

COMMUNITY NUTRITION TEAM

CACFP Today

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

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Spring 2014

Summer Training Success

The 2014 Child and Adult Care Food Program (CACFP) Conference: *Choose Your Adventure* held in May at the Glacier Canyon Lodge Conference Center in Wisconsin Dells was a success! If you didn't have the opportunity to attend or just want more information from the training, check out our website at http://fns.dpi.wi.gov/fns_training#cacf. The website includes presentations and handouts from the conference.

New resources were given out at the conference, including the *Crediting Handbook for the Child and Adult Care Food Program*, *Nutrition and Wellness Tips for Young Children*, and *Recipes for Healthy Kids: Cookbooks for Child Care Centers*. If your agency did not attend training and would like a copy, you may download them from the Team Nutrition website at <http://www.fns.usda.gov/tn/resource-library>.

The *Crediting Handbook for the CACFP* provides information on crediting foods commonly served in child and adult care centers, at-risk afterschool programs, and family day care homes. The *Nutrition and Wellness Tips for Young Children* resource was released in May of 2013, and provides information on creating healthier environments for children at child care centers, with tip sheets focusing on different topics. The success stories in this resource provide examples of ways the CACFP has been improved in some centers. The cookbook features a variety of recipes that will help increase consumption of more dark green and orange vegetables, dry beans and peas, and whole grains. Each recipe has crediting information on how it contributes to the CACFP meal pattern.

Thank you to those who attended the conference. We hope you found it as successful as we did!

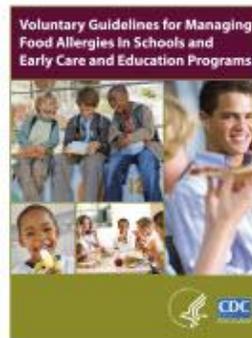
Unfortunately, we were not able to record the training sessions and registry certificates are only available for those who attended the conference. If you attended the conference and have any unanswered questions or concerns, please email the CACFP team at cacfptraining@dpi.wi.gov. Any other questions not related to the conference should be directed to your assigned consultant.



Statewide News Media Release for CACFP Institutions

Starting in June 2014, and each year after, the DPI will issue a statewide news media release on behalf of all institutions currently participating in the CACFP. This means that all participating institutions and facilities that are approved to operate will be included in the statewide release and are no longer required to submit their own release. All new institutions are still required to issue a news media release during their first year of operation. The news media release will be issued to over 150 media sites across Wisconsin and a copy of the release will be posted on our website.

New Resource for Managing Food Allergies from the Centers for Disease Control (CDC)



The CDC recently released the first national comprehensive guidelines for school food allergy management. The guidelines support the implementation and improvement of school food allergy management policies in schools and early child care centers. The new resource, *Voluntary Guidelines for Managing Food Allergies in Schools and Early Care and Education Programs*, is available at

http://www.cdc.gov/healthyouth/foodallergies/pdf/13_243135_A_Food_Allergy_Web_508.pdf.

Farmers market season is officially underway. Wisconsin farmers markets are exciting places that bring together local farmers, artisans and communities. Find a Wisconsin farmers market near you! <http://www.wifarmersmarkets.org/>

Proper Handling and Storage of Breastmilk

The WI Department of Children and Families and the Department of Health Services recently adopted recommendations for supporting breastfeeding mothers with children in child care.

The recommendations include:

- Thaw frozen breast milk under lukewarm running water or in the refrigerator.
- Discard thawed breast milk or formula that has been out of the refrigerator for more than one hour.
- Discard partially consumed bottles or cups of milk or formula and do not save or refrigerate for later consumption.
- Freshly expressed breast milk (not frozen) that has not been served to a child may remain at room temperature for up to eight hours.
- Do not give water to infants under six months of age unless authorized in writing by the child's physician.

The following guidelines are from the American Academy of Pediatrics and Centers for Disease Control and Prevention that coincide with the recommendations from the WI Department of Children and Families and the Department of Health Services.

Handling breastmilk does not have special requirements but it is important to keep it safe for the infant to drink. Make sure the breastmilk is clearly labeled with the infant's name & date. Recommend that your parents of infants store the expressed breast milk in 1-4 ounce amounts to avoid the dumping of any breastmilk. Most breastfed infants will not consume more than 4 ounces at a feeding.

There is little preparation needed prior to serving it to the infant but it must be done safely. When you first pull the breastmilk out you will notice it has separated. The fat layer will be on the top and the watery layer will be on the bottom; this is normal. The bottle should not be shaken, as this will destroy some of the components of breastmilk. Instead, gently swirl the bottle back and forth to mix the breastmilk.

