

COMMUNITY NUTRITION TEAM

# CACFP Today

A Newsletter from the Wisconsin Department of Public Instruction, Division of Finance and Management

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Summer 2011

## WI CACFP Child Care Wellness Grant

### Healthy Eating.....Physical Activity.....Healthy Weight

*I am beaming!* I am writing this article after just coming back from a field trip with the children from The Red Caboose Child Care Center. The outing included a tour of Madison's Farmers Market and well known restaurant, L'Etoile with Executive Chef and owner, Tory Miller. Chef Tory is known for bringing local produce and other local foods to children as well as using local foods in his two restaurants. As part of their 'Taste of Madison' food week, the kids loved sampling the snap peas and getting ideas for designing their *Earthy Edibles* restaurant!

Welcome to the WI CACFP Child Care Wellness Grant opportunity!

Whether you are a sponsoring agency or a CCI (child care center, at-risk site, outside of school hours site, emergency center), you have the opportunity to receive support to further assist you with your programs for improving the nutrition and health of Wisconsin children. Funds awarded to sponsoring agencies and sub-grantees will help to develop and implement child care wellness policies (business practices) concentrating on improving the nutritional quality of food served, encouraging physical activity and educating child care providers, parents and caregivers. In addition as a grant participant, you will receive special training, continuous technical assistance and a copy of the newly published Active Early, Healthy Bites Guides to help implement your wellness goals.

- *Sponsoring Agencies/Home Monitors*- Continue to promote the 'Provider Pilot' grant opportunity to home providers and how each can get involved.
- *CCI's Providers*- Sub-Grants Available...Apply Now! Sub-grants selected must use their funding awards for activities that will assist their site with achieving nutrition and physical activity policies. The application period is **June 9, 2011 – July 21, 2011, 4 p.m.** Visit the DPI, CACFP Child Care Wellness Grant page for more information and to download the application, <http://dpi.wi.gov/fns/cacfpwellness.html>.

Contact Linda Handel, RDCD, CACFP Wellness Grant Specialist, at 608-267-1283 or [linda.handel@dpi.wi.gov](mailto:linda.handel@dpi.wi.gov).



## Registered for Training?

Our 2011 CACFP Summer Training Conference-*Measuring Success in the CACFP* is quickly approaching! It is scheduled for Tuesday, July 19, 2011 7:30 AM - 4:00 PM at Chula Vista Resort in Wisconsin Dells. Have you registered yet? If not, there's still time, please register your agency's attendees at [www.regonline.com/2011cacfpsummertraining](http://www.regonline.com/2011cacfpsummertraining). Whether you are new to the CACFP or a long-time participant, this one-day conference is essential to help keep you up to date on the latest USDA regulations and program procedures. Learn how to increase the overall health and wellness of the children in your care. Find out about best practices and tips from other centers to help with everything from recordkeeping to menu ideas.

If you or your staff is unable to attend this year's training opportunity, detailed information shared at training will be available on our website following the conference.

## FFY 2012 On-line Application



We are currently revising and enhancing the CACFP online application. It is anticipated that the online application will be available for all agencies to update in late August 2011. (A copy of your current online application can be accessed by going to [Welcome to Wisconsin Community Nutrition Program Login Window](#). Once you have accessed the online application simply click on the print icon on your browser's tool bar, then proceed to the next page of the online application and repeat.)

The online application instructional manual is also being revised and will be posted on the DPI webpage. Please read the revised manual carefully. It provides step-by-step information on how to properly and fully complete the application. (It is recommended that you print the revised manual first before logging on to the on-line application.)

A memo from our office will be sent to all agencies via email in August. If you do not receive the memo please contact your assigned Consultant. The on-line contract is due no later than September 19, 2011.



# Milk and Water Requirement Changes

Several new guidance memos have been released by the USDA as part of The Healthy, Hunger-Free Kids Act of 2010. Below we offer detailed information about two of the recent memos, 20-2011 and 21-2011.

## Water Availability in the CACFP

Section 221 of the Act requires child care centers, family day care homes, at-risk afterschool programs, and shelters participating in CACFP to make potable water available to children, as nutritionally appropriate. This requirement does not apply to adult day care centers, however those facilities are encouraged to ensure drinking water is available to participants. Suggested ways that sites can implement this requirement include:

- Making cups available next to the kitchen sink faucet.
- Having water pitchers and cups set out.
- Providing water to a child when it is requested.

