



Food with Care

Child and Adult Care Food Program

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SERVE SAFE FOODS

A GUIDE TO DEALING WITH "WHATEVER-THE-THING-IN-THE-BOWL-IN-THE-BACK-OF-THE-FRIDGE" MEAL COMPONENT

We've all seen it, but sometimes can't identify it. Often we can't even figure out the food group to which it belongs. It's the "WHATEVER-THE-THING-IN-THE-BOWL-IN-THE-BACK-OF-THE-FRIDGE" meal component. Many refrigerators and freezers are full of leftover food. Do you know the simple rules to determine if these foods are safe to eat? The following information will give you food safety basics along with general preparation and storage procedures to ensure that the food you have is safe to serve and eat.



Safe leftovers have to start with food that is safe. Always follow the four simple steps to food safety: CLEAN, SEPARATE, COOK and CHILL

1. Clean—Wash Hands and Surfaces Often

Bacteria can spread throughout the kitchen and get on to cutting boards, knives, sponges and countertops. Cutting boards should be run through the dishwasher or washed using the three sink method after use. Ideally there would be cutting boards for different types of food prep—red for meat, yellow for poultry, blue for fish, and green for fruit, vegetables and bread.

2. Separate—Don't Cross-Contaminate

Cross contamination is how bacteria is spread from one food product to another. It is especially important for raw meat, poultry, and seafood to remain separate from other foods during storage and preparation. Store these foods in spill proof containers on the lowest shelf of the refrigerator so the juices don't drip onto other foods.

3. Cook—Heat to Proper Temperatures

Foods need to be properly heated long enough and at a high enough temperature to kill the harmful bacteria that cause foodborne illness. Use an appropriate cooking thermometer to measure internal temperature of cooked foods. The website link to find safe cooking temperatures is located at the USDA Food and Nutrition Service website: http://www.fsis.usda.gov/Fact_Sheets/Use_a_Food_Thermometer/index.asp

4. Chill—Refrigerate Promptly

Proper storage of leftovers and other previously cooked foods is imperative for food safety. Refrigerate or freeze perishables, prepared food, and leftovers within two hours of receipt or use. Divide large amounts of leftovers into small, shallow containers for quick cooling. Remember your refrigerator and freezer are not designed to cool, they are designed to hold food at the temperature they are set (Below 41° for refrigerators or below 0° for freezers). It is important to monitor these temperatures with an internal thermometer to assure safe storage temperatures.

Safely Using Leftovers

Use refrigerated leftovers within three to four days. Freeze quantities that can't be used within that time period.

Reheating Leftovers

Reheat thoroughly to a temperature of 165°F or until hot and steaming throughout the food. Soups and gravies should be stirred and brought to a rolling boil.

Reheating In The Microwave

Careless reheating in the microwave can lead to foodborne illness. It's important to keep in mind that microwaves do not always cook/heat evenly. It is important to arrange, rotate, and stir foods heated in the microwave to ensure even heating. Use only microwave safe dishes to heat foods.

How Long Can I Store Foods in the Refrigerator/Freezer?

Safe refrigerator and freezer storage time limits can be found for many common foods. Moldy foods as a general rule should be discarded. Remember "when in doubt, throw it out!"

Foodborne illness is a serious health issue facing Americans. Between 6.5 million and 81 million cases of foodborne illness occur annually. It is imperative that food service personnel understand the risks associated with improperly prepared food. Your food service staff is encouraged to take the Serve Safe training offered through local extension services around the state. Helpful websites have been included in the Resource section of this newsletter. Be proactive and take the necessary steps to ensure that the food you are serving is safe.

Celiac Disease



What do birthday cakes, cinnamon rolls, bagels, cookies, muffins, pasta, crackers, cereal, pies, and pizza crusts all have in common? Besides being delicious, these are items you can't consume if you have celiac disease.

When individuals with celiac disease ingest gluten; a protein found in wheat, barley and rye, an immune reaction occurs causing damage to the small intestine. The only treatment for this disease is total elimination of gluten from the diet. A gluten-free diet must be followed for life, even when the individual is feeling healthy.

Although it is believed that 1% of Americans have celiac disease, most cases (97%) go undiagnosed. This is partly due to the various symptoms which include weakness, appetite loss, weight loss, chronic diarrhea, skin rashes, fatigue, abdominal cramps and bloating. To make diagnosis more difficult, some individuals may be asymptomatic.

Since grains are a significant part of our food intake, it is essential to find and include replacement products for our diets. Pasta and other grain products that are made from alternative flours (rice, soy, tapioca, arrowroot, corn, and potato) can be purchased from grocery stores or from numerous websites. Gluten-free recipe books are also available online and in many health food stores.

