

COMMUNITY NUTRITION TEAM

CACFP Today

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

Vol. 9 No. 1

Winter 2017

New Child and Adult Care Food Program (CACFP) Meal Pattern Training Registration is Now Open!



Training will provide details about the New CACFP Meal Pattern and updated recordkeeping requirements. The New Meal Pattern is effective October 1, 2017.

It is highly recommended that the CACFP Authorized Representative, Owner of a for-profit organization, Cook, or the person(s) responsible for the CACFP at the organization attend a training.

The New CACFP Meal Pattern training is **required** for all agencies. If you are unable to attend one of the onsite trainings, a home-study and test will be required to be completed prior to September 30, 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.

Training Dates and Locations

The training is from **9 am - 4 pm**. There will be one hour for lunch on your own. Beverages and food will not be provided at the training.

Oak Creek	Wednesday, April 12
Wausau	Thursday, April 20
Madison	Friday, April 28
La Crosse	Tuesday, May 9
Green Bay	Wednesday, May 24
Rice Lake	Wednesday May 31

Training is available at no charge. Please share this information with the appropriate staff at your agency. The DPI is limiting the number of attendees for each training location, so register early!

For more information about New CACFP Meal Pattern requirements, check out the [New CACFP Meal Pattern](http://dpi.wi.gov/community-nutrition/cacfp/new-cacfp-meal-pattern) webpage or at <https://dpi.wi.gov/community-nutrition/cacfp/new-cacfp-meal-pattern>.



Reducing Lead Absorption with Good Nutrition

Elevated lead levels in the water in homes, schools and child care centers is a growing concern in our state and in our communities. It is important to know that a healthy diet can help, and you are in a unique position to provide guidance on the benefits of healthy eating. There are three key nutrients that can help limit lead absorption; calcium, iron, and vitamin C.

Calcium keeps bones strong and keeps the lead out. Serve calcium-rich foods including:

- Dairy products, such as milk, yogurt, cheese, and cottage cheese
- Green leafy vegetables, including kale, turnip, and collard greens
- Broccoli
- Calcium-enriched foods, such as orange juice, soy milk, and tofu
- Canned salmon and sardines
- Almonds and almond butter

Iron limits lead from being absorbed. Try these iron-rich foods:

- Lean red meats and chicken
- Green, leafy vegetables such as spinach and chard
- Iron-fortified cereal, bread, and pasta
- Dried fruit, such as raisins and prunes
- Beans and lentils
- Eggs

Vitamin C helps the body absorb iron and may help get rid of lead.

Foods rich in vitamin C include:

- Citrus fruits and juices, such as oranges and grapefruit
- Other fruits such as kiwi, strawberries, and melon
- Tomatoes, green and red bell peppers, baked potatoes, Brussel sprouts, and broccoli



Check out our new [Drinking Water](http://dpi.wi.gov/community-nutrition/drinking-water) webpage at <http://dpi.wi.gov/community-nutrition/drinking-water> for more information on increasing access to water and ways to reduce the impact of lead exposure.

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Pop Quiz: *Is Tofu For You?*

TOFU IS:

- A. A creditable Vegetable component for all ages
- B. A mystery
- C. A cheese product
- D. A creditable Meat/Meat Alternative component for children over 12 months of age and adults

See page 4 for the answer!



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Community Supported Agriculture (CSA) and Early Care and Education: A Great Match

While snow and ice cover the ground, farmers across Wisconsin are busy planning for the 2017 growing season. Early care and education (ECE) sites are uniquely positioned to incorporate local, farm fresh food into their menus. They are often smaller organizations that have more flexibility in their purchasing options. Their year-round programming allows them to purchase during the summer months - the peak of growing season. On-site kitchens and trained food service staff allow ECE sites to purchase and process more whole, raw ingredients.

