

COMMUNITY NUTRITION TEAM

CACFP Today

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

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Proposed Meal Patterns for the CACFP

On January 9, 2015, the United States Department of Agriculture's (USDA) Food and Nutrition Services (FNS) released a proposed rule to update the Child and Adult Care Food Program (CACFP) meal patterns. This is the first time the CACFP meal patterns have been significantly revised since the program's inception in 1968. The proposed rule will help ensure CACFP participants have access to healthy, balanced meals throughout the day.

The proposed changes are based on the Dietary Guidelines for Americans, science-based recommendations made by the Institute of Medicine of the National Academies in the report *Child and Adult Care Food Program: Aligning Dietary Guidance for All*, and input from stakeholders, as well as cost and practical considerations for CACFP providers. The rule proposes changes to the meal pattern to better align with the 2010 Dietary Guidelines for Americans (DGA), as mandated by the Healthy, Hunger-Free Kids Act of 2010 (HHFKA).

Under the proposed rule, meals served to participants will include a greater variety of fruits and vegetables, more whole grains, less sugar, and less fat. In addition, this proposal would make additional revisions to the health and wellness components of the CACFP to reflect requirements within the HHFKA, including making changes to the purpose for the CACFP and making water available to participants.

USDA is seeking input on the proposed rule. All comments will be reviewed and taken into consideration before the rule is finalized and implemented. Those interested in reviewing and commenting on the proposal during the 90 day period are encouraged to do so at <http://www.regulations.gov/#!documentDetail;D=FNS-2011-0029-0001>.

The comment period is now open; the deadline for comments is April 15, 2015.



What's Cooking? USDA Mixing Bowl

The What's Cooking? USDA Mixing Bowl tool is now available at <http://www.whatscooking.fns.usda.gov>. This new interactive tool can help you find nutritious and budget-friendly recipes.

Features include

- advanced search filter options by specific USDA programs, course, cooking equipment, and cuisine,
- "themed" nutrition focus searching in areas specific to food groups and nutrients,
- nutrition information for many of the recipes,
- access to the USDA Foods Fact Sheets and corresponding recipes,
- quantity recipes for USDA programs,
- ability to share recipes on social media and provide ratings, comments, and tips for users, and
- option to select recipes to create a personal cookbook to print or download.



Keeping Food Safe: Safe Food Storage

Agencies participating in the CACFP must serve safe food to children. The DPI and

Department of Children and Families (DCF) Child Care Licensing collaborated to create guidelines to address food storage requirements to ensure consistency between the departments. The following are the highlights from the [Safe Food Storage](#) document:

Dates on Packaging

- **Expiration or Use By Date:** Food must be used by expiration or use by date.
- **Sell By Date:** Use within 3 days after the sell by date.
- **Best By Date:** Use within 7 days after the best by date.
- **Best Practice:** Use the food item by the date indicated on the product or package whether expiration, use by, sell by, or best by date.

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Safe Food... continued from page 1

Condiments, Relishes, Peanut Butter

- Prepared foods intended to be opened and reused such as ketchup, mustard, peanut butter, jelly, salad dressings, and pickles must be stored as indicated on the label and used by the date indicated on the product.



Refrigerating Food

- Leftover food prepared by the center which has not been served must be dated, refrigerated promptly, and used within 36 hours, or frozen immediately for later use.
- Each refrigerator unit must be maintained at 40°F or lower.

Freezing Food

- Leftover food prepared by the center which has been frozen and then removed from the freezer shall be dated with the date it was removed from the freezer, and used or discarded within 36 hours.
- Foods with an Expiration, Use By, Sell By, or Best By date may be placed in the freezer to extend the time period when they may be used.
 - The item must be labeled with the date it was placed in the freezer.
 - Once the item is removed from the freezer it must be labeled with the date it was removed, and used or discarded within 36 hours.
- Each freezer unit must be maintained at 0°F or lower.

Dating of Food Items in Storage

- It is recommended that all foods be dated with the purchase date and those items with the earliest date be used first. Food kept on storage shelves or in the refrigerator or freezer should be checked and rotated often to ensure those items with the earliest date are used first and not pushed to the back of the storage shelf, refrigerator, or freezer.

The guidelines are in place to ensure the children you are serving are being served safe food, as they are more susceptible to food borne illnesses due to their young age. For a copy of the Safe Food Storage document, you may contact your assigned CACFP consultant or visit DCF's Resource List at <http://ccic.dcf.wi.gov/catalog/407>.



