



Your Link to the Child and Adult Care Food Program



**Illinois State Board of Education
Nutrition Programs**

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Introducing *Let's Move! Child Care: Tools for Child Care Centers*

An exciting new campaign, Let's Move! Child Care, is a new effort to work with child care providers to help young children get off to a healthy start. First Lady Michelle Obama said while unveiling *Let's Move! Child Care*, “Everyone is going to see that these small changes can make a big difference. If our kids get into the habit of getting up and playing, if their palates warm up to veggies at an early age, and if they’re not glued to a TV screen all day, they’re on their way to healthy habits for life. That’s why I’m so excited about *Let's Move! Child Care* – because I know that child care facilities and home-based providers can be a real building block for an entire generation of healthy kids.”

Everyone has a role to play in ending childhood obesity, and child care centers are certainly no exception. By providing a solid checklist on healthy nutrition, physical activity and screen time, everyone can help take more responsibility for the healthy habits of kids.

Child care providers and parents can go to HealthyKidsHealthyFuture.org for free tools and resources, and to share success stories. One of the free resources that can be downloaded and printed from this website is a wonderful *Let's Move Child Care Checklist, Recommendations for Preschoolers, Toddlers and Infants.*

The checklist, which can be used by both providers and parents, is comprised of these five elements:

- **Physical Activity:** Provide 1-2 hours of physical activity throughout the day, including outside play when possible.
- **Screen Time:** Children under two years should have no screen time. For children age two and older, strive to limit screen time to no more than 30 minutes per week during child care, and work with parents and caregivers to ensure children have no more than 1-2 hours of quality screen time per day, which is the amount recommended by the American Academy of Pediatrics.
- **Food:** Serve fruits or vegetables at every meal. Eat meals family-style when possible, and do not eat fried foods.
- **Beverages:** Provide access to water during meals and throughout the day, and do not serve sugary drinks. For children ages two and older, serve low-fat (1%) or

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non-fat milk, and no more than one 4-6 ounce serving of 100% juice per day.

- **Infant feeding:** For mothers who want to continue breastfeeding, provide their milk to their infants and welcome them to breastfeed during the child care day. Support all new parents in their decisions about infant feeding.

The checklist is a way to self-assess your involvement to increase physical activities, offer more nutritious food and beverages, and limit screen time of young children. Ending childhood obesity is a responsibility we all share, and working together, we will make a difference.

Edited from Robin Schepper, Executive Director of Let's Move!

ADMINISTRATION

Child Nutrition Reauthorization 2011— Low-Fat Milk, Non-Dairy Milk Substitute, and Water!!!

We continue to receive information from the USDA which modifies the operations of the Child and Adult Care Food Program, based on the Healthy, Hunger-Free Kids Act of 2010, Public Law 111-296. The most recent changes deal with low-fat milk, non-dairy milk substitutes, and water, which are discussed below. These provisions are effective immediately, but no later than October 1, 2011. A [summary](#) of all the changes to date is available on our website.

Fluid Milk and Fluid Milk Substitutions

On May 11, 2011, USDA issued a memo that changed the requirements for fluid milk and fluid milk substitutions in the CACFP. Fluid milk served in the CACFP must now be consistent with the most recent version of the Dietary Guidelines for Americans; and also allows the substitution of non-dairy beverages that are nutritionally equivalent to fluid milk in cases of special dietary needs.

- **Fat-Free and Low-Fat Milk**
The 2010 Dietary Guidelines recommend that persons over two years (24 months) of age consume fat-free (skim) or low-fat (1%) fluid milk. Therefore, fluid milk served to children

two years of age and older must be: fat-free or low-fat milk, fat-free or low-fat lactose reduced milk, fat-free or low-fat lactose free milk, fat-free or low-fat buttermilk, or fat-free or low-fat acidified milk. Milk served must be pasteurized fluid milk that meets State and local standards, and may be flavored or unflavored. Whole milk and reduced-fat (2%) milk may not be served to children over two years of age. Because the Dietary Guidelines for Americans do not address milk served to children under the age of two the requirements for children in this age group are unchanged.