One such avenue for local food purchasing is the CSA! A CSA is a system where community members buy a ‘share’ and in turn get a box of fresh produce available for pick-up weekly on the farm or at delivery sites throughout the season. A CSA provides the opportunity to develop a close relationship with a single farm, learn what is in season, and gain access to fresh, local produce. A CSA box in spring might include strawberries, asparagus, and snap peas whereas a CSA in late summer would include peppers, tomatoes, and cucumbers. Below are resources to further explore this food purchasing option that supports local farms and the health of your kids.

To find a CSA farm near you [check out the FairShare CSA Coalition farm pickup location map for Wisconsin.](#)

For questions to ask when purchasing directly from farmers [check out this resource from South Carolina Farm to Institution.](#)

Ways to incorporate local foods into your menus (whether from a CSA, farmers’ market, grocery store, or distributor)

- Start small by purchasing items that can be used in their whole form or that can be easily cut up and prepared. For example, apples, pears, berries, snap peas or potatoes that can be left whole for baking are all good places to start.
- Base a menu item around something you normally make and substitute something local for one (or more) of the ingredients.

‘Families’ of foods that can be substituted for each other include berries (strawberries, blueberries, blackberries, raspberries), leafy greens (kale, collards, Asian greens, bok choy, chard, spinach), and hardy root vegetables (rutabaga, turnips, potatoes, sweet potatoes, carrots, parsnips).
- Base a menu item on [what’s in season](#) in Wisconsin.
- Add local veggies to dishes kids already love: try cubed butternut squash in mac and cheese, kale stirred into soups, sweet potatoes in casseroles, spinach blended into spaghetti sauce, and fresh berries in smoothies.
- Create a flexible menu - add ‘seasonal fruit or vegetable’ to the menu.
- As always if the kids don’t like it prepared one way, switch it up! Kale chips may be more popular than steamed kale or roasted squash may be a hit compared to mashed squash.

As a final reminder, ECE sites can be reimbursed through CACFP for local food purchased directly from farmers. For further information on CACFP and local food purchasing, check out the [USDA Farm to Preschool Factsheet](#).

Jill Carlson Groendyk – Farm to ECE Trainer, Community GroundWorks



An example of what may be in a typical CSA in June.

Celebrate National Child and Adult Care Food Program Week – March 12-18, 2017



Child and Adult Care Food Program (CACFP) Week is a national education and information campaign sponsored annually by the National CACFP Sponsors Association. The campaign is designed to raise awareness of how the USDA's CACFP works to combat hunger and bring healthy foods to the table for adults in day care and children in child care homes, centers, and in afterschool and summer feeding programs across the country.

Below is a link to the proclamation from State Superintendent Tony Evers recognizing March 12-18, 2017 as National Child and Adult Care Food Program Week. The proclamation promotes the significant contributions of providers and sponsors to provide nutritious and well-balanced meals and snacks as part of the CACFP.

This proclamation may be used to promote National CACFP week and may be accessed on the DPI website [here](#). For more information and resources check out the National CACFP Sponsors Association website [here](#).

Thank you for your continued participation in the CACFP. We value your partnership.



Christine Nichols, MPH, RD, CD

Nutrition Program Consultant, Community Nutrition

Hi everyone! My name is Chrissy Nichols and I am a registered dietitian and I recently graduated from UW-Madison with my Master of Public Health degree. I completed my masters capstone with Second Harvest Foodbank of Southern Wisconsin. In my previous position with UW-Extension, I was a project assistant within FoodWise. At UW-Extension I worked on projects such as the Safe and Healthy Food Pantries Project and educational reinforcements. Since I am a recent graduate, one of my goals is to start to identify new hobbies! Some of my interests include baking, hiking, and crafts.



