

COMMUNITY NUTRITION TEAM

CACFP Today

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

Vol. 8 No. 2

Summer 2016

CACFP Annual Training

Mark your calendars for the annual Child and Adult Care Food Program (CACFP) summer training. The DPI will be hosting training at the following two locations:

- Wednesday, October 12 in Wausau
- Friday, November 4 in Madison

The trainings will be half a day with a general session to start the day off and lead into breakout sessions that your agency can select which ones are most applicable to your needs. The following topics will be offered at training:

- Infants
- Menu Planning
- Nutrition
- Nutrition Environments
- Production Records
- Special Diets
- Financial Training: Independent & Sponsors

If you are unable to attend one of the trainings or the topics do not fit your needs, check out the DPI Training Webpage at this link: <http://dpi.wi.gov/community-nutrition/cacfp/training>. Also, the CACFP Training Webcasts cover several topics as well. Here is the link to the webcasts: <http://dpi.wi.gov/community-nutrition/cacfp/training/webcasts-cacfp>.

More information on the location and how to register will be sent out at a later date by e-mail. If you have any questions about the training, please contact the Community Nutrition Programs office at (608) 267-9129. Hope to see you there!



And Justice for All Poster



USDA released a revised 'And Justice for All Posters' that includes the new non-discrimination statement and complaint filing procedures. The DPI mailed out the new posters to all participating agencies and if your agency has multiple sites, multiple posters were provided.

The CACFP requires that the full size 11½ x 17 And Justice for All Poster be posted at your agency. If you are a sponsoring organization, you are required to post it at your Administration office and at each site.

Hot off the Press: CACFP Meal Pattern Final Rule

USDA released the final rule on the CACFP Meal Pattern that will go into effect October 2017. This was released on April 25, 2016.

This rule requires centers and day care homes participating in the CACFP to serve more whole grains and a greater variety of vegetables and fruit, and reduces the amount of added sugars and solid fats in meals. In addition, this final rule supports mothers who breastfeed and improves consistency with the Women, Infants, and Children and with other Child Nutrition Programs. These changes are based on the Dietary Guidelines for Americans, science-based recommendations made by the National Academy of Medicine (formerly the Institute of Medicine of the National Academies), cost and practical considerations, and stakeholder's input. This is the first major revision of the Child and Adult Care Food Program meal patterns since the Program's inception in 1968.

The DPI is waiting on further guidance from USDA, so do not make any changes until you hear from DPI. There will be trainings available at later dates to help your agency learn about the required changes to the meal pattern.

Use the following link to access detailed information on the CACFP Meal Pattern Final Rule:

<https://www.gpo.gov/fdsys/pkg/FR-2016-04-25/pdf/2016-09412.pdf>



Reminders

Infants

Infant Meal Records are the point of service meal counts for infants. The CACFP defines infants as Birth through 11 months of age. Infants that are transitioning to table foods and still consuming Iron Fortified Infant Formula (IFIF) or Breastmilk must be recorded on the Infant Meal Records. If an infant is eating all table foods and drinking whole milk, a medical statement is required and their meal counts need to be recorded with the 1-12 year meal counts.

Also, the infant meal records are to be used to determine the total meal counts for infants; you cannot just do a daily headcount of the number of infants eating at each meal each day. They have a different meal pattern that must be met compared to the 1-12 year olds that is documented on the infant meal record.

Milk Requirements

Milk is a required component of the CACFP Meal Pattern for the 1-12 year olds at Breakfast, Lunch, & Supper. There are minimum serving sizes that must be met at these meals in order for the meal to be claimed for reimbursement.

When an agency is serving meals pre-plated style, meaning all of the components are plated by the teacher or the cook. The minimum amount of each component must be given to each child. For example, at lunch a three year old would be required to be served 6 ounces or $\frac{3}{4}$ cup of milk. If your center is using a cup that can only hold 4 ounces you will not be able to provide the minimum amount of 6 ounces in that cup. This applies to agencies that serve meals family style as well. The children must be provided with cups large enough to be able to take the minimum serving size of milk at each meal service.

Curious about the New 2015-2020 Dietary Guidelines Recommendations?

