



Food with Care

Child and Adult Care Food Program

Bureau of Nutrition Programs and School Transportation • Iowa Department of Education

January 2007

Number 8

Helping Children Make Healthy Choices

Snacking the right way helps children to grow and stay healthy. Serving healthy snacks to children is important for providing good nutrition, supporting lifelong healthy eating habits, and helping to prevent costly and potentially disabling diseases such as heart disease, cancer, diabetes, high blood pressure, and obesity. Snacking is a great way to fill nutrient gaps by choosing fruits, vegetables, whole grains, and low-fat foods made from milk into daily food choices. Below are ideas for teachers, caregivers, program directors and parents to serve healthy snacks to children.

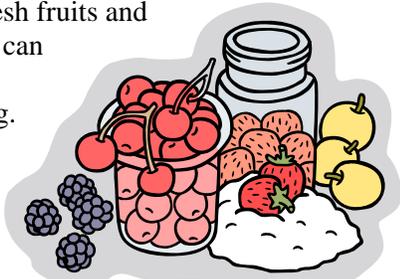
Fruits and Vegetables

Most of the snacks served to children should be fruits and vegetables. Most children do not eat the recommended five to thirteen servings of fruits and vegetables each day. Eating fruits and vegetables lowers the risk of heart disease, cancer and high blood pressure. Fruits and vegetables also contain important nutrients like vitamins A and C and fiber.

Serving fresh fruits and vegetables can seem challenging.

However, good planning and the growing

number of shelf stable fruits and vegetable products on the market make it easier. People often think fruits and vegetables are costly snacks. They are actually less costly than many other less-healthy snacks on a per serving basis. The average cost per serving is 25¢ as compared with a 99¢ single serve bag of chips or an 80¢ candy bar. Try many different fruits and vegetables and prepare them in various ways to find out what the kids like best.



Try These on For Size

- Canned, frozen, fresh, or dried fruits or vegetables
- Fruit or vegetable salad in a Ziplock
- Fruit smoothies with yogurt
- Fruit and veggie trays with low fat dips
- Low Fat Dips—fat free ranch, bean dips, yogurt, guacamole, salsa, and peanut butter
- Ants on a Log—celery, peanut butter and raisins
- Bunnies—pear half, cottage cheese, raisins, carrots
- Trees in the Snow--broccoli and cottage cheese
- Fruit kabobs
- Veggie Cars—carrot coins, celery stick
- Banana Boats—banana halves, kiwi – steering wheel, cheese slice sail
- Fruit or Veggie Pizza
- Fruit or Veggie Parfait in an ice cream cone cup
- Make homemade applesauce
- Lettuce or Cabbage Rollup- with sliced meat, cheese, or peanut butter

Healthy Bread/ Grains

(bread, crackers, and cereals)

Though most kids eat plenty of grain products, too many of those grains are cookies, snack cakes, and sugary cereals. Try to serve mostly whole grain, which provides more fiber, vitamins, and minerals than refined grains. Try to keep the added sugars to less than 35% by weight, and the saturated and trans fat low with less than 10% of calories. Look for items with less than one gram of sugar per serving.

Cookies, snack cakes, and chips should be saved for occasional treats given their poor nutritional quality.



Try These on For Size

- Whole wheat muffins, pitas, tortillas, crackers, and cereals.
- Baked tortilla chips with salsa
- Pretzels, breadsticks, and flatbreads
- Go Fishing—pretzels rod, peanut butter or cheese, and cheese fish crackers
- Tortilla Rollups—bean dip, grated cheese, tortilla
- Pita Pockets with veggies
- Pancake creatures
- Toast smiles
- Painted toast
- Monkey Bread
- Butterfly Snack—pretzel twist, peanut butter, and graham cracker stick
- Merry Go Rounds—animal crackers, Ritz cracker, and peanut butter
- Sunflower Biscuits—cut slices in edge of biscuit and fill center with jelly