Dealing with Picky Eaters

It is normal for children to say “no” to new foods. A child may need to be exposed to a new food 10 to 15 times before they decide whether or not they like it. Here are some tips to help the child in your care enjoy a balanced diet.

- Encourage children to try and taste new foods; do not force the child to eat anything. Talk about the color, shape, aroma, and texture of the food.
- Don't make mealtime a power struggle. If a child refuses to eat what is served, respect his decision and make a gentle reminder about when the next meal or snack is.
- Make it fun! Cut sandwiches, pancakes, and waffles into fun shapes.
- Use healthy dips such as cottage cheese, plain yogurt, peanut butter, and hummus to encourage kids to eat a variety of fruits and vegetables.
- Give it a fun name! Make foods fun by giving them playful names:

| | |
|-------------------------|----------------------|
| Apple moons | Avocado boats |
| Banana wheels | Broccoli trees |
| Carrot swords | Egg canoes |
| Silly dilly green beans | X-ray vision carrots |

Find more information about picky eaters in *Healthy Bites*, available on the DPI Wellness Page at http://fns.dpi.wi.gov/fns_cacfpwellnesswhy.



New Guidance



Listed below are recent policy memos issued by the USDA and a brief summary of each one. Click on the following link

<http://www.fns.usda.gov/cacfp/policy> to

access the complete list of USDA policy memos and to download copies.



[CACFP 01-2015: Duration of Income Eligibility Determinations: Guidance and Q&As](#)

This memorandum provides guidance and clarification regarding individual income eligibility determinations and durations in the CACFP and Summer Food Service Program (SFSP). For non-school institutions, the date to be used to make the effective date determination may be either the date the parent or guardian signed the income eligibility form or the date on which the sponsor or independent center official signs the form to certify eligibility of the participant. Schools participating in CACFP have the flexibility of using either the income eligibility form submission date as the effective date of eligibility or the date on which the school official signs the form to certify eligibility of the participant. Schools may not use date of parent or guardian signature as that flexibility is not available to the National School Lunch Program (NSLP).

New Guidance... continued on page 3

New Guidance... *continued from page 2*



[CACFP 02-2015: CACFP Role and Requirements of Administrative Review Officials](#)

This memorandum provides: 1) guidance to State agencies and institutions on the role and requirements of administrative review officials in resolving adverse actions issued by State agencies administering and institutions participating in the CACFP; 2) ways in which State agencies and sponsoring organizations may strengthen guidance materials to train administrative review officials; 3) a typical case study in which an administrative review official's ruling was not based on CACFP requirements; and 4) actions FNS may take when violations are identified related to 7 CFR 226.6(k)(5).



[CACFP 03-2015: Written Codes of Conduct and Performance of Employees Engaged in Award and Administration of Contracts](#)

This memorandum provides clarifying guidance to State agencies and Child Nutrition Program (CNP) operators regarding the expectation and enforcement of ethical conduct by their employees engaged in procurement of Program goods and services. State agencies and CNP operators are reminded that 7 CFR 3016.36(b)(3) and 3019.42, as applicable, currently require entities receiving Federal funds to develop and implement a written code of conduct designed to govern the performance of employees engaged in procurement.

This code of conduct must prohibit employees from soliciting gifts, travel packages, and other incentives from prospective contractors. In addition, the code of conduct must prohibit an employee from participating in the selection, award, and administration of any contract to which an entity, or certain persons connected to them, have financial interest. The code of conduct must also provide for CNP operators to set standards when financial interest is not substantial or the gift is unsolicited. Items of nominal value and may be acceptable. Finally, the code of conduct must provide for disciplinary actions to be applied in the event the standards are violated.



[04-2015: Area Eligibility in Child Nutrition Programs](#)

The purpose of this memo is to provide guidance on the use of school and census data to establish area eligibility in the CACFP for family day care homes. Area eligibility for CACFP at-risk afterschool meals must be based on school data. This memo also includes guidance on the Community Eligibility Provision (CEP) as it relates to area eligibility determinations.

[CACFP 05-2015: Health and Safety Inspection Requirements](#)

This memorandum specifically provides guidance and clarification on health and safety inspection requirements for non-traditional centers in the CACFP and exempts CACFP at-risk afterschool sites located in schools participating in the

NSLP or School Breakfast Program (SBP) from any additional health and safety requirements.



[CACFP 05-2014: Smoothies Offered in Child Nutrition Programs](#)

As fruit, vegetable, milk, and yogurt, smoothies are increasingly common food items in the CNP, the FNS has modified the guidance on smoothies to allow for the crediting of vegetables and yogurt including smoothies with yogurt at lunch. These additional ingredients provide variety to food service operators seeking to include appealing and nutritious smoothies on their menus.

