

COMMUNITY NUTRITION TEAM

CACFP Today

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

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Spring 2010

Training Opportunities



Coming soon...detailed information for the upcoming CACFP summer trainings. Dates and locations are being planned now for July and August 2010. Recordkeeping and Nutrition trainings will both be offered this summer. Please watch your mail in the next few weeks for your registration information

for these Summer CACFP trainings. The training information, including registration forms, will be posted to our website as soon as the dates and locations have been confirmed. Visit the Community Nutrition Team website for training opportunities at: <http://dpi.wi.gov/fns/training.html>. Currently, you can view CACFP refresher trainings via webcasts on the website. Webcasts allow you to view taped presentations that include PowerPoint slides on the web. We currently have the following training webcasts available: Civil Rights, Completing the Claim for Reimbursement, Determining Household Size-Income Statements, Maintaining the Household Size-Income Record, Completing the Annual Non-Profit Financial Reports – Independent and Sponsoring Organizations, Internet Claim Procedures, Meal Pattern Requirements for Children 1-12 Years Old and three additional infant webcasts. Check back often for new webcasts as well as other upcoming training opportunities.

Wisconsin CACFP Hopeful to Receive Grant

In the FFY 2010 appropriations bill Congress gave \$8 million in grants to the CACFP to improve the nutrition and health of children in child care. The \$8 million in grant funds will be awarded by USDA on a competitive basis to state CACFP agencies, with sponsors eligible for subgrants, for the purpose of improving the health and nutrition of children in child care settings.

USDA and state agencies will give priority to projects that include the following activities:

- Promote nutrition and physical activity in child care settings consistent with the Dietary Guidelines and other relevant science;

- Provide technical assistance and training to sponsors and child care homes and centers in implementing state and local initiatives designed to improve the health and nutrition of children;
- Conduct outreach campaigns to increase access to the program in underserved areas and populations; and
- Make innovative use of technology to provide training and education to promote the nutrition, physical activity, and health of children.

All project applications should include a plan to improve the quality of food provided in child care centers and homes. USDA is in the process of finalizing the application process for state agencies. DPI intends to apply for this CACFP grant.



USDA Recipes for Child Care Updated

Did you know that the *Child Care Recipes: Food for Health and Fun* for USDA's Child and Adult Care Food Program has been updated recently? *USDA Recipes for Child Care* is a kit that includes a CD-ROM of all recipes, nutrient information, safe food handling, mini posters on handwashing and more. You may request the updated *USDA Recipes for Child Care* book from *Team Nutrition's* website at: www.fns.usda.gov/fns/nutrition.htm. Click on *Team Nutrition*, then under *Browse by Subject*, click on *Resource Library*, scroll down and click on *Recipes for Child Care*. The newest *USDA Food Buying Guide* is included in a CD as well. Or if you prefer, just download the respective sections at the same URL.

Going Green

Effective January 26, 2010, information formerly included on reimbursement claim transmittal notices will now be printed on check stubs—and not on a separate piece of paper. This change is an effort to reduce costs and to be environmentally friendly with a reduction in paper usage.

CN Labels

Do you know what CN Labels are? Do you know what a CN Label looks like? Let's take a closer look at this specific label and how the use of CN Labels may benefit your food program.

What is the Child Nutrition Labeling Program?

The Child Nutrition (CN) Labeling Program is a voluntary USDA labeling program for the Child Nutrition Programs (CNP); the Child and Adult Care Food Program is a CNP. Since it is voluntary, you will not find the CN Label on all products. The USDA evaluates a product's formulation (exactly what the product is made from) to determine how it will contribute towards the meal pattern requirements. Once approved, the manufacturer is allowed to state this contribution on the label.

What products are eligible for CN labels?

Only two types of products can have CN labels; however the products may contribute to other meal components such as meat/meat alternates, bread/grains or fruits/vegetables.

- Main dish products which contribute to the meat/meat alternates component of the meal pattern requirements. Examples include cheese or meat pizzas, meat/cheese and bean burritos, chicken nuggets, meat or cheese ravioli, egg rolls, beef patties, and breaded fish portions.
- Juice and juice drink products containing at least 50 percent full-strength juice by volume. This includes such products as grape drink, fruit punch and frozen juice drink bars.

Are CN labeled products better than similar non-CN labeled products?

No, a CN Label does not indicate that the CN product is healthier or more nutritious than a similar non-CN Labeled product. It also does not indicate that the quality of the food is any different than a non-CN Labeled food. The CN label declares the quantities of the creditable food items in a processed food and how they contribute to the meal pattern requirements.

