



Child Nutrition & Wellness

Kansas State Department of Education
Landon State Office Building
900 SW Jackson Street, Suite 251
Topeka, Kansas 66612-1212

(785) 296-2276
(785) 296-0232 - fax
www.ksde.org

CACFP UPDATE

March 31, 2017

Distributed to CACFP Authorized Representatives and Home Sponsors via Listserv
As posted to www.kn-eat.org, Child and Adult Care Food Program, Updates from CNW

CACFP Nutrition News

The April edition of the CACFP NUTRITION NEWS is now available online at www.kn-eat.org, CACFP, Newsletters. The newsletter features some “egg-cellent” ideas for using eggs at breakfast and other meal times, a recipe for egg salad and information about the benefits of gardening in the Get Moving section. Share the newsletter with providers and/or families.

Updated CACFP Meal Pattern Training Available Now

Come learn about implementing the updated CACFP meal patterns that go into effect October 1, 2017. Each sponsor is strongly encouraged to send at least one participant to training. Training is available at multiple locations and dates throughout the state. Visit www.kn-eat.org, CACFP, Training for a list of trainings and registration details. Please note that the same training will be offered at each of the training locations.

CACFP Menu Planning and Production Records Webpage

A new tab entitled Menu Planning and Production Records is now available at www.kn-eat.org, CACFP, Guidance. Visit this webpage to access meal documentation templates, menu planning and infant feeding guidance, crediting handbook, recipes, and USDA guidance and materials to assist in implementing the updated CACFP meal pattern requirements.

USDA Updates

CACFP 08-2017 - Questions and Answers on the Updated Meal Pattern Requirements for the Child and Adult Care Food Program

USDA has collected and answered a variety of questions since the updated meal patterns were published to assist sponsors in implementing the updated meal pattern requirements. The policy memo has been posted at www.kn-eat.org, CACFP, Guidance, Menu Planning and Production Records.

CACFP 09-2017 - Vegetable and Fruit Requirements in the Child and Adult Care Food Program; Questions and Answers

USDA has issued revised guidance on the vegetable and fruit requirements in the Child and Adult Care Food Program. The revised version updates the crediting of vegetable and fruit mixtures and includes new Questions and Answers. Access this policy memo as well as others at www.kn-eat.org, CACFP, Guidance, Menu Planning and Production Records. USDA revised its guidance on the following Q&A that was included in the updated CACFP meal pattern training:

Question – With separate vegetable and fruit components at lunch, supper, and snack in the updated CACFP meal patterns, how do food items that are mixtures of vegetables and fruits, such as a carrot-raisin salad, credit?

Answer – Food items that are mixtures of vegetables and fruits, such as a carrot-raisin salad, may credit towards both the vegetable component and the fruit component if they contain at least $\frac{1}{8}$ cup vegetable and $\frac{1}{8}$ cup fruit per serving that are easily identifiable. For example, a carrot-raisin salad served to 6 years olds that contains $\frac{1}{2}$ cup carrots and $\frac{1}{8}$ cup raisins (credits as $\frac{1}{4}$ cup fruit) meets the full vegetable component and the full fruit component.

Celebrate CACFP during National Nutrition Month

Team Nutrition resources are available to support Child and Adult Care Food Program (CACFP) activities. Check out the [Team Nutrition Resource Catalog](#), which has a section just for child care! This catalog provides details on all of Team Nutrition's nutrition education resources, as well as technical and training materials for child care, schools, summer meals sites, and others participating in Federal Child Nutrition Program.

Food Safety Resources Available

Child care providers protect the health of children by serving wholesome foods in clean and safe ways. The Institute of Child Nutrition has a multitude of [resources and lessons](#) available that address safety and sanitation in preparing and serving meals to children. These resources have been developed specifically for the child care center and family day care home.

Kid-Friendly Standardized Recipes

[Team Nutrition's](#) new kid-friendly standardized recipes help bridge the gap from winter to spring by offering a variety of delectable dishes that range from cozy cups of soup to scrumptious vegetable blends. Need to refresh your breakfast menu? USDA is also providing two new, deliciously satisfying breakfast pizzas that include the nourishing turkey sausage breakfast pizza with hash brown crust and the cool and refreshing fruit pizza. Check out these new recipes on Team Nutrition's [USDA Standardized Recipes](#) site!

