



## 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](http://www.ksde.org)

### **CACFP UPDATE** September 29, 2017

Distributed to CACFP Authorized Representatives and Home Sponsors via Listserv  
As posted to [www.kn-eat.org](http://www.kn-eat.org), Child and Adult Care Food Program, Updates from CNW

#### **Updated Meal Pattern (Effective October 1, 2017)**

Updated meal standards are effective October 1, 2017 for CACFP centers and day care homes. USDA is providing a transition period for implementing the updated CACFP meal patterns and the updated School Meal Programs' infant and preschool meal patterns. The transition period will allow an opportunity to focus on providing technical assistance related to the updated meal patterns.

During Fiscal Year 2018 (October 1, 2017- September 30, 2018), KSDE will provide technical assistance in lieu of fiscal action when they observe violations related to the updated meal pattern requirements. As long as sponsors are making a good faith effort to comply with the updated requirements, meals cannot be disallowed and sponsors cannot be found seriously deficient when meals fall short of the updated CACFP meal patterns and the updated School Meal Programs' infant and preschool meal pattern requirements during this transition period. KSDE will work with sponsors who are not meeting the updated meal pattern requirements to identify actions necessary in order to do so. As currently required, KSDE will continue to take immediate fiscal action if a meal is completely missing one or more of the required food components (see 7 CFR 226.2, definition of "meal", and 226.20(a)).

**Important Note:** Information regarding the old meal pattern is in the process of being removed from the kn-eat website and the Administrative Handbook. CACFP meal pattern information and forms are being updated and will be posted as they are ready at [www.kn-eat.org](http://www.kn-eat.org), CACFP, Guidance, Menu Planning. We appreciate your patience during this transition period.

#### **2018 Certification**

Thank you to those Sponsors who have submitted their 2018 packets for certification in KN-CLAIM. Consultants are currently working through certification documents to approve Sponsors for the 2018 program year. Once the packet for certification has been submitted and approved, a copy of the completed Program Agreement will be mailed to be kept in the Sponsor's files. If certification information has not been submitted, sponsors can find information for certification at [www.kn-eat.org](http://www.kn-eat.org), CACFP, Program Certification. To participate in CACFP for the 2018 Program Year, beginning October 2017, Sponsors must complete program certification requirements by October 13 to allow sufficient time for review by KSDE consultants. Sponsors cannot claim meals until Program Certification is complete.

**The CACFP Handbook for Center Reimbursement Claims Quick Reference Guide** is now available online. The quick reference guide which provides step-by-step instructions for filing a claim, changing an original claim before payment, making a revision to a claim after it has been paid, as well as directions for printing a claim report can be found at [www.kn-eat.org](http://www.kn-eat.org), CACFP, Guidance, Claim Information or can be found within KN-CLAIM by clicking on Quick References on the top red toolbar.

### October Claim Reminder – Centers Only

Centers must report the number of free, reduced price and paid participants on their October claims. The number of participants in each category is reported in the “*Center Income Eligibility Categories*” (IEC) section of the Center Claim. Sponsors are required to upload the IEC summary into KN-CLAIM in October and any other month that reported numbers are changed. A quick train video, entitled Income Eligibility Categories Summary (Form 12-C) is available at [www.kn-eat.org](http://www.kn-eat.org), CACFP, Training, Quick Train Videos to assist sponsors in completing and uploading their IEC list. An Excel version of Form 12-C that is sortable by participant name and income form date columns is available at [www.kn-eat.org](http://www.kn-eat.org), Administrative Handbook, Claiming Reimbursement.

### Impact of Updated CACFP Meal Pattern

#### **New Pew Report - Healthier Nutrition Standards Benefit Kids: A Health Impact Assessment of the CACFP's Updated Rules for Meals and Snacks.**

The Pew Report can be read at

<http://www.pewtrusts.org/en/research-and-analysis/reports/2017/09/healthier-nutrition-standards-benefit-kids>. The research was conducted to assess how the changes to CACFP's nutrition standards might affect the overall health of children up to age 5 who are served by the program in centers and family child care homes. The assessment concluded that some of the new standards, such as updated requirements for whole grains, fruits, and vegetables, will translate into beneficial health effects on the children served by CACFP.

### Team Nutrition

#### **Discover MyPlate Sub-Grant Available for CACFP Day Care Centers and Home Providers!**

**It's FREE. It's EASY. It's FAST!** Take advantage of **free** nutrition education opportunities through the Discover MyPlate Sub-grant! The application can be found at [www.kn-eat.org](http://www.kn-eat.org), Team Nutrition and consists of only fourteen questions, half of them being boxes to check. Contact one of our Team Nutrition Project Directors, Tessa Adcock at [tadcock@ksde.org](mailto:tadcock@ksde.org) or Emily Brinkman at [ebrinkman@ksde.org](mailto:ebrinkman@ksde.org).

