



Child Nutrition & Wellness

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CACFP UPDATE April 18, 2018

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As posted to www.kn-eat.org, Child and Adult Care Food Program, Updates from CNW

Happy 50th Birthday, CACFP!

May 8, 2018 is the 50th birthday of the Child and Adult Care Food Program (CACFP)! The **National Farm to School Network** and the **National CACFP Forum** are planning to celebrate with the entire CACFP community by creating a billboard sized birthday card on Capitol Hill. The birthday card will be a mosaic made of thousands of images from community programs serving CACFP meals and snacks!

Some providers are hosting CACFP birthday parties in their programs. Here are some places to go for party ideas:

- [Healthy Kids, Healthy Future](#) ideas for healthy celebrations.
- [Discover MyPlate](#) ways to incorporate healthy snacks and physical activity into celebrations.
- [Healthier Generation](#) non-food celebrations best practices as well as healthy snack and beverage ideas.

New USDA Guidance

Grain Requirements in the Child and Adult Care Food Program; Questions and Answers (CACFP 09-2018).

This revision further clarifies how to determine if a grain product meets the whole grain-rich criteria. It also contains updated Questions and Answers.

Six options may be used to determine if a grain product meets the whole grain-rich (WGR) criteria: 1) Product is found on any State agency's WIC-approved WG list. 2) Product is labeled "whole wheat" and has a Standard of Identity issued by US FDA. 3) Product includes FDA approved whole grain health claim. 4) The food item meets the WGR criteria under NSLP. 5) The food meets FNS' *Rule of Three* for identifying WGR products. 6) Documentation from the manufacturer or a standardized recipe demonstrates whole grains are the primary ingredient by weight.

The memo notes that "disregarded ingredients" may be ignored when using the *Rule of Three*. These disregarded ingredients include: wheat gluten, wheat starch, wheat dextrin, corn starch, corn dextrin, rice starch, tapioca starch, and modified food starch.

To read the policy memo go to www.kn-eat.org, CACFP, Regulations & Statutes, Policy.

Conducting Five-Day Reconciliation in the Child and Adult Care Food Program, with Questions and Answers (CACFP 10-2018).

The revised guidance for complying with the five-day reconciliation requirement has been issued to eliminate disparities and reduce duplication in the review process. As part of every review of a day care home or sponsored center, the monitor must reconcile and ensure consistency of three critical elements— enrollment, attendance, and meal counts—for a five-day period. If the data are consistent, it is also likely that the day care home or center is keeping accurate enrollment and attendance records and correctly reporting the number of meals served each day.

Monitors of day care homes may now use aggregate data to compare enrollment, attendance and meal counts. Automated methods that check for a consecutive five-day period, all the required elements – enrollment, attendance and meal counts – may take the place of the reconciliation. The monitor is expected to validate the accuracy of the data entered into the automated system as part of the normal review of a day care home or center's daily record.

Licensed capacity is not a required element of the reconciliation. The monitor examines licensed capacity as part of the normal onsite review of a day care home or center's daily records. USDA's Food and Nutrition Services believes that a comparison of meal counts to licensed capacity is a best practice to identify and resolve problems in the claiming process.

To read the policy memo go to www.kn-eat.org, CACFP, Regulations & Statutes, Policy.

Meal Pattern Q & A

Q: Can juice be on the menu for both the morning and afternoon snacks if the provider has different children in care for morning and afternoon.

A: Providers now have the flexibility to serve juice more than once per day at a site **IF** they are serving different groups of children enrolled in completely different sessions, such as a morning session and an afternoon session, if they choose.

Healthier Kansas Menus – CACFP

A tremendous new resource is now available to help with menu planning. An 8-week menu cycle has been revised by KSDE CNW. The resource can be found at www.kn-eat.org, CACFP, Resources, Healthier Kansas Menus – CACFP.

Healthier Kansas Menus – CACFP provides a variety of familiar and nutritious foods that children love along with just enough new and unusual menu items to keep it interesting. Children will be introduced to good-tasting, healthy foods. Menus were well accepted by children of all ages and were tested in a childcare center and a daycare home. The menus exceed all meal guidelines for the Child and Adult Care Food Program (CACFP) when the menus, recipes, food specifications, production records, and serving practices are followed. Children should be encouraged to try *all* of the planned menu items.