Water should be available throughout the day upon child request, including mealtimes, but does not have to be available for children to self-serve. Excess water may lead to meal displacement by reducing the amount of food and milk consumed by children, therefore caregivers should not serve young children too much water before and during meal times. It is encouraged that water be served with snacks when no other beverage is being served, and in lieu of other high calorie, sweetened beverages such as juice drinks and soda.

During meal times, potable water must be made available to children, though it is not part of the reimbursable meal and may not be served in lieu of fluid milk. If safe water is not readily available in a facility, purchasing potable water may be considered a reasonable and allowable cost.

## Nutrition Requirements for Fluid Milk and Fluid Milk Substitutions in the CACFP

Section 221 of the Act requires that a variety of fluid milk be served consistent with the most recent Dietary Guidelines for Americans (DGAs). These guidelines recommend that persons over two years of age consume fat-free or low-fat (1%) fluid milk. Participants two years of age and older must be served any of the following:

- Fat-free fluid milk
- Low-fat (1%) fluid milk
- Fat-free or low-fat lactose reduced milk
- Fat-free or low-fat lactose free milk
- Fat-free or low-fat buttermilk
- Fat-free or low-fat acidified milk

All such products listed above must be pasteurized fluid milk that meets state and local standards, and may be flavored or unflavored. **Requirements relating to children under the age**

**of two are unchanged at this time, as the recent DGAs do not address milk served to this age group.**

Non-dairy milk substitutions: Parents or guardians may request in writing that their child be served a non-dairy milk substitution without providing a medical statement. This written request must identify the medical or other special dietary need (i.e. life style choice) that restricts the diet of the child, and it is recommended that the request also list the name of the non-dairy milk substitution to be used. The non-dairy milk substitution 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, as outlined in the National School Lunch Program (NSLP) regulations 7 CFR 210.10 (m)(3) and noted in the chart below, in order to be part of a reimbursable meal. Because the Nutrition Facts Label on food products does not list all the required nutrients (see below), sponsors will need to request documentation from the product manufacturer to confirm and certify the presence of all required nutrients at the proper level, when reimbursing meals served with a non-dairy milk substitute.

Milk Substitute Nutrition Standards	
Nutrient	Per Cup
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	1.1mcg (µg)

A meal containing a non-dairy milk substitution supplied by the parent is reimbursable when: (a) a written request from the parent or medical authority for the non-dairy substitute is on file, (b) the center has documentation that the non-dairy substitute being used meets all the required nutrient standards as detailed above, and (c) all other required meal components are supplied by the center and documented. For all other substitutions, if a parent chooses to supply the substitute(s), a signed medical statement must be on file and the center must supply at least one required meal component to claim the respective child's meals for reimbursement.

Facilities are encouraged to comply with these requirements as soon as possible but no later than October 1, 2011.



## New Guidance

USDA has issued numerous Policy Memos since our last Newsletter edition. Many include policy changes and new requirements. All policy changes will be reflected in the updated Guidance Memos which are currently in the process of being mailed to agencies. A link to the USDA Policy Memos can be found on our website under **USDA CACFP Policy Memos** at: <http://dpi.wi.gov/fns/cacfp1.html>

# State Agency Guidance Memorandum Updates – Watch for them in the mail!

We will soon be mailing out updated State Agency Guidance Memorandums for the Child Care Component and the Adult Care Component. Please look for them in your mailboxes towards the end of June 2011 or beginning of July 2011. Remember to replace the old with the new in your binders and read them through for the changes!



## New Food Icon, MyPlate, Unveiled

First lady Michelle Obama and Agriculture Secretary Tom Vilsack unveiled the new food icon, MyPlate, on June 2, 2011. 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*. USDA is trying to provide an easy-to-understand icon that will help deliver a series of healthy eating messages and empower people with information they need to make healthier food choices.

Check out [www.ChooseMyPlate.gov](http://www.ChooseMyPlate.gov) for information, tools, and “how-to” materials about healthy eating. Included is detailed information on the food groups with great tips and resources. The main messages include:

### Balancing Calories

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

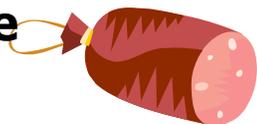
### Foods to Increase

- ✓ 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.