- **Non-dairy Beverages**
If children cannot consume fluid milk due to medical or other special dietary needs, other than a disability, non-dairy beverages may be served in place of fluid milk. Non-dairy beverages must be nutritionally equivalent to milk and meet the nutritional standards for fortification of calcium, protein, vitamin A, vitamin D, and other nutrients to levels found in cow's milk. An allowable fluid milk substitute must provide the nutrients listed in the following table. Unfortunately, you will not be able to determine if all of the below listed nutrients are included in a product based on the package's Nutrition Facts label. You will need to contact the manufacturer to request written nutrient information to determine whether their product meets the USDA nutrient standards.

Milk Substitute Nutrition Standards	
Nutrient	Per Cup(8oz)
Calcium	276 mg
Protein	8 g
Vitamin A	500 IU
Vitamin D	100 IU
Magnesium	24 mg
Phosphorus	222 mg
Potassium	349 mg
Riboflavin	.44 mg
Vitamin B-12	1.1 mcg

This information along with detailed [questions and answers](#) are available to ensure the milk

substitute meets the specific requirements.

Parents or guardians may now request in writing non-dairy milk substitutions without providing a medical statement. As an example, if a parent has a child who follows a vegan diet, the parent can submit a written request to the child's caretaker asking that soy milk be served in lieu of cow's milk. The written request must identify the medical or other special dietary need that restricts the diet of the child. Such substitutions are at the option and expense of the facility. If you decide to provide the soy milk, it must meet the nutrient standards listed above.

As a special note: The requirements related to milk or food substitutions for a participant who has a *disability* and who submits a Medical Exception Statement (ISBE form 67-44) signed by a licensed physician remain unchanged.

Water Availability

On May 11, 2011, the USDA established a requirement to make potable water (water that is safe for humans to drink) available to all children participating in the CACFP. Water should be made available to children to drink upon their request, throughout the day, including at meal times, but does not have to be available for children to self-serve. While drinking water must be made available to children during meal times, it is not part of the reimbursable meal and may not be served in place of fluid milk.

The 2010 Dietary Guidelines for Americans do not establish a daily minimum intake for water consumption, but do recommend that water be consumed daily. However, caregivers should not serve young children too much water before and during meal times which will reduce the amount of food and milk consumed by the children. Water should be offered to children in a variety of ways which includes but is not limited to: having cups available next to the kitchen sink faucet, having water pitchers and cups set out, or simply providing water to a child when it is requested. Facilities are encouraged to serve water with snacks when no other beverage is being served.

We expect that this can be put in place with no or very low cost. However, circumstances may arise in which safe water is not readily available in a facility. In these instances, purchasing water for children may be considered a reasonable and allowable cost

for participating facilities. The purchasing of water will be an unallowable cost if purchased for adult or employee consumption. The amount of reimbursement per meal is unchanged.

Eligibility of Children Evacuated from Japan and Bahrain—For ALL Institutions

The USDA recognized that many families were evacuated from Japan due to recent disasters. CACFP institutions that require eligibility information can accept certification of the child's homeless status from the agency that assisted with the evacuation or is providing shelter. If the child is not residing in an emergency shelter, the institution should have an adult living with the child complete an income eligibility form indicating the child is homeless. No further information is required to certify that child's eligibility.

Join *Mealttime Minutes* Newsletter Listserv

To receive quarterly notices of *Mealttime Minutes* newsletter link, join Mealttime Minutes newsletter listserv. Email: mtm@list.isbe.net and type only the email address to be added in the message section. A confirmation will be sent to the email address provided.

PLAN for an Emergency

The June, 2011, issue of *Mealttime Memo for Child Care*, a monthly newsletter written by the National Food Service Management Institute (not to be confused with this newsletter, the *Mealttime Minutes*) includes a great article on being prepared for an emergency.

- *P* - Post emergency numbers and information in easy to see locations.
- *L* - Let staff know their roles and responsibilities through training and practice drills.
- *A* - Ask parents to keep records up to date for emergency contact information.
- *N* - Note outcomes and adjust as needed.

