

COMMUNITY NUTRITION TEAM

CACFP Today

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

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New Child and Adult Care Food Program (CACFP) Meal Pattern Home-Study



If you did not attend one of the in-person CACFP New Meal Pattern trainings you must complete the home-study and test prior to September 30, 2017. Questions must be answered for each section and submitted to verify completion. The home-study packet will be posted to the New Meal pattern website. An e-mail will be sent to the Authorized Representative of each agency that did not attend one of the in-person trainings.

All agencies must be in compliance with all new meal pattern requirements by October 1, 2017. **Agencies that have not been trained on the new meal pattern will not be able to renew their CACFP contract for Fiscal Year 2018 until this is complete.**

Be sure to check out the available resources on the [New CACFP Meal Pattern](#) webpage.

Family Style Dining

Family style meal service allows children to serve themselves at the table from common bowls and platters of food. Serving meals family style allows children to practice skills such as pouring, serving, passing, and table manners. Family style dining allows children to take as much of each food item as they would like. This can help prevent overeating or feeling pressured to eat unwanted food. When children can serve themselves, they are also more likely to try new and unfamiliar food items. Although family style meal service is not a requirement to participate on the CACFP, it is highly encouraged.

Implementing family style dining:

- Start gradually, by serving family style at a snack or choosing 1-2 menu items to allow children to serve themselves.

- Discuss any foods that may be new to the children and talk about how foods grow, their color, shape, texture, etc. during meal service.
- Use child-sized serving bowls, utensils and pitchers. Have extra serving utensils available in case utensils are dropped during serving or put in a child's mouth.
- Invest in child-size tables and chairs.
- Expect spills. Children are learning and accidents will happen. Wipe up spills without a fuss.
- Provide each menu item in several small bowls so if a child touches the food, only a small amount has to be thrown away.
- Encourage parents to eat with their children at home and to allow children to help with the mealtime tasks.

For more information on family style meal service, check out the following resources:

- 1) Nemours *Family Style Dining Toolkit*
<https://healthykidshealthyfuture.org/links/family-style-dining-now-available/>
- 2) USDA *Family Style Meals: A New Way to Teach Healthy Eating Habits*
<https://www.fns.usda.gov/sites/default/files/sfsp/SMT-FamilyStyleMeals.pdf>

Grow It, Try It, Like It!



This is a garden-themed nutrition education kit featuring MyPlate for child care providers. It introduces children to: three fruits - peaches, strawberries, and cantaloupe, and three vegetables - spinach, sweet potatoes, and crookneck squash.

The kit includes seven booklets featuring fruits and vegetables with fun activities through the imaginary garden at Tasty Acres Farm! It also has a CD-ROM with Supplemental Information and a DVD with Cool Puppy Pup's Picnic and Lunch Parties.

Each set of lessons contains: hands-on activities, planting activities, and nutrition education activities that introduce MyPlate. Use the kit to promote learning at home with fun parent/child activities and family-sized recipes that give tips for cooking with children.

Check out the resources on the [USDA](#) website.



Parent Chat: New CACFP Meal Pattern – A Positive Approach

Many of you can recall the “teachable moments” you have had in your career of working directly with children and families. They are those unexpected, unplanned learning experiences that do not require a formal training but presents itself with real information that a parent and/or child can learn from and apply in their everyday life.

You may be wondering how the new CACFP meal pattern, with all of its changes; to serve more whole grains, greater variety of vegetables and fruit, and reduced amounts of sugar and solid fats in meals, play into this scenario. Simple! Let’s not lose sight of the big picture. Everyone from USDA down to the child care provider believe that the outcome of these changes are that children will learn healthy eating habits.

Start thinking about how you can answer questions that may arise from a parent in regard to the new CACFP meal pattern. AND.....think about how to present it in a positive manner.

Here two examples with two different outcomes:

A parent notices on the menu that “WGR” is written in front of many of the food items listed on your weekly menu and asks a staff member about this:

1st answer = “Whole Grain Rich (WGR) is a State requirement and if we don’t do it we may get in trouble when they come here to review the program.” Parent response: “Bummer.”