Changes to the Nutrition Facts Label

On May 20, 2016, the Food and Drug Administration (FDA) announced the new [Nutrition Facts](#) label for packaged foods to reflect new scientific information, including the link between diet and chronic diseases such as obesity and heart disease. The new label will make it easier for consumers to make better informed food choices. The FDA published the final rule in the Federal Register on May 27, 2016. U.S. Food and Drug Administration

Old version

New version

Nutrition Facts	
Serving Size 2/3 cup (55g)	
Servings Per Container About 8	
Amount Per Serving	
Calories 230	Calories from Fat 72
% Daily Value*	
Total Fat 8g	12%
Saturated Fat 1g	5%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 160mg	7%
Total Carbohydrate 37g	12%
Dietary Fiber 4g	16%
Sugars 1g	
Protein 3g	
Vitamin A	10%
Vitamin C	8%
Calcium	20%
Iron	45%
* Percent Daily Values are based on a 2,000 calorie diet. Your daily value may be higher or lower depending on your calorie needs.	
	Calories: 2,000 2,500
Total Fat	Less than 65g 80g
Sat Fat	Less than 20g 25g
Cholesterol	Less than 300mg 300mg
Sodium	Less than 2,400mg 2,400mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g

Nutrition Facts	
8 servings per container	
Serving size	2/3 cup (55g)
Amount per serving	
Calories	230
% Daily Value*	
Total Fat 8g	10%
Saturated Fat 1g	5%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 160mg	7%
Total Carbohydrate 37g	13%
Dietary Fiber 4g	14%
Total Sugars 12g	
Includes 10g Added Sugars	20%
Protein 3g	
Vitamin D 2mcg	10%
Calcium 260mg	20%
Iron 8mg	45%
Potassium 235mg	6%
* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.	





New CACFP Meal Pattern: Early Implementation

The New CACFP Meal Pattern was released in April 2016 and will go into effect October 1, 2017. The USDA issued Policy Memo [CACFP 14-2016](#) allowing early implementation of the new meal pattern. The memo provided two options and the state of Wisconsin has chosen to implement five areas of the new meal pattern. The following areas may be implemented early:

Reimbursing infant meals when the mother breastfeeds on-site
Allowing yogurt (<i>not soy</i>), whole eggs, and ready-to-eat cereals under the infant meal pattern
Serving meat and meat alternates in place of the entire grains component at breakfast no more than three times per week
Counting tofu and soy yogurts as a meat alternate
ADULT DAY CENTERS ONLY: Allowing yogurt to be used to fulfill the fluid milk component for adults once per day

If you choose to implement one or more of the requirements that apply to your type of program, the meals including these allowances can be claimed for reimbursement. Check out the [New CACFP Meal Pattern](#) webpage for more details on early implementation.

The New CACFP Meal Pattern webpage includes handouts on the Milk, Meat/Meat Alternate, and Fruit & Vegetable Component as well as Feeding Infants. These outline the current and new requirements for the CACFP. There are some requirements, in addition to the ones mentioned above, that can be implemented as well.

Additional requirements that may be implemented now include:

- 1) Programs may not use deep fat frying to prepare their food.
- 2) Food &/or beverages cannot be used as a reward or punishment.
- 3) Water must be made available throughout the day.



Your program may implement the following additional requirements as well:

Infant Meal Pattern

- Eliminate juice, cheese food and cheese spread
- Serve a vegetable or fruit, or both, at snack

Child and Adult Meal Pattern

Fruit & Vegetable Component

- Serve a vegetable and fruit or two vegetables at lunch/supper
- Limit juice to one time per day or eliminate from the menus

Grains Component

- Make at least one grain item per day whole grain rich
- Eliminate grain-based desserts: cookies, cakes, sweet pie crusts, fruit turnovers, doughnuts, granola bars, toaster pastries, sweet rolls, brownies, etc.

- Serve breakfast cereals that contain no more than 6 grams of sugar per dry ounce

Meat/Meat Alternate Component

- Serve yogurt that contains no more than 23 grams of sugar per 6 ounces

Milk Component

- 1 Year Olds: Serve whole milk
- 2 Year Olds & Older: Must serve 1% (Low Fat) or Skim (Fat Free) milk (*Current requirement*)
- Don't serve flavored milk to children ages 5 & under

The items above are not an all-inclusive list to the new meal pattern but are tips to get your agency prepared for the new requirements effective October 2017. The DPI will be revising current forms and developing new forms as needed to assist agencies in implementing the new meal pattern.