POLICY BULLETIN BOARD

Maintain Source Documentation

All participating institutions must maintain adequate source documentation to support the operation of a nonprofit food service program. Operating a nonprofit food service program requires that all revenue received or accruing to the food service is restricted and used only for allowable costs. Any revenue in excess of expenses is used only to maintain, expand or improve the institution's nonprofit food service program for its participants. The key point here is that you have to maintain source documentation of your food program expenses in order to prove that you incurred those costs. The source documents that would be applicable to food program expenditures would include receipts, invoices, cancelled checks, check registers, bank statements, expense reports and any other documents that support your costs. Your institution is responsible for keeping these records for at least three years plus the current year, and must provide them upon request to any USDA, ISBE and/or other state or federal official.

FORMS FORUM

Webpage Updates

The CACFP center's webpage has undergone some changes, specifically the section for [Forms, Documents and Resources](#) it is more user-friendly to provide faster and easier accessibility to program information. Watch for more updates in the future!

Monthly Milk Purchase Estimate

A new form was created to help CACFP participants determine how many gallons of milk to purchase each month in order to meet the meal pattern requirements for children aged 1-12. The Monthly Milk Purchase Estimate (ISBE 68-50) form should be completed at the beginning of each month. It requires you to estimate the total number of meals served daily, by age group and meal service. It also

prompts you to input the number of days per month that meals will be served for each age group and meal service. The number of required ounces of milk is pre-populated on the form for your convenience.

As an example, if your facility serves children ages six weeks to twelve years and provides the meal services of breakfast, lunch and PM snack, you will need to estimate the number of daily breakfasts, lunches and PM snacks for children in the age groupings of 1-2 years, 3-5 years and 6-12 years. Notice that infants were excluded from the estimation, since milk is not a required meal component for children eleven months old and younger.

By accommodating for each age group and meal service scenario, your estimations should be reasonably accurate, and this form should not only help you ensure your compliance with food program regulations but should also prevent over spending at the grocery store on milk. The new [Monthly Milk Purchase Estimate](#) form can be used in place of the Monthly Milk Purchase Summary (ISBE 67-94).

Total Meals Recap

The [Total Meals Recap](#) (ISBE 67-22) form, which consolidates the total meals served each month as documented on the Meal Participation Records, was updated to allow facilities to record up to three meal services on one sheet of paper. The old version of the Total Meals Recap form only allowed one meal service to be recorded per form. Utilizing the new form will reduce paper, printing and copying costs.

The Question & Answer Corner

- Q.** Adults pre-plate the meals for the children at our child care center. If a child tells us he/she doesn't want anything to eat, then we don't give him/her a plate. Can we claim the meal?
- A.** *No, a meal cannot be claimed for reimbursement*

when the meal was never served to the child who said they didn't want anything.

The best practice would be to serve the meal to the child even when he/she doesn't want anything. The child may change his/her mind when the other children are enjoying their meal. So, if the complete meal is served to the child, placed in front of him/her at the table, but the child still chooses not to eat it, the meal can be claimed.

Q. We used the Electronic Direct Certification System to match children's names to the SNAP/TANF data base to eliminate having to give Household Eligibility Applications out for all the children. The system worked great, but we still received a couple applications with SNAP/TANF case numbers. Why didn't we find them as matches in the system?

- A.** *There are several reasons why you might not have found a match.*
- 1) The name of the child could have been spelled wrong, either by the person entering all the information into the data base, or you when typing in the child's name.*
 - 2) Since we accept SNAP/TANF case numbers from adults and children, the person listed on the Household Eligibility Application may not actually be the child enrolled in your center, and therefore, their name was never checked. The data base includes only children 18 years and younger.*
 - 3) The person may have just been approved to receive SNAP/TANF benefits, and therefore, was not in the data base at the time you checked. The new data is available for you on the first of each month.*

Q. How is a foster child's personal use income supposed to be listed, there isn't a line any more?

A. *Since the foster child is categorically eligible for free meals, personal use income is no longer recorded on an application that lists only the foster child.*

Q. What if the foster child is included on the Household Eligibility Application with the other children in the household? Is personal use income included on the application?