Refer to page 5 for more information on smoothies.

[CACFP 06-2015: Fiscal Year \(FY\) 2015 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 07-2015: Guidance on Reallocation of Child and Adult Care Food Program \(CACFP\) 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 08-2015: Assessing Costs in the Child and Adult Care Food Program](#)

This memo includes a tip sheet on "[Assessing Costs in the Child and Adult Care Food Program](#)" and provides guidance on the process State agencies and sponsors should use when considering proposed uses of the nonprofit food service account funds for CACFP related costs.



The Dangers of Sitting Still and the Role of Child Care

The phrase 'physical activity' has become more common in the news, as movement verbs like walking, jogging, and exercise fill articles touting the benefits of physical activity on education, behavior, and our health. On the opposite side of the spectrum from physical activities are sedentary activities, including, most notably, sitting. Recent news articles claim that sitting is extremely dangerous for your health, with current research indicating that sitting increases the risks of numerous chronic health conditions, regardless of activity levels. We know that children are often active and enjoy moving, so what exactly does this have to do with agencies in the CACFP?

Sitting Still... continued on page 4

Sitting Still... *continued from page 3*

The answer to that question is, quite simply, everything. Child care and early education settings play a fundamental role in children's growth and development. Just like with good nutritional habits, habits for an active lifestyle begin to form and be influenced at a young age. Allowing children the maximum time to be active and play is tremendous to encouraging these habits and behaviors to continue later in life. You have already taken the first step in providing good nutritional habits by participating in the CACFP to supplement your meals with healthier options, so why not take the second step and provide as many opportunities for children to be active as possible?

With children in Early Childhood Education and child care already being active, what steps can you take to help foster good habits? One option is to reduce screen time in the center. The brief interludes of a movie can be a welcome, calming break. However, screen time is an addicting inactive event, and fosters sedentary activities; trying to reduce or eliminate screen time completely will allow more time for active play as well as promoting healthier habits. Additionally, physical activity should never be offered as a reward, or taken away as a punishment. Instead, physical activity should be a regular, scheduled part of every day to have the maximum impact and help in forming healthy habits.

Find more information about physical activity in *Active Early*, available on the DPI Wellness Page at http://fns.dpi.wi.gov/fns_cacfpwellnesswhy.



New Physical Activity App **from the National Head Start Association**

Researchers agree that indoor and outdoor physical activity is crucial for the overall development and well-being of young children. Learning how to be physically active during childhood sets the stage for more active lifestyles.

Due to the increasing trend of sedentary behavior among young children in the United States, the National Head Start Association (NHSA) partnered with Nike and Playworks to develop a model to integrate physical activity across the Head Start curriculum. As a result of this initiative, a new app called *Go Smart!* was released by the NHSA as part of their 50th anniversary celebration.

The *Go Smart!* app is a web-based guide intended to help child care providers, teachers, and parents engage 0-5 year olds in physical play (both unstructured and structured) for at least one hour each day in addition to designated periods of movement or physical education.

The *Go Smart!* guide includes

- sample activities,
- information on the importance of physical activity for children from birth to age five,
- detailed descriptions of developmentally appropriate physical activity components for children from birth to five,
- strategies for including both unstructured and structured physical activity into children's daily routine,
- strategies for establishing and maintaining a positive learning environment, and
- information about the following:
 - stages of cognitive, social/emotional, and physical development;
 - motor skill assessment and delays;
 - children with special needs; and
 - use of space and equipment.

The app is free (and available for non-Head Start providers); just register and create a profile to personalize your *Go Smart!* experience. The app can be accessed on a smart phone, computer, or tablet. Please visit <https://gosmart.nhsa.org/> for more information and to register.

Pop Quiz: Child Nutrition (CN) Labels



Which of the following statements is false?

- Commercially prepared, combination food items can only credit to the CACFP meal pattern when the amount of content (i.e. bread, meat, etc.) is known and documented.
- CN labels must be on file for all commercially prepared, combination foods to make them creditable.
- All commercially prepared, combination food items will have a CN label.
- The Nutrition Facts label found on the package of the commercially prepared, combination food item does not contain sufficient information and a CN label is needed.

See page 5 for the answer!



Smoothies in the CACFP

The USDA recently released a revision to a memorandum about smoothies ([CACFP 05-2014](#)). The revised memorandum updates and expands the crediting of smoothies in the CACFP.