If you are using breastmilk from the freezer, you can place it in the refrigerator for up to 24 hours or you can run it under warm water at the time of use. Another option is to put it into a bowl/container of warm water, or you can use a bottle warmer. Breastmilk that has been thawed should never be put back into the freezer. Any leftover milk needs to be discarded.

Also, the microwave should not be used to heat breastmilk as it will destroy some of the nutritional properties of the breastmilk. Microwaving will only heat portions of the breastmilk and increase the risk of burning the infant's mouth.

Here are the guidelines for storing breastmilk for healthy full term infants:

Location	Temperature	Duration
Room temperature (freshly expressed)	Up to 77° F	6-8 hours
Insulated cooler, with ice packs	5-39°F	24 hours
Refrigerator	39°F	5 days
Freezer compartment inside refrigerator	5°F	2 weeks
Freezer compartment of refrigerator with separate doors	0°F	3-6 months
Deep Freezer (Freezer Chest or Upright)	-4°F	6-12 months

Reference: *Academy of Breastfeeding Medicine*. (2004) [Clinical Protocol Number #8: Human Milk Storage Information for Home Use for Healthy Full Term Infants](#) [PDF-125k]. Princeton Junction, New Jersey: Academy of Breastfeeding Medicine.

Main points:

- Always use the oldest milk first.
- Avoid vigorous shaking; gently swirl the milk back and forth.
- Thaw milk in the refrigerator or with warm water.
- The microwave should never be used to warm the milk.
- Any breastmilk left in the bottle after a feeding should be discarded.
- Do not refreeze breastmilk after it has been thawed.

The DPI recommends making a copy of these guidelines for your infant rooms. Contact your assigned consultant with any questions.



New Guidance

Listed below are recent policy memos and resources issued by the United States Department of Agriculture (USDA) and a brief summary of each one. Click on the following link <http://www.fns.usda.gov/cnd/care/Regs-Policy/PolicyMemoranda.htm> to access the complete list of USDA policy memos and to download copies.

CAFCP 06-2014: Effective Date of Free or Reduced Price Meal Eligibility Determinations

This memo clarifies the flexibility to local educational agency (LEA) officials for establishing the effective date of eligibility for children certified as free or reduced price meals in the National School Lunch Program (NSLP) and School Breakfast Programs (SBP) and free milk in the Special Milk Program (SMP) based on household applications. If the LEA chooses, it could establish the date of submission of an application as the effective date of eligibility, rather than the date the official approves it. Please note, while this memo specifically discusses the NSLP, SBP and SMP, this flexibility extends to the CACFP and Summer Food Service Program (SFSP), as applicable.

New Guidance...continued on page 3

New Guidance...continued from page 2

CACFP 07-2014: Guidance on Income Eligibility Determinations and Duration – REISSUED

This memo provides guidance and clarification regarding individual income eligibility determinations and durations in the CACFP and SFSP. This memo incorporates recently clarified flexibility available for establishing the effective date of eligibility for children certified for free or reduced price meals in the CACFP and SFSP and therefore supersedes CACFP 06-2012, *Guidance on Area Eligibility Determinations and Durations, February 10, 2012*. Sponsors now have flexibility concerning the effective date of certification for Program benefits. The date to be used to make this determination may be either the date the parent or guardian signed the income eligibility form or the date on which the center official signs the form of the participant. Sponsors must decide which date they will rely on as the effective date and apply this date to all income eligibility forms submitted on behalf of all participants.



CACFP 08-2014: Fiscal Year 2014 Reallocation of State Administrative Expense (SAE) Funds

This memo provides instructions for State agencies regarding the reallocation of SAE funds. Reallocation is a formal process by which State agencies can request additional SAE funds above their initial authorized funding level or return SAE funds they do not need.

CACFP 09-2014: Guidance on Reallocation of Child and Adult Care Food Program Audit Funds

This memo provides instructions for State agencies regarding the reallocation of CACFP Audit funds. Reallocation is the process by which State agencies can request additional CACFP audit funds above their initial authorized funding level.

CACFP 10-2014: Area Eligibility Using Census Data

The purpose of this memo is to allow additional flexibility in using census data for area eligibility determinations in the CACFP family day care home component.

CACFP 11-2014: Sharing Aggregate Data to Expand Program Access and Services to Child Nutrition Programs

The purpose of this memorandum is to remind participants in the CACFP about data sharing requirements and opportunities. This memorandum also includes frequently asked questions regarding data sharing.

CACFP Crediting Guidebook

The USDA Food and Nutrition Services released a new Crediting Guide for CACFP that is written under the current CACFP meal patterns. This resource complements the Food Buying Guide for Child Nutrition Programs by providing crediting information on foods that are commonly served in child and adult care centers, family day care homes, and at-risk afterschool care centers. It also incorporates and updates the crediting information in previous publications *What's in a Meal?* and *Crediting Foods in the Child and Adult Care Food*

Program. This handbook is currently accessible through the Team Nutrition Website at <http://www.fns.usda.gov/crediting-handbook-child-and-adult-care-food-program> as well as on our website under [Other Materials and Resources for the CACFP](#).

