP. In this order, churches may submit one of the following as proof of their eligibility to participate in CACFP:

1. A copy of the Federally tax-exempt letter, per section 501(c)(3) of the Internal Revenue Code, Internal Revenue Service
2. Group Ruling listing the affiliated churches, specifically listing the church making application or similar listings from main church headquarters
3. Illinois Department of Revenue Tax Exemption Letter stating the facility is organized and operated exclusively for religious purposes.

This ruling does not apply to any other tax exempt private nonprofit organizations which are still required to submit a copy of their Federal tax exempt IRS 501(c)(3) letter.

National Garden Month: Explore Fresh Menu Options in April

April is National Garden Month, which makes this a good time of year to think about new ideas for meals you could prepare with fresh fruits and vegetables. Visit the following online resources to learn an abundance of facts and tips on how to select, store, and prepare a variety of fruits and vegetables:

- <http://healthymeals.nal.usda.gov/features-month/whats-season>
Check out USDA Team Nutrition's website and choose fruits and vegetables that are in season, which is a great way to stretch food dollars. Learn about the fruits and vegetables that are fresh and in abundance each season!
- <http://www.fruitsandveggiesmorematters.org>
The Fruits & Veggies—More Matters® health initiative suggests simple ways to add MORE fruits and vegetables to every eating occasion. This initiative is offered by the Produce for Better Health Foundation.



The Summer Food Service Program: *Is It Right For You?*

Wondering which Child Nutrition Program you should offer to children during the summer months? Here are some criteria to help you decide which program is better for you:

- For those of you who operate an At-Risk After-School Program, you could consider participating in the SFSP during the summer months because you are not allowed to claim meals through the CACFP during this time. There is only one exception: If the school used for area eligibility is a year-round school, then your CACFP At-Risk After-School 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 expand your program in the summer months to a different group of children (for example, you offer programs to school age children in another part of your building), you can operate the SFSP if your site is located in an area where at least 50 percent of the children are receiving free and reduced-price meals in the National School Lunch Program.



If you are interested in participating in the SFSP as a sponsor, a separate application must be submitted for the SFSP by June 15, 2013. You also must have attended one of the SFSP training workshops that was offered in March; or attend one scheduled for April or May 2013. Visit our [website](#) for workshop details, locations, times, and registration.

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, contact Amy Bianco or Naomi Greene in the Nutrition and Wellness Programs Division at 800-545-7892, or email abianco@isbe.net or nagreen@isbe.net.

Happy Anniversary to the Nutrition Facts Label

The Nutrition Facts Label is an ever-present element on food packages – and it celebrated its 20th anniversary in January! Here are some of the highlights of the label's accomplishments, as well as a glimpse at what's in store in coming months:

- **Informed Choices for Consumers:** The label enables Americans to better understand the nutritional content of foods – and make more healthful choices!
- **Influencing Healthier Options:** The label has influenced food companies to change products to make them healthier. An example of this is trans fat labeling. Because of public health concerns, trans fat has been required on the label since 2006. As a result, many companies have reduced the amount of this harmful fat in their food products.
- **The Label Keeps Getting Better:** FDA plans to update the Nutrition Facts Label to make it even more useful for consumers based on the most recent nutrition and public health research.



Online Resource: There is a wealth of information to be found on the Nutrition Facts Label. You can download/print out an explanation of each section of the label [online](#).

Did you know?: Over 75% of the sodium you eat comes from packaged and restaurant foods. The Nutrition Facts Label on food and beverage packages is a useful tool for making healthful dietary choices. The FDA offers informative education materials that provide practical tips for using the label to reduce sodium in the diet.

Reprinted from: [U.S. Food & Drug Administration's CFSAN News for Educators, January 2013](#)

Questions and Answers

Q. We would like to incorporate a particular brand of natural cut potato chips in a reimbursable meal. These potato chips are not typical potato chips, as in they are par-fried and frozen, and we would bake them before serving. May we claim these chips as a vegetable component?