OR

2nd answer = “WGR stands for ‘Whole Grain Rich’, we serve at LEAST one whole grain rich food item each day. Whole grains such as whole wheat, oats/oatmeal, rye, corn, barley, brown rice help keep our hearts healthy, are good for digestion, and can help us maintain a healthy weight.” Parent response: “But my child doesn’t eat brown things.” Provider: “He does here at school. Today he ate a whole grain tortilla.”

One question, two totally different approaches. Let’s take advantage of those “teachable moments” and explain the CACFP meal pattern changes in a positive way!

For more information check out [USDA’s Core Nutrition Messages](#).

Grain-Based Desserts

Effective October 1, 2017 the CACFP meal pattern, grain based desserts will not be creditable. According to the [Dietary Guidelines for Americans](#), grain-based desserts are sources of added sugars and saturated fats. Eating too much sugar and saturated fat may increase the risk of heart disease, stroke, and other chronic illnesses.

Common examples of grain based desserts include (*not an all-inclusive list*):

- cake
- cookies
- sweet crackers (graham, animal, etc.)
- granola bars
- brownies
- doughnuts
- sweet rolls

Even if a grain-based dessert is whole-grain rich or homemade with healthy ingredients or less sugar, it is still **NOT** creditable in the CACFP. For example, brownies made with black beans will not be creditable.

Some foods may be advertised in a way that may not be easily identified as a grain-based dessert. For example, a cookie may be labeled a “breakfast round” or a granola bar may be labeled as a “Breakfast Bar or Flat.” They are still a grain-based dessert and cannot be served as a creditable component.

Your program can still serve savory crackers, waffles, pancakes, muffins and quick breads as a creditable grain.

Click [here](#) for some healthy alternatives to serve in place of the grain-based desserts.



Fresh Ideas for Foods

In Wisconsin, 31 percent of children ages 2-4 are reported as being overweight or obese. The most important contributing factors to this epidemic are poor diet and lack of physical activity. Early care and education professionals play a vital role in improving the health and wellness of children, as more than 170,000 children in Wisconsin alone spend a significant portion of their day in child care facilities. Therefore, it is vital that early care and education settings provide healthy food and opportunities for children to be active throughout the day. See the chart below for ideas to improve nutrition at your early care and education facility.

Food Component	Instead of these... 	Serve these 
Fruit	 Canned fruits in light or heavy syrup	 Fresh or frozen fruit or,  Canned fruit in water or 100% juice
Vegetable	 Fried or frozen pre-fried vegetables (e.g., French fries, tater tots, hash browns, onion rings)	 Oven baked homemade potato or sweet potato wedges with skin intact
	 Canned vegetables	 Fresh or frozen vegetables without sauce or,  Canned vegetables with no added salt or low in sodium, drained and rinsed before serving
Grains	 Refined grains (e.g., white flour, white bread, enriched pasta, white rice)	 Choose whole grain products (e.g., brown rice, 100% whole wheat bread and pasta, oatmeal, quinoa, wild rice, whole rye, whole-grain corn)
	 Grain-based desserts (toaster pastries, donuts, cookies, brownies, cake)	 Muffins (made with at least half whole wheat flour), quick breads made with fruit (e.g., banana, blueberry, zucchini)
Meat/Meat Alternate	 Ground beef with high fat content (75%-85% lean)	 Lean ground beef (at least 90% lean)
	 Processed meats (e.g., bacon, bologna, hot dogs, pepperoni, sausage)	 Sirloin and round steaks, roasts & cuts from chuck or shoulder
	 Fried or frozen pre-fried breaded meats (chicken nuggets, chicken patties, corn dogs, fish sticks)	 Pork loin, tenderloin, center loin & ham
	 Full-fat yogurt or cheese	 Boneless, skinless chicken breasts or turkey cutlets
	 Processed cheese foods, cheese spreads and pasteurized processed cheese products	 Fresh seafood (salmon, tuna, cod)
		 Meat alternates (e.g., beans, eggs, or tofu)
		 Low-fat or reduced-fat yogurt
		 Low-fat or reduced-fat natural cheeses (e.g., cheddar, provolone, Parmesan, mozzarella)

Check out [Healthy Bites](#). A Wisconsin guide for improving childhood nutrition for more information.