### Team Up for CACFP Success Workshop!

We are excited to bring a Team Up for CACFP Success opportunity to Kansas on November 15 in Salina at the Webster Conference Center from 9 am – 3 pm! The workshop will provide an opportunity to network with other sponsors, receive customized technical assistance, and participate in sessions highlighting best practices in the areas of CACFP menu planning and food safety. Team Up participants will develop personalized goals, strategies, and an action plan to assist with the administration of Child and Adult Care Food Programs. In addition to all the great resources that mentors will be sharing, there will also be several allied organizations along with Child Nutrition & Wellness staff in attendance to present information. The USDA Team Nutrition Training Grant will be able to provide a \$150 stipend to each Center or Home sponsor who attends the Team Up Workshop. Spaces are filling up, so register online at <https://www.surveymonkey.com/r/S6PWKC8>.

### CACFP Nutrition News

The October edition of the CACFP NUTRITION NEWS is now available on-line at [www.kn-eat.org](http://www.kn-eat.org), CACFP, Newsletters. The newsletter features information about encouraging children to eat vegetables, a sweet potatoes and apples recipe and tips for getting children moving. Share the newsletter with providers and/or families with children in care.

### Training Opportunities

**The online CACFP Child and Adult Meal Pattern Training was released in August!** If a sponsor has not attended an in-person CACFP Meal Pattern Training, this class is strongly recommended. To access this and other trainings, go to [www.kn-eat.org](http://www.kn-eat.org), Child and Adult Care Food Program, Training, Training Opportunities, Online Classes.

### **Jump Start for Centers**

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](http://www.kn-eat.org), CACFP, Training. The next two classes will be on October 27 in Kansas City and November 16 in Wichita. This free training class includes sessions on CACFP Administrative Integrity and Meals Done Right.

### **Kansas Professional Development System**

Professional development is a priority for the Child Nutrition & Wellness team and is offered in multiple ways to ensure that child nutrition program personnel are kept informed and have the tools and information they need to do their jobs correctly. Sponsors are encouraged to participate in professional development established and supported by Child Nutrition & Wellness, through face-to-face classes and workshops or online classes and tutorials.

**Face-to-Face Professional Development** – Call 785-296-2276 to request face-to-face professional development. A list of classes with descriptions is available at [www.kn-eat.org](http://www.kn-eat.org), CACFP, Training. KSDE will secure the cadre instructor, pay the instructor expenses and stipend, provide materials for the instructor and participants, provide a list of supplies for the Sponsor to obtain as needed, offer online registration capability, and print and send certificates for participants.

**Online Professional Development Classes and Tutorials** – New additions to the professional development classes available through KSDE Training Portal are Food Safety Basics and It's Time to Get Down and Dirty. These classes and others are available free of charge 24/7 at [www.kn-eat.org](http://www.kn-eat.org), CACFP, Training, Online Classes.

### **Kansas State Department of Education Awarded Technology Improvement Grant (TIG) from USDA Food and Nutrition Service**

The United States Department of Agriculture (USDA) Food and Nutrition Service (FNS) has selected KSDE to receive a Fiscal Year 2017-Technology Innovation Grant. Throughout the three year grant, KSDE will increase program integrity and reduce program errors by adding customer-driven solutions to its existing KN-CLAIM system by automating part of the Serious Deficiency process to allow for cross-talk capabilities among KSDE staff and program sponsors as well as integrate secure, browser-based review and monitoring applications.

### **Farm to Plate Month**

#### **Celebrate Farm to Plate Month with an Apple Crunch Day!**

The Great Apple Crunch Day is an interactive nutrition lesson that encourages healthy eating and supports Farm to Plate in Kansas. October 12th is the day set aside, but any day can be used to crunch into fresh locally grown apples. The Apple Crunch Day guide can be accessed at [https://www.cfra.org/sites/www.cfra.org/files/MidwestAppleCrunchGuide\\_2017.pdf](https://www.cfra.org/sites/www.cfra.org/files/MidwestAppleCrunchGuide_2017.pdf)

More fun ideas for celebrating October as Farm to Plate Month can be found at <https://www.cfra.org/f2smoonth>. Share your fun by sending a note and/or photos of your celebration to Diana Floyd at [dfloyd@ksde.org](mailto:dfloyd@ksde.org).

