

COMMUNITY NUTRITION TEAM

CACFP Today

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

Vol. 10 No. 2

Spring/Summer 2018

CACFP Turns 50 Years Old!



On May 8, 2018 the Child and Adult Care Food Program turns 50 years old! Join us as we celebrate all month long. For images, birthday cards, and posters you can use to help celebrate, go to <http://www.cacfpforum.com/happy-birthday-cacfp.html>.

We challenge you to make the best birthday fruit tower in the state of Wisconsin! Take a picture of it and post it to our [Facebook page!](#)

Here's an example of a fruit tower you could make.

Be sure to use the hashtag #CACFP50 in any social media posts!



SAVE THE DATE – 2018 CACFP Conference: Feeding the Future Together



Mark your calendars for the annual CACFP training. This year, the DPI CACFP will be holding a full-day training conference at the Glacier Canyon Lodge in Wisconsin Dells on **September 11, 2018**. There will be different breakout sessions that will allow staff attending to choose sessions that most pertain to his/her CACFP job responsibilities. More information will be sent by email at a later date.

If you have any questions concerning the training, please contact the Community Nutrition Programs office at (608) 267-9129.

We hope to see you there!

Helpful Resources



The new CACFP meal pattern has been in effect since October 1st. To help ensure your menus are in compliance with CACFP requirements, you may use the [Menu Checklist](#) which can be found under Guidance Memorandum #12, under Meal Planning Tools.



Need help determining Household Size Income Statements (HSIS) and maintaining the Household Size Income Record (HSIR)? The [Monthly HSIS/HSIR Checklist](#) provides step-by-step instructions for three months to help you get a system in place to accurately determine income statements and maintain the income record. This checklist can be found under Guidance Memorandum #1.

Find the Community Nutrition Team on social media:

[f https://www.facebook.com/WisDPICommunityNutrition/](https://www.facebook.com/WisDPICommunityNutrition/)

[t https://twitter.com/WisDPI_CNT](https://twitter.com/WisDPI_CNT)

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DPI Updates

Grains Component Handout

The [Grains Component Handout](#) has been revised to reflect the following:

- Changes in the whole grain-rich criteria (p. 1)
- Includes more examples of grain-based desserts (GBD) and items that are not GBDs (top of p. 2)
- Provides a link to an updated *Cereals that Meet Sugar Limits Handout* and an example of how to use the Sugar Limits Chart to determine if a breakfast cereal is creditable or not (bottom of p. 2)

The updated handout is posted on the [New Meal Pattern](#) website under Grains.

Foods for Infants

The [Foods for Infants in the CACFP](#) was designed to be a go-to quick reference guide for staff purchasing baby food, making baby food and/or serving food to infants.

The Grains for Infants resource is no longer available since this information is in the new handout.

The updated handout is posted on the [Guidance Memorandum](#) webpage under #12 (Infants).

Grains Chart

The [Grains Chart](#) has been revised to include additional grain-based dessert items in the chart at the bottom of page 2. The updated form is posted on the [Guidance Memorandum](#) webpage under GM #12 (Meal Planning Tools).



How to Identify Whole Grains and Ideas for Serving Them

For a grain item to be creditable for the CACFP it must contain **at least** enriched grains. Enriched grains are grains that have been fortified with vitamins and minerals such as B vitamins and

iron. To determine if an item is enriched, check the Ingredient Label for ingredients such as “enriched wheat flour” or the Nutrition Facts label for the addition of B vitamins (thiamin, niacin, riboflavin, folic acid) and iron.

Changes to the CACFP meal pattern, effective October 1, 2017 require that **at least one grain item per day be whole grain-rich**, containing at least 50% whole grains. A product that is enriched is **not** necessarily whole grain-rich. To determine if a product is whole grain-rich, check the Ingredient List for the words “whole” or “whole grain” before a grain ingredient’s name. The whole grain must be the first ingredient or second ingredient after water to qualify a product as whole grain-rich. Ingredients such as “wheat flour” without the word “whole” do not meet the whole grain criteria. In addition, label claims such as “made with whole grains” do not necessarily qualify a product as whole grain-rich. Always check the Ingredient Label for products that make these claims. See the chart below for examples of ingredients that are whole grain and ingredients that are not whole grain.