What are the advantages of using CN labeled Products?

- A CN label statement clearly identifies the contribution of a product toward the meal pattern requirements, and it protects you from exaggerated claims about a product.
- A CN label provides a warranty against audit claims if the CN labeled product is used according to the manufacturer's directions.
- A CN label simplifies cost comparison of similar products.

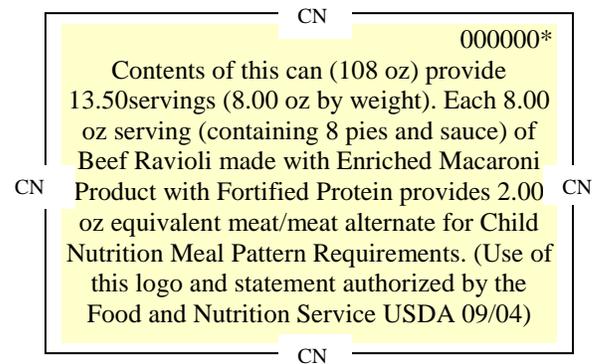
How do I identify a CN labeled product?

Look at the sample CN label below. A CN labeled product will always contain the following:

- The CN logo, which is a distinct border with CN written on all four sides
- The meal pattern contribution statement
- A unique six-digit product identification number (assigned by FNS) appearing in the upper right hand corner. In our example, the identification number is 000000; however, all zeroes does NOT represent a valid CN Label identification number

- The USDA/Food and Nutrition Service (FNS) authorization statement
- The month and year FNS gave final approval appears at the end of the authorization statement, in our example it shows 09/04

Beef Ravioli (Canned)



The beef ravioli CN label shows the can contains 13.5 servings when 2.0 ounces of meat/meat alternate are required for the lunch meal pattern. Children 6 to 12 years of age would need 8 pies. Also, notice that 8 pies will weigh 8.0 ounces (that is a ½ pound!), an ounce a piece. That also means one pie contains only ¼ ounce of meat/meat alternate. How much would you have to serve for children 3 to 5 years of age? They need 1.5 ounces for lunch. If 2 ounces equals 8 pies, then 6 pies would meet the lunch meal pattern requirements for 1.5 ounces. Based on this information, would this product be an acceptable product for your child care center? The product definitely could meet the meal pattern requirements for the children. However, after reviewing this product, the size of the portions would definitely be unrealistic for the age of the children. The cost per serving may also be prohibitive since you get so few servings per can. When planning menus with combination foods, such as the beef ravioli, spaghetti and meat sauce, beef stew, or breaded chicken patty, you have to ensure each portion served meets the meal pattern requirements for lunch for the age of the children. In order to do that, you either need to 1) prepare the product from scratch using a written recipe that lists the weight of meat/meat alternate to be used, the number of portions, and serving size to meet the meal pattern requirement; or 2) if you are looking for convenience you must either purchase a CN Labeled product or request a product formulation sheet or product analysis sheet signed by an official of the manufacturer (not a salesperson) stating the amount of meat/meat alternate in the product. Call the 1-800 number on the package and ask for a manufacturer's analysis sheet. This will provide the same information as a CN label.

USDA Memos

Recently issued Guidance Memos from USDA include:

Memo No. **Title**
07-2010 Eligibility of Haitian Refugees for the Child Nutrition Programs

A link to the memos can be found on our website under **USDA CACFP Policy Memos** at: <http://dpi.wi.gov/fns/cacfp1.html>



Mealtime Memo

Mealtime Memo for Child Care is a

Newsletter for child care providers participating in the CACFP, focused on good nutrition for young children. The National Food Service Management Institute (NFSMI), University of Mississippi publishes Mealtime Memos monthly on their website:

<http://www.nfsmi.org/Default.aspx>, in the resource center section. Your agency can sign up to receive Mealtime Memos by email thru the NFSMI website. Check out this recent edition, *Accommodating Vegetarian Diets*, learn how minor adjustments to recipes and menus can still meet vegetarian children's nutritional needs. This edition includes a recipe for egg salad sandwiches and a week of sample menus, <http://www.nfsmi.org/documentlibraryfiles/PDF/20100301094743.pdf>

Meat and Meat Alternates on the CACFP

While the meat and meat alternates are but one component in the Child and Adult Care Food Program meal pattern the food group is important in providing protein, iron, zinc, B vitamins (thiamin, riboflavin, niacin, B23) and other nutrients. While some items are higher in iron, like red meats and other animal products, they all contain protein.

Here are some reminders when planning and serving the items from the meat/meat alternate food group in your meals and snacks. Amounts are the issue when serving meat or meat alternates.