If a child/adult in your center has celiac disease and has a statement from a physician identifying the

disability, the major life activity affected, and foods to be omitted and substituted, then you must provide substitutions for meals at no extra charge. Substitutions are encouraged but not required when there is not a statement from a physician.

For more information, Google “celiac disease” or visit the Celiac Disease Foundation at <http://www.celiac.org>

Fall into Nutrition

It is hard to believe fall is quickly approaching. Summertime gardens and farmers markets are full of produce. As fall comes knocking on the door, remember to serve the wide variety of fall fruits and vegetables to those in your care. Start with apples and pumpkins, squash and broccoli. Add them to your meals and hands on activities. Feel the inside and outside of the pumpkins, make muffins, roast the seeds. Paint pictures with broccoli, steam some for a meal. Make apple stamps and apple crisp. The possibilities are endless for both food and crafts as you fall into nutrition.



The Department of Education has been awarded a Team Nutrition Grant for 2007-2008. Centers will be notified if funding will be available for mini-grants. Even if mini-grant funding is not available, USDA still has many resources available to support your teaching on Team Nutrition messages. Many resources are being updates. Check out <http://www.fns.usda.gov/cnd/care/Publications/tools.htm> to see what is available.

“Steps to CACFP Success” • 11/7/07 and 2/12/08 8:00 a.m. - 4:30 p.m.



This workshop includes basic requirements for CACFP participation with sections on menu planning, food production records, income application approval, claims submission, financial documentation, administrative and supervision requirements, civil rights, and infant feeding. You may attend one or more sections.

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Refreshing Fruit Ideas

- Juicy **watermelon** slices
- Colorful pieces of **nectarines** and **blueberries**
- Crisp **red** and **green** apple slices



Summertime is a good time to serve fresh fruits. Be creative and serve new or unfamiliar fruits with familiar ones. Select from a variety of seasonally abundant fruits. Try new combinations of fruits for individual fruit cups or fruit salads with just one or a few pieces of the new fruit to help introduce it. Serve fresh fruit with cottage cheese or a fresh fruit mixture with a small amount of vanilla flavored yogurt.

“Fruits & Vegetables Galore: Helping Kids Eat More” is an excellent resource that includes what fruits are plentiful by season as well as what to look for when buying fresh fruits. This resource is available on the web at:
http://teamnutrition.usda.gov/Resources/fv_galore.html

CACFP Training Flyer 2008

The new training flyer for Fiscal Year 2008 Workshops and Conferences for Center Organizations was mailed to all CACFP center institutions in July. The information is also available online at



<http://www.iowa.gov/educate/content/view/410/866/>.

The “Steps to CACFP Success” workshop is offered five times each fiscal year. Attendance is highly encouraged when CACFP staff responsibilities change or when there are new staff members with CACFP responsibilities. In addition, all key staff with CACFP responsibilities at the center must be trained and receive at least 1½ hours of CACFP related training each fiscal year or as much as needed to enable staff to effectively carry out their CACFP responsibilities. The entire “Steps to CACFP Success” workshop or selected sessions is one way to fulfill this training requirement. All CACFP training must be documented. See Chapter 7 of the CACFP Recordkeeping Manual for Centers for acceptable documentation and forms.

Board members of non-profit centers are encouraged to attend “Steps to CACFP Success” to better understand CACFP requirements, and to provide support for center personnel. Board members are also responsible for continuity of CACFP operations and compliance with CACFP federal requirements when there is a change in center directors.

Register using the registration form included in the flyer and it also available online at the web address above. It can be submitted by mail, fax, phone, or e-mail. ICN site locations are subject to change. When an ICN site listed in the flyer cannot be scheduled, an attempt is made to find another site within a 30 mile radius. An ICN site will be cancelled if there are no registrations for the ICN site eight days prior to the workshop.

CACFP Oversight in Emergency Shelters

Emergency Shelters participating in the Child and Adult Care Food Program (CACFP) must fully comply with all their specific CACFP requirements as identified in your CACFP Recordkeeping Manual.

On-site supervision of meal preparation and service is often an overlooked CACFP responsibility. Since meals are frequently prepared by the resident adults in the shelter, site supervisors must be trained in CACFP meal patterns, serving requirements, and closely supervise those functions for compliance with meal patterns, serving the meals, and sanitary practices.

Outside School Hours Child Care Programs (OSHCC) and At-Risk Afterschool Snack Programs (ARASP)

Many OSHCCs and ARASPs participate in the CACFP and must fully comply with all their specific CACFP requirements as identified in your CACFP Recordkeeping Manual.