Pop Quiz: Grain Based Desserts

True or False:

Homemade cookies that are made with applesauce instead of sugar are creditable on the new CACFP meal pattern?

See page 4 for the answer!





New Guidance

Listed below are recent policy memos 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/cacfp/policy> to access the complete list of USDA policy memos and to download copies.



[CACFP 07-2017: FY2017 Reallocation of State Administrative Expense Funds in Child Nutrition Programs](#)

This memorandum and attachments provide the information needed to conduct the FY 2017 reallocation of SAE funds. Reallocation is a formal process by which State agencies can: (1) request additional SAE funds above their initial authorized funding level; or (2) return SAE funds they do not need.



[CACFP 08-2017: Questions and Answers on the Updated Meal Pattern Requirements for the CACFP](#)

This memorandum provides questions and answers on the meal pattern requirements for the CACFP. The U.S. Department of Agriculture's (USDA) Food and Nutrition Service (FNS) collected and answered a variety of questions since the updated meal patterns were published in April 2016.



[CACFP 09-2017: Vegetable and Fruit Requirements in CACFP: Q&As](#)

This memorandum explains the vegetable and fruit requirements in the CACFP and includes Questions and Answers. This revision amends the policy for crediting mixtures of vegetables and fruits to allow them to count towards both the vegetable component and the fruit component in the Question and Answers section. This revision also includes new Questions and Answers.



[CACFP 10-2017: Taking Food Components Offsite in the At-Risk Afterschool Component of the CACFP](#)

The purpose of this memorandum is to extend to the at-risk afterschool component of the CACFP the flexibility to take certain food items offsite. This flexibility is currently permitted in the Summer Food Service Program (SFSP) and National School Lunch Program (NSLP). Due to the nature of the at-risk afterschool component of the CACFP and its similarities with the SFSP and NSLP, this allowance only applies to the at-risk afterschool component of the CACFP.



[CACFP 11-2017: Request for Additional FY17 CACFP Audit Funds](#)

This memorandum provides further clarification of the procedures for State agencies requesting additional fiscal year (FY) 2017 CACFP Audit funding. As discussed in memorandum CACFP 10-2016 issued on May 9, 2016, Section 335 of the Healthy, Hunger-Free Kids Act of 2010 amended Section 17(i) of the National School Lunch Act to allow USDA to increase funding from 1.5 percent to a total of up to 2 percent of the funds used by each State agency in the Program. The request for additional funds replaces the previous CACFP Audit funding reallocation procedure.



[CACFP 12-2017: Child Nutrition Program Waiver Request Guidance and Protocol](#)

The purpose of this memorandum is to provide guidance for State agencies requesting waivers of Program requirements for the Child Nutrition Programs, including the CACFP, the SFSP, NSLP, and the School Breakfast Program (SBP). The FNS has the authority to grant waivers of certain Program requirements to facilitate Program operation and has approved waivers in recent years that maintain Program purpose, while streamlining administration and safeguarding Program integrity.



[CACFP 13-2017: Transition Period for the Updated CACFP Meal Patterns and the Updated NSLP and SBP Infant and Preschool Meal Patterns](#)

This memorandum outlines a transition period for the updated CACFP meal patterns and the updated infant and preschool meal patterns in the NSLP and SBP. In recognition of the challenges associated with conforming to the updated requirements, the transition period outlined in this guidance will allow CACFP institutions and facilities and school food authorities (Child Nutrition Program (CNP) operators) to adjust to the updated requirements in the first year of implementation without having fiscal actions imposed or being found seriously deficient.

Pop Quiz Answer:

The answer is **false!** Even if you make grain-based desserts, like cookies or granola bars, from scratch with lower amounts of sugar they are not creditable on the CACFP.





CACFP Quarterly Financial Reports

As of today's date all non-profit, for-profit and public sponsoring organizations (more than one site on CACFP) should have already submitted the 1st and 2nd quarter CACFP Financial Reports Federal Fiscal Year (FFY) 2017.