Resources in the *Healthier Kansas Menus – CACFP* include:

- 8-Week Menu Calendar – The 8 weeks of menus were designed to be “seasonal menus” and may be split up or used through the year as an 8-week cycle. There are many possibilities for customization!
- 4-Week Spring/Summer Calendar
- 4-Week Fall/Winter Calendar
- Recipes with crediting information and food safety instructions
- Daily Production Records with Purchasing, Preparation and Serving Instructions
- Ideas for Adapting Menus

CACFP Nutrition News

The May edition of the CACFP NUTRITION NEWS is now available online at www.kn-eat.org, CACFP, Newsletters. The newsletter features an article on protecting children from allergic reactions to food, a recipe for whole grain strawberry pancakes, and a hands-on activity to get children moving. Share the newsletter with providers and/or families.

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.

Summer Meal Opportunity – Serving Year-Round Meals

Organizations that serve At-Risk Afterschool Meals during the school year may become sponsors in the USDA Summer Food Service Program (SFSP) in order to serve meals year-round. Summer Program eligibility is based on the same criteria as At-Risk Afterschool Meals eligibility. Sponsors who serve year-round meals through the CACFP and SFSP may use the SFSP monitor review as one of the three site reviews required by CACFP. To find out more about summer opportunities for your community, contact Kelly Chanay at 785-296-2276 or kchanay@ksde.org.

Training Opportunities

Microsoft Office in Child Nutrition Programs

Make Microsoft Office work for you! KSDE will offer Microsoft Excel, Word, and PowerPoint in Child Nutrition Programs classes at four locations in June and August. Excel will be offered from 8:30-11:30 am with Word and PowerPoint from 1:30-3:30 pm. Learn how Microsoft Office can help you save time by streamlining and increasing efficiency in Child Nutrition Program operations.

Technical assistance for program renewal in the Child & Adult Care Food Program will be available by the Child Nutrition & Wellness consultant at each location in August.

Registration information is available at www.kn-eat.org, CACFP, Training.

CACFP Halftime: Thirty on Thursdays

The next **CACFP Halftime: Thirty on Thursdays** is May 17. The topic for the May webinar will be *Methods for Healthy Cooking* and offered in both English and Spanish. The English webinar will be held from 1:00-1:30 pm CST, and the Spanish webinar will be held from 2:00-3:30 pm CST. The webinars are recorded and made available on the Team Nutrition website, <https://www.fns.usda.gov/tn/team-nutrition>.

National Garden Month

Now that the flowers are blooming and the bees are buzzing, we can finally pull out our shovels and plant seeds for the spring bounty. Gardening is a perfect activity to engage children and students. From discovering how food grows, to understanding nutrition and agriculture-related concepts, gardening provides a hands-on learning opportunity that is fun and exciting. This month, explore the resources below that help connect children to local farmers and farmers market. Whether the garden is at school or home, or if you are a master gardener or beginner, these resources are sure to fit your needs. Happy National Garden Month!!

- [Harvest for Healthy Kids](#)
- [Dig In! Standards-Based Nutrition Education from the Ground Up](#)
- [Grow It, Try It, Like It! The Strawberry Patch](#)
- [Discover MyPlate: Planting Seeds for Healthier Eating](#)
- [The Great Garden Detective Adventure](#)

Sunflower Spotlight

The children participating in CACFP at West Elk Schools (USD 282) have been enjoying the snack activities stemming from the MyPlate grant the district received. Barbara Montgomery is the classroom teacher who has been conducting the grant activities. According to Mrs. Montgomery (aka Mrs. Gumry), the children have loved all the recipes provided through the grant. Recently, they made faces using sandwich rounds (corn tortilla for a gluten-free option), banana slices, whole blueberries, apple slices, a red pepper slice, and string cheese (for the hair). Once the students had made their face, they were able to eat them along with their milk for a reimbursable snack. Congratulations to West Elk, Mrs. “Gumry”, and all the students for participating in the MyPlate grant.

CACFP – A 50-Year Retrospective

To put the 50-year period that the CACFP has been around in perspective, here’s a few nuggets to ponder. When the CACFP began...

- Man had yet to walk on the moon.
- Getting cash required a trip to the bank.
- Seatbelts weren’t mandatory.
- A gallon of gas cost 34 cents.
- Dialing a phone involved clockwise finger rotation.
- The internet hadn’t been invented.

AND, billions of meals provided to millions of children had yet to be served through the CACFP!

Thank you for your contributions and helping to make the CACFP such a critical, impactful, healthy program for the children and adults served!

Mark & Cheryl