Milk, fruits, vegetables, fruit juice, vegetable juice, and yogurt can credit in a smoothie. Homemade fruit smoothies may be credited for the milk and/or fruit/juice and/or meat/meat alternate portion if prepared by staff and the amounts meet the meal pattern requirements.

Components may now credit in smoothies in the following way:

- Milk included in a smoothie may be credited toward the fluid milk requirement. Milk used in smoothies must be consistent with the federal requirements of fluid milk.
- Fruits and vegetables included in a smoothie may be credited as a fruit juice or vegetable juice. Pureed fruit counts as juice when offered in beverage form.
- Yogurt included in a smoothie may be credited as a meat alternate at breakfast, lunch, and snack.

Grains and meat/meat alternates (such as peanut butter) may not be credited when served as a beverage. Commercially prepared smoothies may only credit toward the fruit component. Prepackaged smoothies do not comply with the standard of identity for milk or yogurt and do not meet the CNP requirements for fluid milk or yogurt.

This 1 ½ cup blueberry, yogurt, and milk smoothie could contribute the following to meal requirements:

| Ingredient | Crediting |
|---------------------------------|------------------------|
| 4 fluid ounces fat free milk | 1/2 cup milk |
| 1/2 cup blueberry puree, frozen | 1/2 cup fruit juice |
| 4 ounces low fat yogurt | 1 ounce meat alternate |

| Smoothies at snack – is it creditable? | | | | |
|--|------|---------------------|---------------|---|
| Yogurt | Milk | Fruit/ Vegetable | 100% Juice | Creditable? |
| X | | X | | Yes – fruit/vegetable and yogurt are creditable. |
| | X | X | | No – fruit/vegetable in a smoothie is credited as juice. Juice cannot be served when milk is the only other component. Must serve with an additional component. |
| | | X | X | No – fruit/vegetable and juice are the same component. A second, different component must be served |
| X | | | X | Yes – juice and yogurt are creditable. |



2015 Due Dates for CACFP Financial Reports

Sponsoring Organizations ONLY (those with 2 or more sites on the food program):

1st Quarter (reporting period October 1, 2014 – December 31, 2014) was due **March 1, 2015**.

2nd Quarter (reporting period January 1, 2015 – March 31, 2015) is due **June 1, 2015**.

3rd Quarter (reporting period April 1, 2015 – June 30, 2015) is due **September 1, 2015**.

4th Quarter (reporting period July 1, 2015 – September 30, 2015) is due **December 1, 2015**.

Independent Centers: Annual report (reporting Period October 1, 2014 – September 30, 2015) is due **November 1, 2015** or sooner if your agency closes or self-terminates your CACFP contract prior to September 30, 2015.

The reporting form for Sponsoring Organizations (PI-1463-A or PI-1463-C) and Independent Centers (PI-1463) is available online at http://fns.dpi.wi.gov/fns_centermemos under Guidance Memorandum 11. Any questions please contact Cari Ann Muggenburg by e-mail at cari.muggenburg@dpi.wi.gov or phone at 608-264-9551.

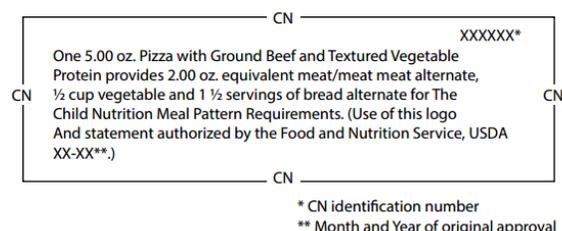
Pop Quiz Answer:



The statement that is false is C: All commercially prepared, combination food items will have a CN label.

CN labels allow manufacturers to state a product's contribution to the CACFP meal pattern requirements; it is a voluntary federal program. Commercially prepared, combination food items might not have a CN label. It is your agency's responsibility to obtain a CN label prior to serving the item. Below is a sample CN label.

Sample CN Logo:



The nutrition facts label and/or ingredients list cannot be used in place of the CN label information. A product formulation statement or product analysis sheet may be used in lieu of a CN label. It must be signed by an official of the manufacturer.

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

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

Federal and State Grants Program

Federal and State Grants Program 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:

Jenni Dreyer, RDN, CD
Nutrition Program Consultant
Community Nutrition Team
Wisconsin Department of Public Instruction
PO Box 7841
Madison, WI 53707-7841
608-267-2373 or 1-800-441-4563
Jennifer.Dreyer@dpi.wi.gov



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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, program updates, deadlines, and reminders.

Find the Community Nutrition Team here:

 <https://www.facebook.com/WisDPICommunityNutrition>

 https://twitter.com/WisDPI_CNT

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