When peanut or nut butter sandwiches are included in a lunch or supper, a second meat or meat alternate is necessary to supply the required amount for the meal pattern requirement. WHY? Two (2) tablespoons of Peanut butter to ½ slice of bread are needed for a 1-2 year old. Three (3) tablespoons of Peanut butter to ½ slice of bread are needed for a 3-5 year old, and Four (4) tablespoons or ¼ cup of Peanut butter to 1 slice of bread are needed for the 6-12 year olds. This is way too much peanut butter on a sandwich to be safe for any of the age groups.

Grilled cheese sandwiches are another item often seen on menus served at lunch or supper time at child care centers on the CACFP that may need an additional meat or meat alternate added to the meal. The amount of cheese required for the CACFP meal pattern is 1 to 2 ounces depending on the age grouping. Cheese slices, such as American cheese, are most often packaged in ¾ ounce serving sizes. Grilled cheese meal preparations observed frequently have only 1 slice (or ¾ ounce) of cheese on 2 slices of bread. This is not enough cheese to meet any of the age category requirements.

If the slice of cheese is ¾ ounce then

1-2 year will need 1 and 1/3 slice cheese

3-5 year olds will need 2 slices of cheese

6-12 year olds will need 2 and 2/3 slices of cheese

Yogurt is another item included in the meat alternate food category for the Child and Adult Care Food Program. Yogurt can often be included as the additional protein in a meal that needs more protein like the peanut butter sandwich or grilled cheese sandwich. However, when served as the only meat/meat alternate component in a lunch or dinner, the serving size must be ½ cup for 1-2 year olds; ¾ cup for 3-5 year olds and 1 full 8 ounce cup for 6-12 year olds to meet meal pattern requirements.

A legume dish can be easily included in a meal to stand alone or enhance the quantity of meat or meat alternate. What is a legume? Legumes are plants of the pea or pod family, including peas, beans and lentils. They are rich in fiber and protein. Legumes are in the meat/meat alternate food group as well as the fruit/vegetable group on the CACFP (can't be counted as a meat alternate and vegetable in the same meal). Remember, 10-20 tries for a new food to become familiar!

Here are some menu ideas:

Peanut butter sandwiches
Cottage cheese and Peaches
Green Beans
Milk
Grilled Cheese sandwich
Yogurt and Grapes
Carrots
Milk
Bean burrito D-21A ¹
Sweet Potato Fries
Milk

¹ USDA Recipes for Child Care

Welcome New Agencies

Little Prints Daycare LLC, Lancaster
 Wisconsin Starz Academy, Kenosha
 Celebration Children's Center, Appleton
 Kurtenbach Investments LLC, Chippewa Falls
 Rising Star Learning Academy, Milwaukee
 Babes in Toyland, Eau Claire
 Amy's Academy LLC, Greenfield
 Grins & Giggles Childcare LLC, Middleton
 Central Clark Cty Community CCC, Greenwood
 Learn & Grow Preschool & Childcare, Rice Lake
 Calvary Daycare, West Bend
 Amy's Academy Lake Geneva LLC, Lake Geneva
 Living in Destiny Daycare, Milwaukee
 Milwaukee Public School District, Milwaukee

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CACFP Today

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April 2010

Sun	Mon	Tue	Wed	Thu	Fri	Sat
				1	2	3
4	5	6	7	8	9	10
11	12	13	14	15	16	17
National Library Week April 11 - 17				Claim Due ²		
18	19	20	21	22	23	24
				Earth Day		
25	26	27	28	29	30	

May 2010

Sun	Mon	Tue	Wed	Thu	Fri	Sat
						1
2	3	4	5	6	7	8
National Family Week May 2 - 8						
9	10	11	12	13	14	15
Mother's Day						Claim Due ²
16	17	18	19	20	21	22
23	24	25	26	27	*28 Furlough Day	29
30	*31 Memorial Day					

June 2010

Sun	Mon	Tue	Wed	Thu	Fri	Sat
June is Dairy Month www.nationaldairy.org ycouncil.org		1	2	3	4	5
		Qtrly NPFS Report ¹ Due				
6	7	8	9	10	11	12
13	14	15	16	17	18	19
		Claim Due ²				
20	21	22	23	24	25	26
Father's Day		Home Sponsor Training				
27	28	29	30			

¹Qtrly NPFS - Quarterly Nonprofit Food Service (**Report Due for Sponsors of more than 1 site only**)

²Claim Due - CACFP reimbursement claim is suggested to be submitted by the 15th 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/newsltrcnt.html>.