Webinar: Nutrition and Lead Exposure: Key Nutrients that May Lessen the Impact

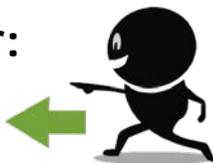
Thursday, March 30, 2017, from 2:00 to 3:00 p.m.

Join the School and Child Nutrition Teams for a live webinar and learn how schools and child care providers are in a unique position to provide guidance on the benefits of healthy eating. For details and instructions on connecting with the webinar click here <https://dpi.wi.gov/sites/default/files/imce/school-nutrition/pdf/lead-webinar-announcement-instructions.pdf>.

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Pop Quiz Answer:

Although some people view tofu as a “mystery” food item the correct answer to the Pop Quiz is:



D. A creditable Meat/Meat Alternative component for children over 12 months of age and adults

Learn more about tofu and how you can add this “mystery” food to your menus and your diet with success!

Tofu, made from soybean curds, is naturally gluten-free and low calorie, contains no cholesterol and is an excellent source of protein, iron, and calcium. Consuming plant-based foods of all kinds has long been associated with a reduced risk of many lifestyle-related health conditions.

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Exactly what is Tofu?

Tofu is a low calorie, high protein food source made from the soy bean, a member of the pea family. The soy bean can be used to make milk, and much like the development of cheese, the soy milk is curdled and made into a block.

Tofu has a long history, originating in Southeastern Asia. It has been consumed by the Chinese for thousands of years, but only introduced to the United States in the 1800s. In America, tofu has become a source of essential amino acids for individuals following a plant-based diet, or vegetarian lifestyle. In addition to the high protein content, tofu may be able decrease the risk of some diseases, such as obesity, diabetes and cardiovascular disease. The omega-3 polyunsaturated fats in tofu can lower the “bad” LDL cholesterol in the blood. Therefore, the fat in tofu is actually a good component! Tofu contains 70 calories in a 3.5oz block. The low calorie content promotes weight loss, which in turn, also decreases the risk of Type II Diabetes.

Fun Fact: Soy contains isoflavones, also known as phytoestrogens, which produce an estrogen-like effect shown to decrease hot flash symptoms in menopausal women.

The basic message is that tofu is made from soy, is high in protein, low in calories, and can provide multiple health benefits. For more nutrient information, refer to the nutrition information below.

The basic message is that tofu is made from soy, is high in protein, low in calories, and can provide multiple health benefits. For more nutrient information, refer to the nutrition information below.

Nutrition information for 3.5 ounces: 70 calories, 8 grams protein, 4 grams fat, 2 grams carbohydrate. In addition, tofu contains a variety of B vitamins and minerals, such as calcium, iron, manganese, selenium and phosphorus.

References:

- <https://authoritynutrition.com/what-is-tofu/>
- <http://www.medicalnewstoday.com/articles/278340.php>
- <http://www.mayoclinic.org/drugs-supplements/soy/background/hrb-20060012>

Tofu and Avocado Rice Bowl

INGREDIENTS

- 2 cups brown rice, cooked
- ¼ cup canola oil
- 16 ounce package extra-firm tofu, cut into 1-inch pieces
- Kosher salt
- 2 tablespoons rice vinegar
- 2 tablespoons low-sodium soy sauce
- 2 tablespoons white miso (soybean paste, found in the refrigerated section of the supermarket)
- 1, 15.5-ounce can pinto beans, rinsed
- 1 avocado, sliced

DIRECTIONS

Step 1

Heat 2 tablespoons of the oil in a large nonstick skillet over medium-high heat. Season the tofu with ½ teaspoon salt. Cook, tossing occasionally, until golden, 12 to 15 minutes.