The 1st quarter report was due on March 1, 2017, reporting income and costs for the food program for the period of October 1 – December 31, 2016. The 2nd quarter report was due June 1, 2017, reporting income and costs for the food program for the period of January 1 – March 31, 2017. The 3rd quarter report which will report food program income and costs for the period of April 1 – June 30, 2017 is due September 1, 2017. Failure to submit the quarterly CACFP financial reports in a timely manner may effect future program participation.

Please note that the annual CACFP Financial Report for FFY 2017 (reporting period October 1, 2016 – September 30, 2017) will be due into our office on November 1, 2017. Only agencies with one site participating on the program (including for-profit and non-profit agencies) are required to submit this report annually.

The submission of the financial report must be online. An outline of this process can be found at https://media.dpi.wi.gov/community-nutrition/cacfp-quarterly-financial-report-so/story_html5.html (for Sponsoring Organizations) and https://media.dpi.wi.gov/community-nutrition/cacfp-annual-financial-report-independent-centers/story_html5.html (for Independent Centers). A written outline of the procedure can also be found under [Guidance Memo #11](#).

Any questions please contact Cari Ann Muggenburg by e-mail at cari.muggenburg@dpi.wi.gov or phone at 608-264-9551.

Cash in the CACFP



As a participant in the Child and Adult Care Food Program, your agency signed a permanent agreement stating that you will have internal controls in place that protects CACFP federal funds received from fraud, abuse and mismanagement. One control is to limit the use of cash to purchase items for the CACFP.

The use of cash on a daily or frequent basis puts your federal funds in jeopardy of not being protected from loss or theft. In addition, cash used to pay payroll can put your agency at risk of failing to pay the proper payroll taxes to state and federal government.

A safer and preferred method is to utilize the bank account that your federal funds are deposited into to track expenditures

electronically through the use of a debit, check or automatic (ACH) withdrawal system. The use of these methods of payment not only protects your organization from loss or theft but it provides: (1) a tracking system of your organization's funds; (2) insurance on any payment made as long as it is through a financial institution that is FDIC; (3) contact information for any support documentation (i.e. receipt) that may not have been received at the point of sale or lost; (4) limited access to the use of the funds. Another method is to use a business credit card to purchase program supplies for your agency and then make a payment to the credit card company from your agency's bank account.

Having the proper internal controls in place to protect the federal funds from fraud, abuse and mismanagement may help your organization from future issues such as loss in CACFP funding or CACFP participation.



Family Meal Time and Student Success

The following article from Educational Connections Inc. is a must read for families.

How Family Dinners Improve Students' Grades
By Ann Dolin, M.Ed.

Believe it or not, your family's eating habits can have a profound effect on your child's academic success. The routine of preparing and sharing meals regularly creates a sense of family togetherness and unity. Though the hustle and bustle of everyday life can get in the way, it's important to carve out time specifically to sit down together around the table. Students who eat dinner with their families often are more likely to:

- Do well in school (40% more likely to earn As and Bs in school)
- Be emotionally content and have lower levels of stress
- Have positive peer relationships and healthier eating habits
- Refrain from smoking, drinking and doing drugs
- Believe their parent are proud of them

Article from Purdue University

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

Tami Biordi (608) 267-2327
 Lisa Calderone..... (608) 266-5763
 Jennifer Heidenreich..... (608) 266-5183
 Moryah Kemper, RD (608) 266-9982
 Kim Musiedlak (608) 264-9542
 Christine Nichols MPH, RD, CD (608) 266-3874
 Molle Polzin, RD, CD (608) 267-9210
 Jennifer Richardson, RD, CD (608) 267-9122
 Jill Schneeberg (608) 261-6334
 Brittany Zerbe, RDN, CD (608) 267-9130

Federal and State Grants Program

Federal and State Grants Program Fax (608) 267-9207
 Jacque Jordee, Accountant (608) 267-9134
 Najat Shorette, Accountant..... (608) 266-6856

FNS Home Page
<http://dpi.wi.gov/nutrition>

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Questions or comments should be directed to:

Community Nutrition Team
 Wisconsin Department of Public Instruction
 PO Box 7841
 Madison, WI 53707-7841
 608-267-2373 or 1-800-441-4563
Christine.Nichols@dpi.wi.gov



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 1400 Independence Avenue, SW
 Washington, D.C. 20250-9410;
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- (3) email: program.intake@usda.gov.

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