Summer Food Service Program 2017

The Summer Food Service Program (SFSP) is designed to fill that nutrition gap and make sure children can get the nutritious meals they need. Many SFSP sites provide, not just meals, but educational, enrichment and recreational activities that help children continue to learn and stay safe when school is not in session. Summer meals act as an extra "magnet" to draw children to activities—and activities draw children to meals—at places like schools, camps, park and recreation centers, YMCAs, Head Start Centers, Community Action Agencies, Boys and Girls Clubs, Save the Children...and many more. Do you want to help end hunger this summer? **Become a SFSP Sponsor! Help us reach the goal of increasing summer meal participation by at least 10% in Kansas this summer!** Call Kelly Chanay at 785-296-2276 about expansion and new programs as soon as possible. Returning sponsor applications are due May 1. The 2017 SFSP training schedule is available at www.kn-eat.org, SFSP, Training.

FRAC's Afterschool Meals Matter Call — Organizing Site Visits with Elected Officials

Inviting elected officials to your Afterschool Meal Program site can offer exposure to your program and build support in the community. Hear from advocates and other program providers that have invited elected officials to observe Afterschool Meal Program sites in action. Learn how to organize a visit and the benefits of inviting elected officials to a meal program. [Click here to register](#) for the 1 p.m. call on Thursday, April 20.

Healthier CACFP Award

Be one of the first child care centers in Kansas to be recognized for the Healthier CACFP Award! Are you looking for a way to promote your child care program and stand out from all others? The *Healthier Child and Adult Care Food Program Award*. This award is a USDA recognition system which supports child care centers taking steps to improve the nutrition, physical activity, nutrition education and/or environment for children in their care. Apply today to win an award. Those who qualify will receive statewide recognition as a Healthier CACFP Award Winner and a certificate to showcase the award at their site. In addition, the first 20 Healthier CACFP Awarded centers in Kansas will receive a **\$300 monetary award!** For more information on the criteria and/or for assistance with applying, contact Emily Brinkman at ebrinkman@ksde.org or (785) 368-8039.

Child Nutrition & Wellness KANSANS CAN 2016-17 Best Practice Awards

The Kansas State Board of Education has a new vision: Kansas leads the world in the success of each student. This new vision for education calls for a more child focused system that provides support and resources for individual success and will require everyone to work together to make it a reality. The academic achievement and physical well-being of our students in Kansas today will impact the success of our communities, our state and the nation in the future. The good health that results from good nutrition and physical activity, and the learning that is made possible as a result, is primary among those tools.

The purpose of this program is to encourage and reward outstanding practices in Child Nutrition & Wellness Programs in Kansas that support the Kansans CAN vision. There are many outstanding child nutrition programs in Kansas. We encourage you and your staff to make nominations for outstanding and/or innovative practices for recognition of your efforts. A nomination entry form is available at www.kn-eat.org, CACFP, What's New. **Nominations are due to the Child Nutrition & Wellness office on or before May 31, 2017.** Winners will be notified by July 31 and presentations will be made at the August State Board of Education meeting.

Please do not hesitate to contact the Child Nutrition & Wellness team at (785) 296-2276 if we can be of assistance with this process. We look forward to receiving your nominations and celebrating the Kansans CAN Best Practice Awards with you at the August 2017 State Board of Education Meeting.

Infant Toddler Specialist Network Mini-Grants Available

The Kansas Child Care Training Opportunities/Kansas Inservice Training System (KCCTO-KITS) Infant Toddler Specialist Network (ITSN) program has approximately 80 [mini-grant opportunities](#) available for family child care providers and child care centers across the state of Kansas. This grant will provide training, technical assistance, and specific materials to enhance the quality of child care provided to children and families. Preference will be given to programs that serve infants and toddlers, or will commit to opening slots for infants and toddlers. Programs can apply for a mini-grant in one of the following content areas, which will include specific training and materials: Language & Literacy, Science, Technology, Engineering, & Math (STEM), Motor Development, Diversity, or Creative Expression. Review of applications begin April 3, 2017.

Dairy Nutrition Education Mini-Grant Opportunity

Healthy eating is important for all families. Midwest Dairy Council is excited to offer \$200 dairy nutrition education mini-grants for RDNs, school nutrition professionals, chefs, dietetic interns, or university extension nutritionists. This mini-grant is intended to help educate families utilizing emergency food assistance about how to incorporate dairy foods into a healthy well-balanced meal or snack to boost nutrition. The **mini-grant award of \$200** will be used to educate clients and families in a food pantry and/or WIC setting, by providing nutrition education and conducting a food demonstration preparing a low cost, minimal ingredient recipe which includes dairy as an ingredient. The **presentations will be completed between June 1 and September 30, 2017.** Applicants must reside in one of the following states to be eligible: Arkansas, Illinois, Iowa, Kansas, Minnesota, Missouri, Nebraska, North Dakota, South Dakota. Thirty-six (36) mini-grants are available. [Click here](#) to learn more, apply, and make a difference in your local community. Applications must be completed by April 1, 2017.