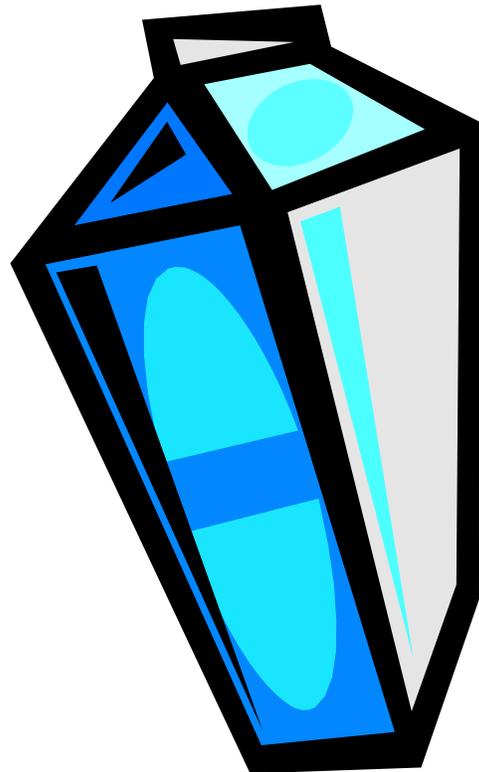
Healthy Beverages

Milk

Low fat and fat free milk provides key nutrients, such as calcium and vitamin D. Choose fat free (skim) or low-fat (1%) milk to avoid the saturated fat. It is best to serve fat free versions of flavored milks to children over the age of two.

Fruit Juice

Buy 100% juice to avoid added sugars. Read the nutrition label carefully to find the percentage of juice contained in a beverage. Many beverages like Capri Sun, V8 Splash, Tropicana Twisters, Snapple, Sunny Delight are easily mistaken for juice. These beverages contain only a small percentage of juice, and best to avoid. Fruit juice is rich in vitamins, minerals, and cancer-fighting compounds. It is recommended that children age 1-6 years old drink no more than 6 ounces of juice a day. Children ages 7-18 years old should drink no more than 12 ounces of juice per day. Drinking an excessive amount of juice can lead to overweight and cavities.



Introduction of New Foods

Introducing new foods to young children requires patience and ingenuity on the part of teachers and food service personnel.

- It is suggested that new foods are introduced one at a time.
- Serve a small portion for taste testing the new food.
- Emphasize the similarities between the new food and a familiar food.
- Present new foods casually. Never force children to eat.
- Do not be discouraged if a new food is offered and rejected. A new food must be presented numerous times before it becomes a part of the diet.
- Let children help in the preparation of a new food.
- Let the children see the teacher or adult eat and enjoy new foods.
- Create educational lessons around the introduction of new foods.
- Incorporate a book or literacy activity to enhance interest in a new food.

Physical Activities

Research has shown that adults who are physically active reduce their health risk. Active adults report having learned motor and sport skills as children. Confidence and skill carry over from childhood to adulthood, and increases the chance of an active adult lifestyle.

During childhood, nutrition and physical activity work together to create healthy bones, maintain healthy body weight and decreased risk of developing potentially disabling diseases. Healthy experts recommend at least 60 minutes of physical activity a day for children 0-18. There are many ways to exercise that are fun and easy to do. Activities like walking the family dog, bike riding with friends, dancing, skateboarding, rollerblading, swimming, and playing sports are excellent ways to achieve the desired amount of activity each day. It's easy to fit active living into your everyday life. You don't need to be an athlete. Just find more ways to sit less and move more.

For additional ideas, look in this issue's Resource Highlights for website links to healthy snack ideas and fun physical activities for children.

Enhancing the health of children happens through continuous education in the areas of healthy eating and the importance of physical activity. Educating children on how their decisions about healthy eating and physical activity can affect their health now and for years to come.

Upcoming CACFP Training



CACFP Steps to Success- ICN sites are tentative

2/13/07 Des Moines and ICN sites: Carroll, Clinton, Council Bluffs, Creston, Iowa Falls, Mason City, Mt. Pleasant, Ottumwa, Waterloo, West Union

4/24/2007 Des Moines and ICN sites: Cedar Rapids, Chariton, Clarion, Corning, Decorah, Dubuque, Marshalltown, Missouri Valley, Sac City, Sheldon, Washington

6/12/07 Des Moines and ICN sites: Ames, Audubon, Cedar Rapids, Cylinder, Keokuk, Osceola, Ottumwa, Red Oak, Sioux City, Waverly

9/19/07 Des Moines and ICN sites: Albia, Algona, Atlantic, Cedar Falls, Charles City, Davenport, Denison, Fort Dodge, Iowa City, Orange City, Tama

Workshop Hours: 8:00 a.m. – 4:30 p.m.

Infant Nutrition- there is a charge for this workshop.