Identifying Whole Grains (This is not an all-inclusive list)

Whole Grains	Not Whole Grains
Amaranth	All-purpose flour
Brown rice	Bread flour
Bromated whole wheat flour	Bromated flour
Buckwheat	Cake flour
Bulgar (cracked wheat)	Corn grits, corn flour
Crushed wheat	Couscous
Graham flour	De-germinated cornmeal
Millet	Durum flour
Oatmeal or rolled oats	Enriched flour
Quinoa	Enriched rice
Triticale	Enriched wheat flour
Wild rice	Farina
Whole grain barley	Long-grain white rice
Whole rye	Pearled barley
Whole grain corn	Phosphate flour
Whole cornmeal	Rice flour
Whole grain sorghum	Unbleached flour
Whole durum wheat	White flour
Whole wheat	Wheat flour



Grains like quinoa, brown rice, oatmeal, etc. may not have the word *whole* before their name, but are 100% whole grains.

Foods labeled with the words *made with whole wheat, bran, multi-grain, stone-ground, 100% wheat, or seven-grain*, are usually not whole grain.

For homemade items such as muffins or breads, substitute at least half of the white flour in the recipe with a whole grain flour (i.e. whole wheat, whole rye, millet, buckwheat, or oat bran) and keep a standardized recipe on file.

Ideas for whole grain products to serve include whole grain pasta or brown rice. If you find that your children resist these types of products, mix half whole grain and half refined of the same item (i.e. a half portion of whole grain pasta and a half portion of traditional white flour pasta). If at least half of the portion is a whole grain, this can be counted as a whole grain-rich serving. At breakfast, try serving oatmeal, pancakes or waffles made with whole wheat flour, whole grain English muffins or toast, and whole grain breakfast cereals. At snack, serve whole grain pita bread with hummus and vegetables or whole grain crackers with string cheese or fruit.



Farmers' Market FAQ for Early Care & Education Sites

Article by Jill Carlson Groendyk,
Community Groundworks

Farmers' market season is upon us in Wisconsin! Farmers' markets across the state are opening back up for the outdoor 2018 season. Here are some FAQs to help you visit your local farmers' market with the children in your care!

- **Why should I take my ECE site to a farmers' market?**
Farmers' markets are great opportunities to not only purchase local, in-season, and fresh produce for use at your site in meals, snacks, and taste-tests, but also fantastic places for young children to learn about the world around them! Whether trying to spot every color of the rainbow on farmer tables, learning how dirt made those cheese curds, or observing the weather that day, farmers' markets are full of opportunities for children to be curious, ask questions, and explore!

- **How do I find a farmers' market near me?**
Check out the Wisconsin Farm Fresh Atlas: <http://farmfreshatlas.org/> to find a market near you. You can also check out the USDA National Farmers' Market Directory: <https://www.ams.usda.gov/local-food-directories/farmersmarkets>

- **What does 'in-season' mean?**
Many farmers' markets (but not all) feature locally grown products. This means that farmers planted, cared for, and harvested fruits and veggies in accordance with the area's climate and soil conditions. Eating 'in-season' means that you are getting the freshest (and often most flavorful!) fruits and veggies around. Look for radishes, lettuce, asparagus, and snap peas in spring. Look for tomatoes, peppers, and zucchini in the hotter months of summer. Look for apples and winter squash in the fall! Check out this Wisconsin food seasonality chart for more info: <https://www.cias.wisc.edu/foodservtools/2-Get-started/wisconsin-produce-calendar.pdf>

- **When should our site visit the market during the day?**
Go early if you want to make sure you have access to the largest selection possible - many popular items are sold out early. Go near the end of market to potentially score better prices - some farmers will mark down prices near the end of the day.