### **Head Start and Farm to Early Care and Education**

[\*Growing Head Start Success with Farm to Early Care and Education\*](#) (ECE) aims to promote Head Start stakeholders' understanding of how farm to ECE can support achievement of [Head Start Program Performance Standards](#) and actively contributes to learning and development benchmarks as outlined in the [Head Start Early Learning Outcomes Framework](#). This resource aims to highlight how farm to ECE elements address multiple domains and standards, and provide significant benefits for children, families and communities.

[Growing Head Start Success](#) aligns with Program Performance Standards and the Early Learning Outcomes Framework with specific farm to ECE activities from each of the three core elements of local procurement, gardening, and food, agriculture and nutrition education. The resource also offers three profiles of Head Start programs leading the way in addressing performance and learning standards with farm to ECE and their tips for integrating farm to ECE in Head Start.

Stakeholders can benefit from the resource by downloading the Outreach Toolkit at <http://www.farmtoschool.org/resources-main/growing-head-start-success-with-farm-to-early-care-and-education>. The toolkit includes sample language for social media, newsletter and blog content. To learn more, contact Lacy Stephens, Farm to Early Care and Education Associate, at [lacy@farmtoschool.org](mailto:lacy@farmtoschool.org).

### Resources and Opportunities

#### Now Available in Spanish! “Serve Healthy and Tasty Meals in the CACFP” Posters

Available online in Spanish, these 11” by 17” posters use original photography taken especially for Child and Adult Care Food Program (CACFP) settings. These posters support the implementation of the updated meal patterns by showing samples of a reimbursable breakfast, lunch/supper, and snack for each age group in the child and adult meal patterns. **Posters include:**

- Sample Meals for Children Ages 1-2
- Sample Meals for Children Ages 3-5
- Sample Meals for Children Ages 6-12 and 13-18
- Sample Meals for Adults

**Check out the posters at** <https://www.fns.usda.gov/tn/cacfp-meal-pattern-training-tools>. Available online only, in English and Spanish. Print versions coming soon!

#### Kansas Nutrition Council (KNC) Mini-Grants

Apply now for a KNC Mini-Grant. The purpose of the mini-grant is to provide a source of funding to assist KNC members with nutrition related activities. The grant award is up to \$500 and is awarded any time throughout the year. A total of \$3,000 may be awarded each year. Direct any questions and your applications to Franny Eastwood ([fmeastwo@ksu.edu](mailto:fmeastwo@ksu.edu)) our Awards/Scholarship Chair.

Applications are available at

[https://www.sneb.org/clientuploads/directory/Documents/KNC\\_Mini\\_Grant.pdf](https://www.sneb.org/clientuploads/directory/Documents/KNC_Mini_Grant.pdf).

### September is National Food Safety Month

Food safety is everyone’s responsibility! Culture defines what is acceptable and unacceptable; what is meaningful and meaningless. A culture of food safety happens when safe food handling becomes a priority and part of the daily routine. Implement the steps important to protecting the health and well-being of young program customers.

#### Child Nutrition Program staff need:

- Information to do the job correctly
- Tools to perform effectively and safely
- Work environment that encourages and rewards correct food safe behaviors

#### Child Nutrition Programs must:

- Make food safety professional development available
- Ensure program staff are well trained and knowledgeable
- Support an environment that models food safe practices at all times

Evaluate your program’s practices to determine how they rate! Check out the Partnership for Food Safety Education ToolBox for food safety evaluation tools and resources at <http://evaluationguide.fightbac.org/>. Kids games, activities, and coloring sheets are also available on the FightBac website at <http://www.fightbac.org/kidsfoodsafety/kids-games-and-activities/>.

**Healthy Behaviors!**

One in 3 children in the United States are overweight or obese. The good news is that childhood obesity can be prevented. During National Childhood Obesity Awareness Month, emphasize the following health-conscious actions:

- Get active outside. Walk around the neighborhood, go on a bike ride, or play basketball at the park.
- Limit screen time. Keep screen time (time spent on the computer, watching TV, or playing video games) to 2 hours or less a day.
- Make healthy meals. Buy and serve more vegetables, fruits, and whole-grain foods.
- Taking small steps as a family can help your child stay at a healthy weight.
- A healthy breakfast is a must for kids. Skip it and your kids will be playing nutritional catch-up for the rest of the day.

Thank you for all the efforts to learn about and implement the updated CACFP meal standards that do encourage more vegetables, fruits and whole grain foods. You are making a difference in the lives of Kansas children – helping them learn healthy behaviors!

**Mark & Cheryl**