6/28/07 Des Moines Area Community College; sponsored by WIC and CACFP

Preschool Nutrition- there is a charge for this workshop.

6/29/07 Des Moines Area Community College; sponsored by WIC and CACFP

CACFP Food Service Short Course (tentative dates and location)-there is a charge for short courses.

7/10-12 2007 Scheman Building, Iowa State University, Ames, IA; sponsored by CACFP.

CACFP Recordkeeping Manual

Third Edition of the CACFP Record Keeping Manual for Centers

The new manual was published in September 2006. It is located by chapter in “form download”, accessible from the applications section of our website at

<https://www.edinfo.state.ia.us/cnp/security.asp>. Be sure to print a copy of the new manual as soon as possible. For Centers that do not currently submit claims online, a hard copy of the new manual was mailed to you.

Manual Updates

The pages in the new manual have been renumbered with the chapter-page format (i.e., 3-2 is Chapter 3, page 2) so future updates can be made by publishing replacement pages rather than an entire new manual. Replacement pages will be located in a separate file in “form download.” We have already identified replacement pages to be issued in November or December 2006. Thereafter, we plan to issue replacement pages annually. Please call Robin Searles at (515) 281-3484 if you have questions or if you submit your claims on paper and need replacement pages mailed to you.

Outside School Hours Child Care & At Risk Afterschool Snack Programs

Five-Day Reconciliations

Remember that center sponsors (operate the CACFP at more than one site) must complete a five-day reconciliation as part of each facility review. Meal counts must be compared to both attendance and enrollment records for five consecutive days. However, if there are not enrollment forms required (as in some at-risk programs and outside school hours child care programs), the monitor would only need to reconcile meal counts to attendance records.

Parent Contacts

Parent contacts are not required for at-risk programs and outside school hours child care programs.

Center Sponsors

Five-Day Reconciliations

Center sponsors must complete a five-day reconciliation as part of each facility review. Five-day reconciliations will usually involve records from the current or previous month. Meal counts must be compared to both attendance and enrollment records for five consecutive days. Monitors may base their reconciliation on a random sample of children for the five-day period. The random sample must equal at least 10% of the number of children enrolled; a minimum of five children’s records must be reconciled in sponsored centers with 50 or fewer enrolled children. If problems are found, more records should be reviewed.

The process is designed to be a management tool to help the institution quickly determine whether the center has a problem with its meal counting and claiming procedures. To claim meals for participants, they must be enrolled and recorded in attendance at the time meals are served. If participants are claimed when they are not enrolled or not in attendance, this is a discrepancy and a factor for a parent contact. The meals must be removed from the claim for reimbursement and a revised claim submitted, if applicable.

Revised Site Review Form

In the past, a separate five-day reconciliation worksheet has been available on our website (now at www.iowa.gov/educate, click on Nutrition Programs). We have recently revised the sponsored center site review form to include the five-day reconciliation worksheet, so a separate worksheet is no longer needed. The revised review form is available on the website above under Center Resources/Forms. The revised sponsored center site review form is also included on the claims submission website at <https://www.edinfo.state.ia.us/cnp/security.asp> under applications/form download/manual replacement pages.

Keeping It Safe: Control Food Temperatures

Have you ever wondered if the food served in your program could have caused illness. Children can become sick from food poisoning (foodborne illness) if they eat food that has bacteria (germs) growing in it. One of the most important ways you can stop the growth of bacteria in foods is to control the temperature. Temperatures must be controlled and monitored during storage, preparation, and during storing and reheating of leftovers. Thermometers must be used to determine that adequate temperatures have been reached or maintained—not just visual appearance. Time as well as temperature is also a critical factor in determining food safety.

As a childcare provider, you know how important it is to serve your children safe, healthful, delicious meals. Use the resources found on the following web site to keep you and your staff up-to-date with their food safety knowledge.

http://healthymeals.nal.usda.gov/nal_display/index.php?info_center=14&tax_level=1.

Keeping Kids Safe

<http://teammnutrition.usda.gov/resources/appendj.pdf>.

is an excellent reference as well as **Child Care Centers Fight Bac!**

http://healthymeals.nal.usda.gov/hsmrs/Food_Safety_BAC_Poster_Childcare.pdf

While temperatures are important, both these references illustrate the total sanitation requirements. Temperature monitoring alone will not prevent foodborne illness.