- **Are there only fruits and veggies at farmers' markets?**
You can source food for the whole plate from a farmers' markets - with many featuring dairy, grain, egg, and meat items in addition to fruits and vegetables. You can also often find seedlings for your early care garden at farmers' markets.



2018 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, 2017 – December 31, 2017) was due **March 1, 2018**.

2nd Quarter (reporting period January 1, 2018 – March 31, 2018) is due **June 1, 2018**.

3rd Quarter (reporting period April 1, 2018 – June 30, 2018) is due **September 1, 2018**.

4th Quarter (reporting period July 1, 2018 – September 30, 2018) is due **December 1, 2018**.

Independent Centers: Annual report (reporting period October 1, 2017 – September 30, 2018) is due **November 1, 2018** or sooner if your agency closes or self-terminates your CACFP contract prior to September 30, 2018.

The submission of the financial report must be online. An outline of this process can be found [here](#) for Sponsoring Organizations and [here](#) 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.



Update Contact Information in Your CACFP Contract

Take a couple minutes today to review the contacts, email address, and addresses in your CACFP Contract! By doing this now, you will ensure that your agency will receive important emails regarding contract renewal this fall.

To do this, login using this link: <https://dpi.wi.gov/nutrition/online-services>. Please use the [contract manual](#) to help you navigate the contract.

Be sure to email your [assigned consultant](#) after resubmitting the contract with any necessary contact changes.

Pop Quiz:

True or False:



The CACFP Conference is September 11, 2018.

Active Early Healthy Bites



Gardening helps to create a positive environment and hands-on learning experience at a child care center or day care home. Tending a garden is engaging regardless of age, ability, and learning or behavioral challenges. Allowing children to help in a garden can improve health, as children are more likely to try unfamiliar foods when they play a role in the growing process. Looking to start a garden at your center or day care home? Read on for tips about designing a kid-friendly space conducive to learning and fun!



When planning a new garden space, consider the time and labor, as well as space that is available. Develop goals for the garden project early on that will guide you through the planning and implementation process.

Allow the children in your care to be involved in the planning process. Encourage children to draw a picture of how they envision the garden space and ask about what types of plants they would like to grow. Allowing kids to have some input helps them to take ownership of the new garden space and increases engagement.

Plan visits to other gardens or farms in the area to help with ideas and to network among others in your community implementing similar projects.

Plan big but start slow. To help decrease the risk of overwhelming students and volunteers, plan for a three to five year plan, adding a few components every year to reach your goal. Expanding once you are more confident in your abilities and after your skills have grown, can help run a successful garden at a larger scale.

Plan for a garden that will touch on all five senses. Incorporate plants with bright colors, edible flowers and fragrant herbs to entice the smell. Vary plant textures (smooth, hairy, delicate, or woody) and include a wind chime, water feature, or feeder to attract birds to increase children's interest.

If space is limited, consider going "vertical" with your garden. Vertical trellises can be used for vining plants or use hanging baskets for smaller plants. Wood pallets can be used to create a wall of leafy greens and window boxes or containers can also be used. When gardening in a confined space, choose plant varieties such as "dwarf, compact, bush, or determinate" that will take up less space.

For some centers, an indoor garden may be the way go. When gardening indoors, place planters in front of windows that face

the south and west that will allow the plants to get adequate light.

Finally, consider a fun theme for your garden. Grow a pizza garden and celebrate your harvest with a pizza party using your garden fresh ingredients or a global garden growing vegetables that are commonly associated with a particular culture or part of the world.

For more information on garden design, check out the following resources:

WI DPI Farm to ECE: <https://dpi.wi.gov/community-nutrition/cacfp/farm-2-ece>

Community Ground Works:

<http://www.communitygroundworks.org/>

National Gardening Association's Resource website:

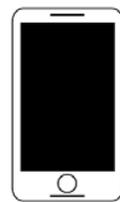
<http://www.kidsgardening.org/>

The Collective School Garden Network: <http://www.csgn.org/>
Got Veggies?

<https://www.dhs.wisconsin.gov/publications/p0/p00228.pdf>

Got Dirt?