A. *Households with foster and non-foster children may choose to include the foster child as a household member, as well as any personal income earned by the foster child, on the same household application that includes their non-foster children. This will streamline the application process and may help the foster family's non-foster children qualify for free or reduced price meals based on household size and income.*

The child care center would certify the foster child for free meals, and then make an eligibility determination for the remainder of the household based on the household's income (including personal income earned by the foster child) or other categorical eligibility information reported on the application. As before, foster payments received by the family from the placing agency are not considered income and should not be reported.

TRAINING

NEW Refresher Training

The presentation for the Refresher Training has been updated to include a lot of new information. During the months of June, July, and August we always try to arrange trainings throughout the state to accommodate everyone. Check out the [registration schedule](#) for a location near you, to keep up to date on the CACFP requirements.

FOOD SERVICE AND NUTRITION

Healthy Snacks – Try Offering Something New

The children in your facility are all busy playing and learning new things all day long, and that takes lots of energy to keep them going. Snacks play an important role in keeping children's energy and nutrient levels up between meals. It would be difficult to keep children full between meals without nutritious snacks to fill in the gaps. This is where you and the CACFP come in to help provide healthy snacks for the children. When preparing your

menus keep these ideas in mind.

Children always like finger foods. Offer a variety of fresh fruits and vegetables cut up into smaller pieces that are manageable finger foods for the children. This helps develop their fine motor skills. You may want to serve the fruit with a flavored low-fat yogurt or cut up fresh vegetables served with low-fat ranch dressing. To add more variety and provide different nutrients, serve a variety of colors in your fruits and vegetables including orange, dark green, yellow, and purple. Remember the colors of the rainbow when selecting what fruits and vegetables to serve.

For a change of pace, offer a sandwich such as tuna salad or a peanut butter sandwich for the pm snack when the older children are coming back from school and are especially hungry. If you are serving these sandwiches as two components to meet meal pattern requirements, be sure to serve in the correct portion sizes for each age group and serve with water or another drink.

Add high fiber or whole grains to your snacks. The first ingredient listed must state it is “whole” such as “whole wheat” or “whole grain” to be considered a whole grain product. When you bake use whole grain in your snacks and the aroma of fresh baked goods will fill the air. Another option would be a whole grain granola cereal topped with yogurt. Try offering a whole grain muffin square served with peach slices. If you serve cookies occasionally, serve an oatmeal cookie.

You may want to try offering a new recipe for a snack before you serve it for lunch. This may give the children a chance to try a smaller portion of the new food item and it gives you a chance to determine if it will be a good choice to add to your lunch or supper menus. Offer a mini bean and cheese roll-up on a whole grain tortilla. What about a whole grain pancake served with peach slices? You can serve a breakfast type meal for lunch too by adding a few extra components. Check your Meal Pattern Chart for correct meal components and portion sizes.

When planning your snack menus, provide a wide variety of different whole grains, fruits and vegetables, meats or meat alternates and milk to meet the requirements for healthy snacks.

Refer to the Idaho *CACFP Healthy Menu Planning Guide*, which provides additional information on assisting child care centers in providing nutritious meals and snacks.

MyPlate the New Food Icon



The USDA unveiled the new food icon, **MyPlate**.

MyPlate replaces the old Food Pyramid. The intent of the icon is to prompt consumers to think about building a healthy plate at mealtimes. It emphasizes the fruits, vegetables, grains, protein, and dairy food groups. This new icon can help consumers adopt healthy eating habits consistent with the *2010 Dietary Guidelines for Americans*.

Check out www.ChooseMyPlate.gov for information, tools, and “how-to” materials about healthy eating. While you’re there, check out the interactive tools, like the customizable Daily Food Plan or Food Tracker. The main messages are:

Balancing Calories

- Enjoy your food, but eat less.
- Avoid oversized portions.

Foods to Increase

- Make half your plate fruits and vegetables.
- Make at least half your grains whole grains.
- Switch to fat-free or low-fat (1%) milk.

Foods to Reduce

- Compare sodium in foods like soup, bread, and frozen meals and choose the foods with lower numbers.
- Drink water instead of sugary drinks.

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