

COMMUNITY NUTRITION TEAM

CACFP Today

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

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Winter 2015

Build a Healthy Plate with More Whole Grains

Serve whole grains instead of refined grain foods. Whole grains provide minerals, antioxidants, and B vitamins that help bodies convert food into energy. Whole grains also contain fiber that makes you feel full longer, decreases cholesterol, regulates blood sugar, and helps to control weight.

A whole grain contains bran, germ, and endosperm:

- Bran: outer skin of the grain kernel. It contains B vitamins and minerals and provides fiber.
- Germ: this part of the grain kernel has the potential to sprout into a new plant. It contains B vitamins, vitamin E, protein, minerals, and healthy fats.
- Endosperm: this is the germ's food supply. It contains complex carbohydrates, protein, and some B vitamins.

When whole grains are refined, the bran and germ are removed. Processors may add some of the vitamins and minerals back to enrich the product, but not all the nutrients in their original proportions are added back. Whole grains are healthier!

Choose these...	Instead of these!
Brown rice	White rice
Whole grain pasta	White, refined pasta
Whole grain bread	White, refined bread
Oatmeal	Refined cereal
Whole grain crackers	Pretzels
Whole wheat tortillas	Flour tortillas
Quinoa	Couscous

Manufacturers try to trick you into thinking a product is whole grain when it is not. Beware of words like multi-grain, stone-ground, 100% wheat, seven-grain and bran. These words are generally found on the front of packaging.

The best way to identify whole grain foods is by looking at the ingredients list on the product label. Look for the words "whole" or "whole grain" before the grain ingredient's name. The whole grain should be the first ingredient or the second ingredient after water.

Examples of whole grains to look for on the ingredient list include: brown rice, whole wheat, millet, oatmeal, quinoa, wild rice, buckwheat, bulgur (cracked wheat), whole cornmeal, whole rye, rolled oats, whole grain sorghum, whole wheat flour, whole grain barley, whole oats or oatmeal, whole grain corn.

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



Opportunities for Active Living

We hope that you had the opportunity to get out and enjoy the crisp Wisconsin fall by paying a visit to a local apple orchard or pumpkin patch, biking along Lake Michigan, or playing some touch football. As we transition from fall to the snow and cold of winter, physical activity levels plummet as we stay inside to avoid the weather. Despite the weather, there are plenty of opportunities to be active during Wisconsin winters.

In the Spring 2014 newsletter, we discussed the benefits of walking after a meal for improving health and activity levels. As winter sets in, this is not always an appealing option.

As the temperatures begin to drop, it can be unsafe to walk outside without proper protective layers. While this may make continuing to be active following a meal difficult, if you bundle up and continue to walk you still have a wonderful opportunity to be active.

Bundling up and heading out to play with your children in the snow serves both as a wonderful opportunity to not only be active, but also bond with your children. Building snowmen and making snow angels are activities that children enjoy; they can be an opportunity for everyone to be active and enjoy time together at any time. While it takes a bit more planning, an afternoon sledding is a fun way to be active as you walk up and sled back down the hill together!

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 12-2014: Disaster Response

The purpose of this memorandum is provide an overview of ways agencies participating in the Child and Adult Care Food Program (CACFP) can respond to situations resulting from damage

or disruptions due to natural disasters such as hurricanes, tornadoes, and floods.

CACFP 13-2014: Area Eligibility Using Census Data

The purpose of this memo is to provide new information regarding the availability of using either Census Block Group, Census Tract, or averaging up to three adjacent Census Block Groups to establish area eligibility for day care homes participating in the CACFP.

CACFP 14-2014: 2014 Edition of Eligibility Manual for School Meals

USDA released the August 2014 version of the Eligibility Manual for School Meals. This version replaces the August 2013 manual and incorporates clarifications as well as applicable guidance issued since the last revision.

New Resource: Independent Child Care Centers: A Child and Adult Care Food Program Handbook

USDA has issued a new "Independent Child Care Centers: A Child and Adult Care Food Program Handbook". This handbook covers all policy related to the independent child care component of CACFP. The handbook is available on our website at http://fns.dpi.wi.gov/files/fns/pdf/ind_ccc_handbk.pdf.



Updated Resource: At-Risk Afterschool Meals: A Child and Adult Care Food Program Handbook

USDA revised the "At-Risk Afterschool Meals: A Child and Adult Care Food Program Handbook" in July 2014. The Healthy, Hunger Free Kids Act requires USDA to update this handbook annually. All changes and addition to the handbook are highlighted in yellow for your convenience.

The "At-Risk Afterschool Meals: A Child and Adult Care Food Program Handbook" July 2014 edition is available on our website at http://fns.dpi.wi.gov/fns_atriskemergency.

Federal Register: CACFP Rates July 1, 2014 – June 30, 2015

This notice announces the annual adjustments to the national average payment rates for meals and snacks served in child care centers, outside-school-hours care centers, at-risk afterschool care centers, and adult day care centers; the food service

payment rates for meals and snacks served in day care homes; and the administrative reimbursement rates for Sponsoring organizations of day care homes, to reflect changes in the Consumer Price Index. These rates are effective from July 1, 2014 through June 30, 2015. Refer to Guidance Memorandum #2 "Rates of Reimbursement" on our website at http://fns.dpi.wi.gov/fns_guidememos.