The *2015-2020 Dietary Guidelines* provides five guidelines that encourage healthy eating patterns, recognize that individuals will need to make shifts in their food and beverage choices to achieve a healthy pattern, and acknowledge that all of our society have a role to play in supporting healthy choices. These guidelines also embody the idea that a healthy eating pattern is not a rigid prescription, but rather, an adaptable framework in which individuals can enjoy foods that meet their personal and cultural preferences and fit within their budget.

These are the guidelines in a nutshell:

- Follow a healthy eating pattern across the lifespan. All Food and beverage choices matter. Choose an appropriate calorie level to help achieve and maintain a healthy body weight, support nutrient adequacy, and reduce the risk of chronic disease.
- Focus on variety, nutrient density, and amount.
- Limit calories from added sugars and saturated fats and reduce sodium intake.
- Shift to healthier food and beverage choices. Choose nutrient-dense foods and beverages across and within all food groups in place of less healthy choices. Consider cultural and personal preferences to make these shifts easier to accomplish.
- Support healthy eating patterns for all. Everyone has a role in helping to create and support healthy eating patterns in multiple settings nationwide, from home to school to work to communities to child care.

Specifically, the 2015-2020 Dietary Guidelines for Americans provide advice on:

- **SUGARS:** Limit intake of added sugars to less than 10% of total calories per day. Currently, we get 13-17% of our calories from added sugars. Replacing added sugars with high-intensity sweeteners may reduce calorie intake in the short-term, yet questions remain about their effectiveness as a long-term weight management strategy.
- **DIETARY FAT:** Limit saturated fat intake to less than 10% of total calories. Saturated fat is found in many sources including animal products such as meat, cheese, milk, cream, butter and some plant sources such as palm oil and coconut oil.
- **CHOLESTEROL:** There is no longer a recommendation to limit cholesterol. The recommendation for the meats, poultry, and eggs subgroup in the Healthy U.S.-Style Eating Pattern at the 2,000-calorie level is 26 ounce-equivalents per week. This is the same as the amount that was in the primary USDA Food Patterns of the 2010 Dietary Guidelines.
- **SODIUM:** Limit sodium intake to less than 2300 mg per day. The new DGA also state that for individuals with prehypertension and hypertension “further reduction to 1,500 mg per day can result in even greater blood pressure reduction.”
- **CAFFEINE: NEW TOPIC!** Moderate coffee consumption (three to five 8-oz cups/day or providing up to 400 mg/day of caffeine) can be incorporated into healthy eating patterns. The important caveat here is that people who do not currently consume caffeine (in various forms) are not encouraged to begin.

Further details can be found at this link:

<http://health.gov/dietaryguidelines/2015/guidelines/>.



Try a New Food with Your Kids: Quinoa

Quinoa is a cereal-like plant product derived from an herb, but creditable as a whole grain in the CACFP. Quinoa is a small, round grain, similar in appearance to sesame seeds. There are over 120 different varieties of quinoa are known, but the most common types are white (sometimes known as yellow or ivory) quinoa, red quinoa, and black quinoa.

Quinoa supports good health, as it's one of the only plant foods that's a complete protein, offering all the essential amino acids in a healthy balance. Quinoa has a subtle nutty taste that goes well with all kinds of ingredients.

You can learn more about Quinoa and other whole grains through the Oldways Whole Grain Council website at this link: <http://wholegrainscouncil.org/>.

Mediterranean Quinoa Salad

Source: Recipes for Healthy Kids Cookbook for Child Care Centers (Team Nutrition)

Website: <http://www.fns.usda.gov/tn/recipes-healthy-kids-cookbook-child-care-centers>

This salad features the whole grain quinoa, mixed with colorful vegetables, feta cheese, and a light lemon dressing.

25 Servings

Ingredients

Ingredients	Amount
Quinoa, dry	1 pound 11 ounces (1 quart+1/4 cup)
Low-Sodium chicken broth	2 quarts
Lemon juice	1/4 cup
Red Wine Vinegar	1/4 cup
Fresh garlic, minced	1 tablespoon
Extra Virgin Olive Oil	1/4 cup
Salt	2 teaspoons
Ground white pepper	1/2 teaspoon
Fresh red bell peppers, diced	5 1/2 ounces (1 cup)
Fresh green onions, diced	2 ounces (1/2 cup)
Fresh red onions, diced	3 ounces (1/2 cup)
Fresh cherry tomatoes, halved	11 1/2 ounces (2 cups)
Black olives, sliced	2 1/2 ounces (1/2 cup)
Feta Cheese, crumbled	3 ounces (1/2 cup)
Fresh parsley, finely chopped	1 cup