Changes in CACFP Child Care Recipes

The USDA's Child Care Recipes have been revised based on the USDA Food Buying Guide's food product yields. The revised recipes are standardized, include nutrient content, and are reformatted. CCP (critical control point) information based on the 2005 Food Code Supplement is included in recipe directions when appropriate. CCP includes what temperature a food must be heated to and for how long to keep foods safe, i.e., Chicken Rice Soup – CCP: Hold for hot service at 135° F or higher.

The “revised” CACFP recipes are on the web at: http://www.nfsmi.org/Information/cc_recipe_index_alpha.htm

Center food service personnel should use the CACFP recipes to obtain consistent food products and to meet CACFP meal requirements particularly when preparing combination dishes such as beef and spaghetti.

USDA Nondiscrimination Statement

“In accordance with Federal law and U.S. Department of Agriculture policy, this institution is prohibited from discriminating on the basis of race, color, national origin, sex, age or disability.

To file a complaint of discrimination, write USDA, Director, Office of Civil Rights, 1400 Independence Avenue, S.W., Washington, D.C. 20250-9410, or call (800) 795-3272 (voice) or (202) 720-6382 (TTY). USDA is an equal opportunity employer.”

It is the policy of the Iowa Department of Education not to discriminate on the basis of race, color, national origin, gender, disability, religion, creed, age or marital status in its programs or employment practices. If you have questions or grievances related to this policy, please contact the Legal Consultant, Department of Education, Grimes State Office Building, Des Moines, Iowa 50319-0146, 515/281-5295.



Good Nutrition Helps Offset Harmful Effects of Lead



The Harmful Effects of Lead

Lead is a poisonous metal that can cause harm to a child's brain affecting their behavior, ability to learn, and hear. It can also harm the kidneys and other organs and prevent nutrients such as calcium and iron from working properly in the body. Lead poisoning occurs without any obvious symptoms. **Iowa has four times the national rate of children that test high in lead.**



How Are Children Exposed to Lead?

Lead-based paint is a hazard if it is peeling, chipping, or cracking. It can also be a problem if it is on surfaces that children chew on or that get frequent use. Older homes built prior to 1978 are more likely to contain lead-based paint. If lead-based paint is scraped or sanded, or when painted surfaces rub together, contaminated dust may form. Lead chips or dust can also accumulate on surfaces that children may contact. In addition, soil can become contaminated with flaking lead-based paint and from past use of leaded gasoline along roadways. These areas should be avoided when planting vegetable gardens. Other sources of lead include drinking water from older plumbing, imported lead-glazed pottery, leaded crystal, lead smelters, and hobbies.



Good Nutrition Can Help

A healthy diet can help protect children from the harmful effects of lead. Children with empty stomachs absorb more lead than children with full stomachs, so providing regular snacks and meals is important. Adequate iron in the diet also protects the body from harmful effects of lead. Good sources include beef, enriched or fortified breads and cereals, eggs and cooked dry beans; serve at least one good source each day. Calcium and vitamin C reduce lead absorption. Good sources of calcium include milk, yogurt, and cheese. The CACFP requires that milk is served at breakfast and lunch, and can be served often at snack. Good sources of vitamin C include fortified juices, citrus fruits, tomatoes and green peppers. Serve a good food source of vitamin C daily. See page 2-27 of the new CACFP Record Keeping Manual to find lists with additional food sources of these nutrients.

Other Tips

- Wash hands before eating.
- Wash children's hands, bottles, pacifiers, and toys.
- Let tap water run one minute, always on cold, before using for drinking, cooking, or preparation of infant formula.
- Follow a regular cleaning schedule; wipe or remove shoes, especially in areas occupied by infants.



Limits Expanded for Children and Disabled Adults in Emergency Shelters

Shelters eligible to participate on the CACFP are those that provide temporary shelter and food services to homeless children. Eligibility has been extended to emergency shelters that primarily serve children through age 18 who are homeless and seeking shelter without their families. In addition, meals served to adults of any age that have disabilities may also be claimed even though they may not be part of a family unit, provided they reside in an eligible shelter. The shelter assumes the responsibility to maintain documentation at the shelter that states the person has a disability. It can be a statement that came from the individual or a judgment by shelter staff. If the resident receives SSI, that would be sufficient documentation.