## What about Beef Jerky, Summer Sausage and Pepperoni?



These items are not creditable food items to the meat/meat alternate component of the Child and Adult Care Food Program Meal Pattern. This means that they do not count towards a reimbursable meal. Other non-creditable shelf-stable dried meat, poultry, or seafood snacks include smoked snack sticks made

with beef and chicken, other jerky items such as turkey jerky and salmon jerky, and similar items made in nugget form. This is regardless whether they have Child Nutrition (CN) labels or signed manufacturer’s product specification sheets.

Some meat stick type products that can count towards a reimbursable meal are cooked, cured meat and/or poultry sausages not containing byproducts, cereals, binders or extenders such as Bologna, Frankfurters, Knockwurst, and Vienna Sausage as are listed on pages I-36 and I-37 of the *Food Buying Guide for Child Nutrition Programs*. Other meat stick type products not listed in the *Food Buying Guide for Child Nutrition Programs*, like frozen or refrigerated breaded meat/poultry/seafood “pattie-like” products that contain extenders can count towards a reimbursable meal only if they have CN labels or signed manufacturer’s product specification sheets stating the amount of cooked lean meat/meat alternate per serving.

## Welcome To Our Team!



Introducing Linda Handel, RD CD, our new Grant Specialist for the Child and Adult Care Food Program (CACFP) Childcare Wellness Grant. Linda is familiar with the Department of Public Instruction, as she worked as a Public Health Nutritionist with the USDA Fresh Fruit and Vegetable Program. Her past professional and volunteer experiences include hospital- based & worksite wellness, culinary programming, school nutrition, and freelancing for food industry, business & child care academia accounts. Linda recently received a Certificate of Training in Child and Adolescent Weight Management through the American Dietetic Association. She enjoys cooking, gardening, and discovering quaint little towns. She has grown to like the challenges of indoor cycling, yoga and going on walks with her dog, Ruby. Dark chocolate and a bold cuppa Joe top off her daily dietary regime.

Megan Dobesh, RD, CD is our new Nutrition Program Consultant for the Community Nutrition Team. Megan is originally from Brookings, South Dakota and completed her dietetic internship at UW Hospital and Clinics here in Madison. Megan had been working at UW Hospital and Clinics



upon completion of her internship since August 2010. Her past professional experiences include being: a student mentor for KidQuest an interactive nutrition education and physical activity program; a wellness trainer at Dakota Wellness and Rehab; and a day care assistant for over seven years. Her volunteer experiences in Madison have included assisting with the Farm to School and Chef in the Classroom programs through REAP, as well as The River Food Pantry. In her free time she enjoys camping, traveling, live music, yoga, riding bike, and improving her cooking and gardening skills. She also enjoys spending time with her family, especially her three nephews and three nieces! Her favorite foods include pasta and all types of berries.

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## CACFP Today

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## July 2011

Sun	Mon	Tue	Wed	Thu	Fri	Sat
					1	2
National Recreation and Parks Month <a href="http://www.letsmove.gov/lets-move-outside">www.letsmove.gov/lets-move-outside</a>						
3	4 *Holiday	5	6	7	8	9
10	11	12	13	14	15 Claim Due <sup>2</sup>	16
17	18	19 CACFP Training WI Dells	20	21	22	23
24	25	26	27	28	29	30
31						

## August 2011

Sun	Mon	Tue	Wed	Thu	Fri	Sat
	1	2	3	4	5	6
Family Meals Month <a href="http://www.family-mealtimes.org">www.family-mealtimes.org</a>						
7	8	9	10	11	12	13
14	15 Claim Due <sup>2</sup>	16	17	18	19	20
21	22	23	24	25	26	27
28	29	30	31			

## September 2011

Sun	Mon	Tue	Wed	Thu	Fri	Sat
				1	2	3
Whole Grains Month <a href="http://www.wholegrainscouncil.org">www.wholegrainscouncil.org</a>				Qtrly NPFS Report Due <sup>1</sup>		
4	5 *Holiday	6	7	8	9	10
11	12	13	14	15 Claim Due <sup>2</sup>	16	17
18	19 CACFP Online Contract Due	20	21	22	23	24
25	26	27	28	29	30	

<sup>1</sup>Qtrly NPFS - Quarterly Nonprofit Food Service (**Report Due for Sponsors of more than 1 site only**)  
<sup>2</sup>Claim Due - CACFP reimbursement claim is suggested to be submitted by the 15<sup>th</sup> of the following month of the claim month. Claims will be accepted if submitted within 60 days after the end of the claim month.

**\* DPI State Offices Closed**

All of the CACFP Newsletters are available electronically on our website at: <http://dpi.wi.gov/fns/news/trent.html>.