Directions

1. Rinse quinoa in a fine mesh strainer until water runs clear, not cloudy.
2. Combine quinoa and broth in a covered stockpot and bring to a boil. Reduce heat and simmer until water is completely absorbed, about 10-15 minutes. When done, quinoa will be soft and a white ring will pop out of the kernel. The white ring will appear only when it is fully cooked. Fluff the quinoa. Cover and refrigerate at 40°Fahrenheit.
3. Dressing: Combine lemon juice, vinegar, garlic, oil, salt, and ground pepper. Mix well. Set aside.
4. Combine red peppers, green onions, red onions, tomatoes, and black olives in a large bowl. Add dressing.
5. Mix in cooled quinoa. Fold in feta cheese and parsley.
6. Transfer to a steam table pan (12"x20"x2 1/2").
7. Critical Control Point: Cool to 40°Fahrenheit or lower within 4 hours. Cover and refrigerate until service.
8. Portion with a 6 fluid ounce spoodle (3/4 cup).

CACFP Crediting Information

A 3/4 cup provides:

- 1/8 cup vegetable and
- 1 serving grains/bread

The Recipes for Healthy Kids Cookbook for Child Care Centers includes the option of 25 servings or 50 servings for this salad. If you serve more than 50 kids, you can go to the following link for a handout that walks you through how to adjust a recipe: <http://www.nfsmi.org/documentlibraryfiles/PDF/20080528050732.pdf>. This is from The Institute of Child Nutrition (www.theicn.org), formerly known as NFSMI.



The Mediterranean Quinoa Salad was the 2nd Place Winner for the Whole Grains recipes in the *Recipes for Healthy Kids* competition in 2013.

USDA 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 06-2016: [Disclosure Requirements for the Child Nutrition Programs](#)

The Food and Nutrition Service (FNS) has received a number of inquiries from local educational agencies (LEAs) about the permissibility of disclosing individual student information collected for purposes of determining eligibility for free or reduced price school meals through the National School Lunch and School Breakfast Programs. Requestors often seek this information in order to provide additional benefits to low-income students or provide additional funding to schools with high populations of low-income students. The purpose of this memorandum is to provide a reminder for LEAs regarding the restrictions on disclosure of sensitive information collected through the Child Nutrition Programs. This memorandum also clarifies the applicability of disclosure protections for individual student eligibility information collected for purposes of the Child and Adult Care Food Program (CACFP) and the Summer Food Service Program (SFSP). This memorandum supersedes an earlier memorandum dated August 23, 2010, Disclosure Requirements for the Child Nutrition Programs, SP31-2010, CACFP17-2010, SFSP15-2010.

CACFP 07-2016: [Fiscal Year \(FY\) 2016 Reallocation of Child and Adult Care Food Program \(CACFP\) Audit Funds](#)

This memorandum provides information needed to conduct the fiscal year (FY) 2016 reallocation of CACFP Audit funds.

CACFP 08-2016: [FY2016 Reallocation of State Administrative Expense \(SAE\) Funds in Child Nutrition Programs](#)

This memorandum and attachments provide the information needed to conduct the FY 2016 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 09-2016: [FDA Requirements for Vending Machines](#)

On December 1, 2014, the U.S. Department of Health and Human Services, Food and Drug Administration (FDA) published the final rule, Food Labeling; Calorie Labeling of Articles of Food in Vending Machines, in the Federal Register. The purpose of this FDA rule is to provide consumers with clear and consistent nutrition information, allowing them to make informed and healthful dietary choices when purchasing items from vending machines. Covered vending machine operators must comply with this regulation by December 1, 2016.

[Reducing Paperwork in the Child and Adult Care Food Program](#)

FNS has released the report, *Reducing Paperwork in the Child and Adult Care Food Program*. A Work Group of CACFP stakeholders produced this report with recommendations to Congress, USDA, and States to streamline administrative processes and remove barriers to participation, while protecting Program integrity. The report is highlighted in the new Paperwork Reduction Resource Center. FNS has designed this resource center to promote policies and share ideas for reducing paperwork and increasing CACFP efficiency. Check it out here: <http://www.fns.usda.gov/cacfp/paperwork-reduction-resource-center>

[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, 2016 through June 30, 2017. The guidelines are intended to direct benefits to those children most in need and are revised annually to account for changes in the Consumer Price Index.