A. Snack-type foods made from vegetables or fruits, such as potato chips, banana chips or popcorn, do not qualify as a vegetable or fruit, and may not be credited toward meeting meal pattern requirements for Child Nutrition Programs ([Food Buying Guide for Child Nutrition Programs](#) (FBG) page 2-4). Also, potato chips are listed in the Other Foods section of the FBG (page 5-6). The items in the Other Foods section do not meet the requirement for any component in the meal patterns.

Although these potato chips are frozen and can be served hot, they are perceived as potato chips. You may consider this item as an extra, non-creditable item for the meal. If you ever have questions about whether or not a product is creditable, please don't hesitate to ask us.

Q. If I already participate in the CACFP, may I also participate in the Summer Food Service Program (SFSP)?

A. It depends on your CACFP program. At-Risk After-School Meals programs that cannot already claim meals through CACFP during summer months may consider participating in the SFSP. Nonprofit programs that expand their childcare to school age children in another part of their facility, and meet area eligibility requirements, also could participate. Licensed child care centers may not change to SFSP, and are not allowed to take children from the child care center to a SFSP site to eat. More information about the SFSP is available [online](#).



Q. We often receive food donations, and are confused about the record-keeping requirement. What is the process for that?

A. Food donations may be accepted as long as they are documented, and the items have not been purchased with WIC or SNAP benefits. When a food donation is made to your facility, have the person donating the items provide the following information: a list and the quantity of each item donated, the date donated, and the donor's name and signature. Keep this information on file at your site. ISBE has a Food Donations form available that you may use to document this information. It is available online at http://www.isbe.net/nutrition/pdf/68-77_food_donations.pdf.



Q. Our center feeds many children every day. Where can we find quality, high-yield recipes that will meet CACFP requirements?

A. There are several great resources available online for high-yield recipes – ones that will help you serve a variety of great tasting meals that meet the CACFP Meal Pattern. The first two collections listed below were developed specifically for child care centers by the USDA . The last two listed are full of recipes that align with the meal pattern for the National School Lunch Program, but can also meet the needs of CACFP participants if the yields are adjusted to meet CACFP meal pattern requirements. Click on each link to view these resources online:

- ◆ [USDA Recipes for Child Care](#)
- ◆ [USDA Team Nutrition's Recipes for Healthy Kids Cookbooks](#)
- ◆ [Iowa Department of Education -- Iowa Gold Star Cycle Menus](#)
- ◆ [Ohio Department of Education -- Menus That Move](#)

15th Annual Child Care Business Expo

The 15th Anniversary Child Care Business Expo will be held Saturday, June 1, 2013, at the UIC Forum in Chicago. This year's Expo, Gear Up for Growth: Marketing and Money Strategies that Work for Your Child Care Business, will be a full day of real life solutions to current business challenges. Speakers will include experienced child care entrepreneurs and financial and marketing experts. For more information, visit the Women's Business Development Center's [website](#).

Check it Out! Resources, Publications, Media Clips

Healthy MyPlate Recipes Now Easier to Find and Share

First Lady Michelle Obama recently announced an exciting new collaboration between five of America's largest media companies, as well as [Pinterest](#). They have come together with the Partnership for a Healthier America and USDA's MyPlate to provide online access to many healthy and nutritious recipes. The effort is in support of the Let's Move! initiative, and aims to highlight recipes that align with the USDA's Guidance for Healthier Eating.

"As a mom, I know how challenging it can be to think of new meal ideas that your kids will like and that will be good for them," said Mrs. Obama, announcing the new effort.

"This partnership takes the guess work out of finding healthier recipes and gives parents the information and the tools they need to make healthy choices for their families every day."

For links to the recipes, check out the blog on the Let's Move! [website](#).



Take a Second Look at The Two Bite Club



The newly revised Two Bite Club is a great tool for teaching good nutrition. This educational storybook was developed to introduce MyPlate to preschoolers. Parents or caregivers can read the book to children and encourage them to try foods from each food group by eating just two bites, just like the characters in the story. The back of the book contains a MyPlate coloring page, a blank certificate for the Two Bite Club, fun activity pages for kids, and Tips for Growing Healthy Eaters.

The book is currently available [online](#). Later this spring, printed copies are expected to be available, and individual student copies may be ordered at that time.

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