Remember your responsibility to ensure that each meal claimed is a reimbursable meal. CACFP regulations require all children be served meals that meet minimum serving sizes for all the components or that the meal be served family style with the minimum of each component on the table for the number of participants. Serving sizes for adolescents and disabled adults should meet or exceed meal pattern requirements for 6-12 year olds. We encourage shelters to provide larger portions sizes to meet individuals' needs. Staff responsible for serving and recording those meals served and claimed **must be adequately trained** in the meal pattern and serving sizes since production records are not required.

Tidbits from Julia

Within the next couple of months you should begin to see some new faces or at least names in print as the Bureau moves forward with hiring some additional staff to further support Bureau work in a variety of areas. These temporary positions are funded with a combination of grant funds and other USDA funds for which the Bureau applied. In some cases, the individuals will be working closely with Bureau staff in the review process, in other cases the staff will help with training and technical assistance.

The Bureau is also pleased to announce that Iowa has been selected along with the states of Pennsylvania and California to receive a 2006 Team Nutrition Local Wellness Demonstration Project Grant. This grant will be school focused, but in some aspects may create conversations within the pilot communities where some of you may be operating CACFP, so we wanted you to be aware of this initiative. Janet Wendland will serve as Project Director for this grant. In accepting these responsibilities, Janet has also made a decision to move from full-time to part-time employment status. Therefore, beginning in January, Janet will no longer be working with the 2005 TN Training Grant.

Gretchen Watznauer has been hired to fill Janet's previous role as Project Director for the 2005 Team Nutrition Grant. Gretchen's office location is in transition at present. Since she will only be working on this one grant, her position is half time. So, if you have Team Nutrition related questions, contact her by calling either 515-281-5356, the main Bureau number and asking to speak with her, or by calling 515-281-5676 and leaving a message for her if she does not answer. You may also reach her via e-mail, Gretchen.Watznauer@iowa.gov. Gretchen will also be handling the Team Nutrition mini-grants.

Retirement Announced

In case you haven't heard, Darlene Busch submitted her retirement notice to the Department effective December 30th, 2006. Although Darlene has primarily worked in the southwestern part of the state during her 17-1/2 plus years with the Bureau, she has gotten to know many of you through the various Short Courses and other workshops that she has been part of. Darlene and her husband Bob who retired a couple of years ago, have a home near a lake in Missouri and will be enjoying life from there. As

Darlene always says, I have to be busy, so although Darlene is officially retiring, she'll be keeping busy with her many hobbies!

The Bureau wants to publicly thank Darlene for her work with the Child Nutrition Programs in Iowa. She has touched the lives of many of you directly and the lives of countless more through her work. We congratulate Darlene on her retirement and wish her the very best!

During this period of transition, if you have questions you would have normally directed to Darlene, please e-mail or call one of the other Bureau Field Based Consultants, or contact the State Agency office and ask for one of the CACFP staff.

Exempt Infant Formulas

Exempt infant formulas are specific formulas made for infants who have inborn errors of metabolism or low birth weight, or who otherwise have an unusual medical or dietary problem.



Meals served to infants requiring an exempt formula may be claimed for CACFP reimbursement provided a current medical statement for the infant is on file. A licensed physician must sign the medical statement if the infant is considered disabled, **or** signed by a recognized medical authority if the infant is not disabled and has medical or other special dietary needs.

Examples of exempt formulas requiring a medical statement include:

- Alimentum Advance
- Similac NeoCare Advance
- Nutramigen
- Pregestimil
- Enfamil Premature LIPIL 20
- Enfamil EnfaCare LIPIL

Go to the following website for a current list of Exempt Infant Formulas:

<http://www.cfsan.fda.gov/~dms/inf-exmp.html>

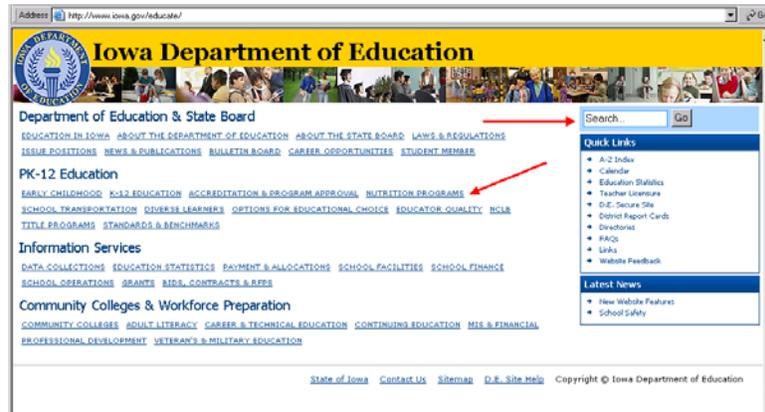
Ask "IT"



Department of Education's website has a new look!!!