Step 2

Combine the vinegar, soy sauce, miso, and the remaining 2 tablespoons of oil in a small bowl.

Step 3

Serve the tofu, beans, and avocado over the rice, drizzled with the dressing.

Number of servings: 8
CACFP Meal Pattern: Each serving is equivalent to 2 oz. M/MA (with beans) and provides ¼ c. rice (GR/B).

Recipe adapted from: <http://www.realsimple.com/food-recipes/browse-all-recipes/tofu-avocado-rice-bowl>



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National School Lunch Program Seamless Summer Option during unanticipated school closures, including snow days, during the regular school year.

[CACFP 27-2016: Clarifications: Funding Levels for Fiscal Year 2017 CACFP Audit Fund Allocation](#)

This memorandum provides clarification of the procedures for State agencies requesting additional fiscal year 2017 Child and Adult Care Food Program audit funding.

[CACFP 01-2017: Updated Fiscal Year Reporting Timeline and Reporting Table](#)

This memorandum shares updates to the Fiscal Year “Reporting Table” and “Reporting Timeline” previously provided in memo SP21-2016 issued on December 28, 2015.



[CACFP 02-2017: Grain Requirements in the CACFP: Q&As](#)

This memorandum explains the grain requirements for the Child and Adult Care Food Program (CACFP). It also includes Questions and Answers in Attachment 2.

[CACFP 03-2017: Purchasing Goods and Services Using Cooperative Agreements, Agents, and Third-Party Services](#)

This memorandum provides general guidance on the various procurement groups Food and Nutrition Service has identified, how to use each group in a way that complies with Federal procurement standards, and supersedes SP 35-2012, Procuring Services of Purchasing Cooperatives, Group Purchasing Organizations, Group Buying Organizations, etc., dated June 12, 2012. This memorandum applies to all Child Nutrition Program operators.

[CACFP 04-2017: Area Eligibility in Child Nutrition Programs](#)

The purpose of this memorandum is to revise guidance on the use of school and census data to establish area eligibility in the Child and Adult Care Food Program (CACFP), the At-Risk Afterschool component of CACFP, the Summer Food Service Program (SFSP), and the Seamless Summer Option (SSO) of the National School Lunch Program (NSLP). In 2014, Food Nutrition Service (FNS) consolidated previous guidance, simplified the area eligibility determination process to reduce administrative burden on State agencies and Program operators, and clarified how the Community Eligibility Provision (CEP) relates to area eligibility determinations. This memorandum further streamlines program administration by removing the requirement that FNS Regional Offices approve weighted average calculations.

[CACFP 05-2017: Offer Versus Serve and Family Style Meals in the Child and Adult Care Food Program](#)

This memorandum outlines the use of offer versus serve (OVS) in the adult day care and at-risk afterschool settings in the Child and Adult Care Food Program (CACFP) and the use of family style meals in the CACFP. This memorandum includes clarification on the differences between OVS and family style



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 24-2016: Conducting Five-Day Reconciliation in the CACFP, with Questions and Answers](#)

The purpose of this memorandum is to clarify policy, answer questions, and consolidate guidance regarding the requirement found under 7 CFR 226.6(m)(4) and 226.16(d)(4) that all reviews of day care homes and sponsored centers in the Child and Adult Care Food Program (CACFP) include the reconciliation of meal counts with enrollment and attendance records for five consecutive operating days. This memorandum supersedes CACFP Policy 07-2005, Conducting a Five-Day Reconciliation in Centers Participating in the Child and Adult Care Food Program (CACFP).



[CACFP 25-2016: Vegetable and Fruit Requirements in the Child and Adult Care Food Program: Questions and Answers](#)

This memorandum explains the vegetable and fruit requirements in the Child and Adult Care Food Program (CACFP) and includes Questions and Answers.