Pop Quiz: Meal Counts

Which of these lunch meals does not contain all the required components?

- A. Grilled cheese on whole wheat bread, tomato soup, green beans, and skim milk.
- B. Meatloaf, mashed potatoes, carrot sticks, pears, and skim milk.
- C. Baked turkey breast, brown rice, apple slices, broccoli, and skim milk.
- D. Three-bean chili, whole grain roll, carrots, pineapple, and skim milk.

See page 3 for the answer!



Save the Date - WI Farm to School Summit

The Wisconsin Farm to School Summit will offer a workshop entirely for early childhood professionals. The Summit will be held on January 29, 2015, at the Hotel Mead in Wisconsin Rapids. This year's theme is "Digging In: A Hands-On Approach to Growing & Sustaining Farm to School".

The early childhood workshop will include best practices for early childhood, tips for sourcing local, healthy foods, and resources for healthy eating curricula. Registry credit will be available.

Watch for more information coming soon at <http://wilocalfood.wordpress.com>.





Annual Civil Rights Training Required

In order to meet regulations provided by the USDA, training on civil rights must be provided to staff at your center(s) **annually**. All staff that interacts with program applicants or participants, and those persons who supervise them, must be provided civil rights training on an annual basis. Specific subject matter must include, but not be limited to: collection and use of data, effective public notification systems, complaint procedures, requirements for reasonable accommodation of persons with disabilities, requirements for language assistance, conflict resolution, and customer service. Records indicating the agency staff who received the civil rights training, the civil rights topics covered, and the date that the civil rights training was completed must be retained on file. Information on this requirement can be found in Guidance Memorandum #8.

Refer to website <http://dpi.wi.gov/fns/training.html> to access the Civil Rights PowerPoint handout that may be used to complete the required civil rights training with the agency's staff.



Food Service Financial Report for Independent Agencies is Due

All for-profit, nonprofit and public agencies that participated in the CACFP at anytime between October 1, 2013 and September 30, 2014 must complete a Nonprofit Food Service Financial Report.

Independent agencies (only one site) participating in the program, report annually using form PI-1463, *Nonprofit Food Service Financial Report for Independent Centers*. A copy of this form can be found on the DPI website at http://fns.dpi.wi.gov/fns_guidememos. This form reflects the total actual costs and income incurred in your agency's food service program during the period of October 1, 2013 – September 30, 2014. This report was due to the DPI by no later than November 1, 2014.

Sponsoring Organizations (two or more sites on the CACFP) participating in the program should have already been reporting actual costs and income incurred in your agency's food service program on a quarterly basis. All Sponsoring Organizations of affiliated Child or Adult Centers should be using form PI-1463-A, *Nonprofit Food Service Financial Report for Sponsoring Organizations of Centers*, found in Guidance Memorandum #11. All Sponsoring Organizations of unaffiliated Child or Adult Centers should be using form PI-1463-C, *Nonprofit Food Service Financial Report for Sponsoring Organizations of Centers*, also found in Guidance Memorandum #11. All

Sponsoring Organizations of Homes should be using form PI-1463-B, *Nonprofit Food Service Financial Report for Family Day Care Home Sponsors*, found in Guidance Memorandum F.

The third quarter report was due into our office on September 1, 2014. The fourth quarter report should reflect actual food service program income and costs incurred during the period of July 1, 2014 – September 30, 2014. The fourth quarter report is due to DPI no later than December 1, 2014.

All Nonprofit Food Service Financial Reports should be sent by either e-mail to cari.muggenburg@dpi.wi.gov; by fax at 608-267-0363; or postal mail to *Department of Public Instruction, Attn: Cari Ann Muggenburg, PO Box 7841, Madison, WI 53707-7841*.

You will only receive a confirmation of receipt if the form is sent via e-mail. Failure to submit this report by the required due date may affect your agency's future participation in the CACFP. A blank copy of all forms mentioned above, including all Guidance Memorandums, can be found at our website at http://fns.dpi.wi.gov/fns_guidememos. Click on the appropriate set of Guidance Memorandums. If you have any questions please contact Cari Ann Muggenburg by phone at 608-264-9551 or e-mail at cari.muggenburg@dpi.wi.gov.

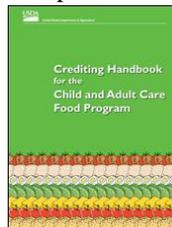


Pop Quiz Answer:

Which of these lunch meals does not contain all the required components? The correct answer is B!

- B. Meatloaf, mashed potatoes, corn, lettuce salad, and milk.

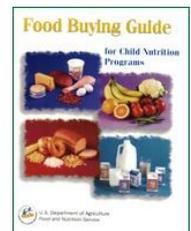
This lunch meal is missing the grain/bread component. Remember that potatoes are a vegetable, not a bread component.



Refer to our Guidance Memorandums located at http://fns.dpi.wi.gov/fns_guidememos for meal planning resources under Guidance Memorandum #12.

Resources include:

- Crediting Handbook for CACFP
- Meal Requirements Calculations Excel spreadsheet
- Online Food Buying Guide Calculator
- Child Nutrition (CN) Label Requirement Information Sheet



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FNS Home Page
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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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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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