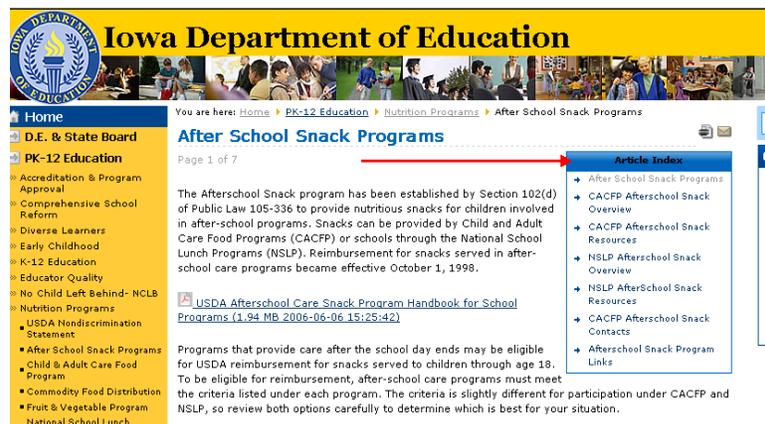
As of November 1, 2006 Department of Education has changed the look and navigation of the static website at <http://www.iowa.gov/educate>.

The web address above will take you to the main page. To find specific information, we suggest using the search engine in the light blue shaded area to the upper left. If you want to see the Nutrition Programs section, select the underscored words "Nutrition Programs" under the PK-12 Education heading. (See Example A)



(Example A)

Clicking into Nutrition Programs, the navigation bar for each program will be on the left navigation menu (yellow). When you click into a specific program, there will be a box (blue) called "Article Index" that will take you through that programs submenu. (See Example B)



(Example B)

Take a moment to look thru our new website. There will be more tips and tidbits in future articles. Stay tuned.

Please send us questions you have about using our website(s) and we will attempt to answer them via email, newsletter or both. Please send your questions to ellen.miller@iowa.gov.

Resource Highlights

Multimedia Reservation Form Bureau of Nutrition Programs and School Transportation

Healthy Snacks and Physical Activities

Iowa CACFP website information on healthy snacks and menu ideas.

http://www.iowa.gov/educate/nutrition-programs/child-and-adult-care-food-program_5.html

Making It Balance and Kickin' It Up—A Cycle Menu for Montana Child Care

This toolkit was designed for participants of the Montana Child and Adult Care Food Program; although the information is helpful to any childcare provider. The menus (5 weeks of breakfast, lunch, and one snack), with accompanying recipes and resources, are provided to assist childcare providers in serving healthy meals which are cost effective, easy to prepare, and appealing to children.

<http://www.opi.mt.gov/schoolfood/cyclecare.html>

Eat Smart. Play Hard.™ Healthy Lifestyle

Welcome to the Eat Smart. Play Hard.™ Healthy Lifestyle! This site is specifically designed for parents and caregivers to provide information to help you eat better, be more physically active and be a role model for your kids. This site contains information and resources:

<http://www.fns.usda.gov/eatsmartplayhardhealthylifestyle/default.htm>

<http://www.fns.usda.gov/eatsmartplayhardkids/>



The following materials were specifically for aged 6 to 11.



MyPyramid designed children

<http://www.mypyramid.gov/kids/>

Your name _____

Title _____

Phone () _____

Email _____

Agreement # _____

Mailing Address:

School/
Organization _____

Street _____

City _____ IA Zip _____

Your Request: We will make very effort to provide the material you request for the time you want. If the material is already taken, we will contact you by email to suggest another selection. **Material must be retained no later than 2 weeks after receipt!**

Loan # and Material title(s) (Please include both):

1 _____

2 _____

Training objectives:

Date(s) of use _____

Alternate date(s) _____

Group(s) to be trained _____

Approximate size of group(s) _____

Mail to: Mary Jo Clark
Bureau of Nutrition Programs and
School Transportation
Grimes State Office Building
400 E. 14th Street
Des Moines, IA 50319-0146

Or FAX to: Mary Jo Clark at 515-281-6548
If you have questions, please call Mary Jo at 515-281-4751 or e-mail: maryjo.clark@iowa.gov