[CACFP 26-2016: Meal Service during Unanticipated School and Day Care Closures](#)

The purpose of this memorandum is to clarify that meals may be served through the Summer Food Service Program or the

meal service and contains frequently asked questions and answers in the Attachment. In addition, this memorandum supersedes SP 35-2011, CACFP 23-2011, Clarification on the Use of Offer vs. Serve and Family Style Meal Service, as it relates to the CACFP. SP 35-2011 remains in effect for the National School Lunch Program (NSLP) and School Breakfast Program (SBP) until further guidance is issued. In addition, this memorandum supersedes FNS Instruction 783-9, Rev. 2, Family Style Meal Service in the Child and Adult Care Food Program; Instruction 783-9 has been rescinded.



CACFP 06-2017: Feeding Infants and Meal Pattern Requirements in the Child and Adult

The purpose of this memorandum is to provide guidance on feeding infants and the infant meal pattern requirements in the Child and Adult Care Food Program (CACFP) and includes questions and answers in the attachment. This revision updates the required storage temperature for breastmilk to be consistent with the American Academy of Pediatrics' and the Centers for Disease Control and Prevention's recommendations, provides clarification on documenting meals when a mother breastfeeds on-site, and includes new questions and answers. This memorandum supersedes CACFP 23-2016: *Feeding Infants and Meal Pattern Requirements in the Child and Adult Care Food Program; Questions and Answers*, August 31, 2016.

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## **Adding a New Site or Changing Meal Services in the Fall?**

Many Head Start and At-Risk Afterschool Programs add sites or change meal services offered in September, to coincide with the start of the new school year.

If this pertains to your program, complete and submit these additions and/or changes to your Agency's CACFP contract **PRIOR** to August 15, 2017. Your CACFP consultant will approve these changes before the annual CACFP contract rollover in September. Be sure to email your consultant after the contract has been submitted.

Additional sites added after the contract rollover in September, with request for an effective start date of September 1, may not be guaranteed.



### **2017 Due Dates for Quarterly CACFP Financial Report**

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

**1<sup>st</sup> Quarter** (reporting period October 1, 2016 – December 31, 2016) is due **March 1, 2017**.

**2<sup>nd</sup> Quarter** (reporting period January 1, 2017 – March 31, 2017) is due **June 1, 2017**.

**3<sup>rd</sup> Quarter** (reporting period April 1, 2017 – June 30, 2017) is due **September 1, 2017**.

**4<sup>th</sup> Quarter** (reporting period July 1, 2017 – September 30, 2017) is due **December 1, 2017**.

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.html> (for Sponsoring Organizations) and <https://media.dpi.wi.gov/community-nutrition/cacfp-annual-financial-report-independent-centers/story.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](mailto:cari.muggenburg@dpi.wi.gov) or phone at 608-264-9551.

## **Program vs. Non-Program Adults**

A **program adult** is an adult employee or volunteer who performs CACFP labor on the day a meal is served to him or her. CACFP labor includes meal preparation, serving the meals, assisting the participants during meal service, cleaning up before and after meals, and performing administrative responsibilities directly related to the agency's CACFP operation. CACFP funds the agency receives can be used to pay for the cost of program adult meals.

A **non-program adult** is an adult who does not perform CACFP labor on the day a meal is served to him or her. This includes van drivers, maintenance employees, parents not involved with meal preparation or meal service, administrative staff not directly involved with the agency's CACFP operation, and people of the community and visitors such as DPI or USDA officials. The CACFP funds received by the agency cannot be used to pay for the cost of non-program adult meals. Other funds such as tuition or charging separately for non-program meals must cover the food costs associated with serving non-program adult meals. If serving non-program adult meals, the agency's financial records must account for the funds used to cover for these associated non-program meal cost.

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

## CACFP Today

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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](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](mailto:program.intake@usda.gov).

All of the CACFP Newsletters are available electronically on our website at <http://dpi.wi.gov/community-nutrition/cacfp/news/cacfp-today>