<https://www.cias.wisc.edu/foodservtools/6-Educate-students/got-dirt.pdf>



Food Buying Guide for Child Nutrition Programs (FBG) Mobile App

The Food Buying Guide (FBG) is the essential resource for food yield information for all Child Nutrition Programs (CNP). The FBG assists CNP operators, food manufacturers, and other stakeholders with:

- Purchasing the correct amounts of foods for Child Nutrition meal programs
- Determining the contribution that each food makes toward meal pattern requirements

The FBG has gone digital to provide menu planning features at your fingertips!

- Easily search and navigate food yields for foods typically served in Child Nutrition Program settings.
- Create a favorite foods list!
- The FBG Mobile App includes access to narrative content which provides:
 - CNP Program-specific information for meeting meal pattern requirements
 - Helpful information related to food purchasing and how to utilize food yield information in the FBG

[The FBG Mobile App is Now available on the Apple App Store and the Google Play Store.](#)

[Download it today!](#)



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 03-2018: Update on Memorandum of Understanding between the Food and Nutrition Service (FNS) and the Administration for Children and Families (ACF)

The Deputy Administrator for Supplemental Nutrition and Safety Programs and the Deputy Administrator for Child Nutrition Programs of the Food and Nutrition Service (FNS) signed a Memorandum of Understanding (MOU) with the Director of the Office of Head Start and the Director of the Office of Child Care of the Administration for Children and Families (ACF). The MOU is an agreement between the Special Supplemental Nutrition Program for Women, Infants, and Children (WIC) and Child and Adult Care Food Program (CACFP) of FNS and the Office of Head Start (OHS) and Office of Child Care (OCC) programs of ACF. The MOU reaffirms a collaborative relationship among federal agencies to improve program coordination and service delivery for low-income children and their families.

CACFP 04-2018: Market Basket Analysis when Procuring Program Goods and Modifying Contracted-For Product Lists This memorandum provides guidance to State Distributing Agencies and recipient agencies on the use of market basket analysis in procuring processed end products.

CACFP 05-2018: Providing Child Nutrition Program Benefits to Disaster Survivor Evacuees

This memorandum provides a reminder overview of options available under current program policy and regulation for connecting children and adult survivors, who have evacuated from areas subject to major disaster and emergency declarations, with Child Nutrition Program (CNP) benefits. Many survivors have evacuated as a result of the recent hurricanes and wildfires and program operators are working hard to enroll and provide services for those evacuees. This memorandum does not contain new policy, instead it summarizes options available to school food authorities and institutions participating in the National School Lunch Program (NSLP), School Breakfast Program (SBP), and Child and Adult Care Food Program (CACFP), as they provide services to those in these very specific circumstances.

CACFP 06-2018: Lapse in FY2018 Appropriations and Impacts for the Department of Agriculture's Food and Nutrition Service, Child Nutrition Programs

Due to a lapse in appropriations for the Department of Agriculture's Food and Nutrition Service (FNS), as of Friday January 19, 2018, an ordered partial shutdown of operations has resulted. State agencies are expected to continue to administer the program in accordance with Federal statute and regulations.

CACFP 07-2018: Continuing Resolution for Federal Fiscal Year 2018 through February 8, 2018

In consideration of Congressional and Presidential actions taken January 22, 2018, the Food and Nutrition Service (FNS) has received funding through continuing resolution to resume operations. FNS staff returned to work, January 23, 2018 and are available to provide services to our partner States.

CACFP 08-2018: Fiscal Year (FY) 2018 Reallocation of State Administrative Expense (SAE) Funds in Child Nutrition Programs

This memorandum and attachments provide the information needed to conduct the FY 2018 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.

Pop Quiz Answer:



True! The CACFP Conference is September 11, 2018! Save the date to join us in the Wisconsin Dells!



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FNS Home Page
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- (1) mail: U.S. Department of Agriculture
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 1400 Independence Avenue, SW
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- (2) fax: (202) 690-7442; or
- (3) email: program.intake@usda.gov.

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