Training Opportunities

KSDE Training Portal: Online Professional Development Classes & Quick Train Tutorials

CNW staff are developing interactive online training classes and quick train tutorials that can be accessed free of charge 24/7 via the new KSDE Training Portal. The professional development classes offer a certificate upon successful completion which can be printed. Quick train tutorials are 5 minutes or less with no quiz and no certificate. Create an account now at <https://learning.ksde.org/moodle/login/index.php>. For detailed instructions on creating an account and accessing the training, go to www.kn-eat.org, CACFP, What's New, KSDE Training Portal - How to Create a New User Account.

Currently, available classes and tutorials include: CACFP At-Risk Afterschool Meals, Civil Rights Compliance in Child Nutrition Programs, Confidentiality in Child Nutrition Programs, and Sodium Savvy. When new professional development classes and quick train tutorials are added to the KSDE Training Portal, they will be highlighted in the Monthly Update.

Jump Start for Centers is required for all new authorized representatives of centers and recommended for new support staff who provide assistance to the authorized representative. The classes are repeated through the year. The schedule and registration information is at www.kn-eat.org, CACFP, Training. The next two classes will be on April 18 in Topeka and May 10 in Garden City. This free training class includes sessions on CACFP Administrative Integrity and Meals Done Right.

Iowa CACFP Online Trainings

Iowa Team Nutrition has five [online training modules](#) for CACFP providers focused on how to maintain a healthier child care environment. These free, online modules cover a variety of topics such as farm to CACFP and opportunities for active play.

Promising Partnerships: Extension and Farm to Early Care and Education Webinar

With the goal of bringing practical information to improve the lives of agricultural producers, consumers, families, and children, extension is a natural fit for partnership in farm to school and farm to early care and education (ECE) initiatives. The National Institute for Food and Agriculture, in partnership with the National Farm to School Network, will be offering a webinar to share extension and farm to ECE partnerships and projects. [Click here to register](#) for the 1 p.m. webinar on April 4, 2017.

Kansas Nutrition Council Annual Conference – April 27, Overland Park, KS

The [Kansas Nutrition Council Annual Conference](#) will be held on Thursday, April 27. This year's theme is Across Ages, Across Cultures: Nutrition for Everyone. Six hours of continuing education are available. Registration costs include a one-year membership with the Kansas Nutrition Council. For questions regarding the conference, contact Anna Page at apage@jccc.edu.

Sunflower Spotlight

Londa Tindle with **Providers Premier Choice of SEK, Inc.** has been selected to present at the National CACFP Conference in San Diego next month. She will present on a panel entitled "Creating Smarter Mealtimes in Child Care Settings" as a result of her work in creating a Smart Choices 2017 Menu Challenge to encourage home providers under Providers Premier Choice of SEK, Inc. sponsorship to adopt Smarter Mealtime principles and begin implementing the updated CACFP meal pattern requirements prior to October 1, 2017. Best of luck to Londa in April as she represents Kansas CACFP!

National Nutrition Month

March is National Nutrition Month. "*Put Your Best Fork Forward*" is the theme for National Nutrition Month 2017 which serves as a reminder that each one of us holds the tool to make healthier food choices. Making small changes during National Nutrition Month and over time, helps improve health now and into the future. The updated CACFP meal pattern requirements are the perfect opportunity to make small changes to menus and recipes to ensure an even healthier childcare environment. Thank you for your work to ensure that children are learning lifelong healthy eating and physical activity habits!

Personnel Update

Mark Thompson will be stepping into the role of Assistant Director on the Child Nutrition & Wellness team as Jill Ladd will be transitioning to a part-time special projects role within the CNW team effective March 31, 2017 after relocating to Manhattan, KS with her family. Mark and Jill are committed to working together to ensure a smooth transition during this time. Mark has been with KSDE since late 2006 and brings a wealth of knowledge with his work as Project Director of Healthy Kansas Schools in creating healthier environments for children to learn and grow.

Jill, Mark & Cheryl