[Federal Register: Child Nutrition Program Integrity; Proposed Rule – Comments due May 31, 2016](#)

This rule proposes to codify several provisions of the Healthy, Hunger-Free Kids Act of 2010 affecting the integrity of the Child Nutrition Programs, including the National School Lunch Program (NSLP), the Special Milk Program for Children, the School Breakfast Program, the Summer Food Service Program (SFSP), the Child and Adult Care Food Program (CACFP) and State Administrative Expense Funds.



Pop Quiz: And Justice for All Poster

True or False: Each agency that participates in the CACFP, either as an independent or sponsor, must post the full size (11 ½ x 17”) And Justice for All poster at each location that participates in the CACFP.

See page 5 for the answer!

CACFP Consultant Update

Several changes have been occurring at the DPI with the Community Nutrition Team. Mike Ryan retired from the DPI on January 2016. We recently had two other consultant's leave the Community Nutrition Team as well. Currently, the regions for the CACFP are being modified. Any changes to the consultant regions will go into effect July 1, 2016.

If you are unsure of who your CACFP consultant is, here is the link to the CACFP Consultant map: <http://dpi.wi.gov/community-nutrition/cacfp/map>. Click on your county and it will direct you to the name of your consultant along with their contact information.

Also, your assigned consultant is available to answer questions about the CACFP. The DPI receives the most recent regulation changes from USDA. Please use your consultant as a resource to ensure your agency is implementing the CACFP requirements per USDA regulations. Consulting with an outside agency that is not affiliated with the DPI for the CACFP could lead to findings during a CACFP audit and potentially, your agency may be required to pay back some of the funds received for reimbursement.

Connecting with Families

Are you looking for a quick and easy way to reach families for class updates, news and more? *Remind* is a tool to reach families easily through text messages. It provides direct, reliable messaging and supports real-time staff updates as well as personalized outreach. *Remind's* design is great for individual room messages to help extend learning beyond the classroom walls. It can help you stay on top of changes with instant communication, focus on children who need the most help, and effectively collaborate with parents. *Remind* is safe, simple, and free. Check it out at <https://www.remind.com/>

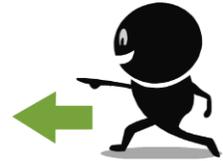


Why Farm to Early Care and Education?

Offering hands-on activities and serving local foods in your early care and education (ECE) setting can increase a child's willingness to try new foods. Farm to ECE is an opportunity to increase access to healthy environments which can improve early eating habits and help to prevent obesity in ECE settings. Please see the insert from USDA in this newsletter, "Farm to Preschool: Local Food and Learning in Early Child Care and Education Settings" for more information. Also, visit DPI's Farm to Early Care and Education webpage <http://dpi.wi.gov/community-nutrition/cacfp/farm-2-ece> for more information and many great resources.



Pop Quiz Answer:



The answer is true.

Each agency that participates in the CACFP, either as an independent or sponsor, must post the full size (11 ½ x 17") And Justice for All poster at each location that participates in the CACFP.



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Wisconsin Child Nutrition Programs
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CACFP Today

is published three times per year by the Department of Public Instruction.

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To file a program complaint of discrimination, complete the [USDA Program Discrimination Complaint Form](#), (AD-3027) found online at: http://www.ascr.usda.gov/complaint_filing_cust.html, and at any USDA office, or write a letter addressed to USDA and provide in the letter all of the information requested in the form. To request a copy of the complaint form, call (866) 632-9992. Submit your completed form or letter to USDA by:

- (1) mail: U.S. Department of Agriculture
Office of the Assistant Secretary for Civil Rights
1400 Independence Avenue, SW
Washington, D.C. 20250-9410;
- (2) fax: (202) 690-7442; or
- (3) email: program.intake@usda.gov.

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Connect With Us

The CNT and the DPI's Summer Food Service Program are on **Facebook** and **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:

- <https://www.facebook.com/WisDPICommunityNutrition/>
- https://twitter.com/WisDPI_CNT

Find the Summer Food Service Program here:

- <https://www.facebook.com/WI-DPI-Community-Nutrition-Summer-Food-Service-Program-328026730580257/>
- https://twitter.com/WisDPI_SFSP