New Adult Day Care: A Child and Adult Care Food Program Handbook

USDA has issued a new “Adult Day Care: A Child and Adult Care Food Program Handbook.” This handbook is an update to the original version published in 1993 and covers all policy related to the adult care component of the CACFP. The handbook is available on our website at http://fns.dpi.wi.gov/files/fns/pdf/adc_handbook.pdf.

USDA Handbooks and revised FNS Instruction 796-2, Rev. 4

In December 2013, USDA released the following handbooks: Monitoring Handbook for State Agencies, Guidance for Management Plans and Budgets and Serious Deficiency, Suspension, & Appeals for State Agencies & Sponsoring Organizations and revised FNS Instruction 796-2, Rev. 4. The handbooks and instructions are located on USDA’s website at <http://www.fns.usda.gov/cacfp/cacfp-handbooks>.

Federal Register: Agency Information Collection Activities: Proposed Collection; Comment Request – Child and Adult Care Food Program (CACFP) Sponsor and Provider Characteristics Study

In accordance with the Paperwork Reduction Act of 1995, this notice invites the general public and other public agencies to comment on the proposed information collection for the CACFP Sponsor and Provider Characteristics Study. Written comments on this notice must be received by June 27, 2014. A copy of the Notice can be found on the Federal Register website at <https://www.federalregister.gov/articles/2014/04/28/2014-09541/agency-information-collection-activities-proposed-collection-comment-request-child-and-adult-care>.

Federal Register: Child Nutrition Programs – Income Eligibility Guidelines

This Notice announces the annual adjustments to the Income Eligibility Guidelines to be used in determining eligibility for free and reduced price meals and free milk for the period from July 1, 2014, through June 30, 2015.

Get Active Together – Walk After Supper

With chirping birds, blooming flowers, and rising temperatures, we can now safely say that the Wisconsin Spring has sprung! As the weather improves, there are numerous opportunities to increase physical activity, and decrease screen time, as a family. One such opportunity is for family walks after supper – walking for as little as 15 minutes after a meal has been shown to help aid digestion and stabilize blood sugar levels. So after your meal, put the dishes down and go for a brief walk. You may just be amazed at how you feel, and you’ll have a unique opportunity for family bonding!

Division for Finance & Management

Community Nutrition Programs FAX . . . (608) 267-0363
 DPI Toll-Free Helpline 1-800-441-4563

Community Nutrition Team (CNT)

Amanda Kane, RDN, CD, Director (608) 267-9123
 Amy Kolano, RD, CD, Coordinator,
 Summer Food Service Program (608) 266-7124
 Cari Ann Muggenburg, Auditor-Senior (608) 264-9551
 Shiela Coulton, Operations Program Associate (608) 267-9129

**Ellen Sullivan, RDN, MS, CD
 Team Leader** (608) 267-1070

Nutrition Program Consultants

Moryah Kemper, RD (608) 266-9982
 Lisa Calderone (608) 266-5763
 Megan LeClair, RDN, CD (608) 267-9122
 Brad Cavanagh, MPH (608) 266-3874
 Jennifer Heidenreich (608) 266-5183
 Kim Musiedlak (608) 264-9542
 Jenni Dreyer (608) 267-2373
 Molle Polzin, RD, CD (608) 267-9210
 Mike Ryan (608) 267-9130
 Jill Schneeberg (608) 261-6334

Federal Aids and Audit Fiscal Unit

Federal Aids and Audit FAX (608) 267-9207
 Jacque Jordee, Accountant (608) 267-9134
 Rick Fairchild, Accountant (608) 266-6856

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<http://fns.dpi.wi.gov/>

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Questions or comments should be directed to:

Kimberly Musiedlak, Nutrition Program Consultant, Community Nutrition Team
 Wisconsin Department of Public Instruction
 PO Box 7841
 Madison, WI 53707-7841
 608-264-9542 or 1-800-441-4563
Kimberly.Musiedlak@dpi.wi.gov



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Individuals who are deaf, hard of hearing or have speech disabilities may contact USDA through the Federal Relay Service at (800) 877-8339; or (800) 845-6136 (Spanish).

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Connect With Us

The CNT and the DPI's Summer Food Service Program are on **Facebook** and **Twitter**. Please visit our pages, "Like" us on Facebook, and "Follow" us on Twitter. On these pages you will find links to great resources; pictures from various events such as trainings held by the CNT; and program updates, deadlines, and reminders.

Find the Community Nutrition Team here:



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