Some often overlooked CACFP requirements for OSHCCs and ARASPs are:

- **Staff training:** Many site-level supervisors do not fully understand meal patterns and serving requirements, e.g. children must be served all components in the meal pattern and not given the option of declining a meal component. Regular training must be provided to site staff. Since staff turnover is fairly common, training must occur for all new staff. Training must be documented.
- **CACFP Monitoring:** Sponsored OSHCCs and ARASPs must be monitored by your administrative staff for full CACFP compliance. Monitoring must be documented.
- **CACFP Records:** Required records are slightly different for OSHCCs and for ARASPs; please consult your CACFP Recordkeeping Manual.

Adult Daycare Commonly Asked Questions

1. What types of desserts should we serve? How often should we serve desserts?

Only certain types of desserts are creditable in the Child and Adult Care Food Program. You can serve fruits as often as desired for dessert. Grain-based desserts such as cakes and cookies are not creditable in the CACFP as a dessert at lunch or supper. However, you may serve grain-based desserts as a component of snacks. Do not serve cookies and other baked products for snacks more than two times per week. Some desserts are high in sugar and fat, and should only be eaten in moderations.

1. How many calories do older adults need?

The average daily caloric need of older adults range between 1,600 to 2,200 calories per day. The number of calories needed depends on several factors including the amount of physical activity, amount of lean body mass, and existence of any chronic health conditions that can affect calorie needs.

Infants in CACFP

When feeding infants, the CACFP infant meal patterns must be followed and reimbursable foods must be served unless there is a medical exception. Infant menus must be maintained, as well as enrollment forms, daily attendance records, and meal participation records. Suggested menu forms, the reimbursable foods list, the infant meal pattern requirements, and other infant items needed when feeding and claiming infants in CACFP are located on the Bureau's web site at:



<http://www.iowa.gov/educate/content/view/365/904/1/8/>

Please print and cut this section out to place by your phone for reference.



Nutrition, Health and Transportation Services

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Bureau's FAX #: 515-281-6548

Ask "IT"



Where to find Form Download in CNP2000

Many people have found it difficult to find the form download on CNP2000 (CNP2000 is the application used for online applications and claims.)

Once you have logged in to the system application (CNP2000) click on the menu choice **Application**. Then choose the **Sponsor Application** option. Select current Program Year (i.e. **2007**) and then click on the **Next** button. This will bring you to the Main Menu page for your application.

Then click on last option on the Main Menu page, **Form Download** (highlighted in yellow in Example A).

Iowa Department of Education
Child and Adult Care Food Program

CNP 2000 Home Core SP Home CACFP Home SFSP Home Exit

Application Rates Claims Maintenance Reports

Institution Information

Institution		
Institution Name	Agreement Number	Program Year
		2007
Application		
GO! Sponsor Profile		
GO! Authorized Signatures		2 Authorized Signature(s)
GO! Sponsor Application	Approved Date: 10/01/2006	No Errors
GO! Center Sites		1 Approved 0 Unapproved 0 w/Errors 0 Terminated 1 Total Site(s)
GO! Center Management Plan		Approved
GO! Center Sponsor Budget		Original Only
GO! Supporting Documents		Not on File
Transaction History Report		
Form Download		

< Back Cancel

(Example A)

This will bring you to the CACFP Form Download Menu Page. To access the document of your picking, select **PDF** (Adobe Reader format) or **ZIP** (WinZip format), which will open the document of choice.

Please send us questions you have about using the DE CNP2000 website(s) and we will attempt to answer them via email, newsletter, or both. Please send your questions to ellen.miller@iowa.gov.

Tidbits

Announcements

In case you missed it, the Bureau has a new name as of July 1, Bureau of Nutrition, Health and Transportation Services. The DE Consultants working with Student Health Services and HIV/AIDS Prevention are now part of the Bureau. This will provide us an opportunity to more closely coordinate initiatives to foster healthier students ready to learn.

The Bureau currently has a vacancy posted for an Education Program Consultant to conduct reviews in the southeast part of the state. The individual hired may live in that area, or be based out of the Des Moines Office. For information on the vacancy refer to the DE web site at <http://www.iowa.gov/educate/content/view/650/615/> Please feel free to share this announcement with others. The application deadline is November 16th.

Web Resources

A few websites for refrigerated and frozen storage information can be found at:

Freezing and Food Safety Information and Charts

USDA Food Safety and Inspection Service

http://www.fsis.usda.gov/Fact_Sheets/Focus_On_Freezing/index.asp

Refrigerator Storage Chart

University of Minnesota

<http://www.extension.umn.edu/foodsafety/components/columns/Nov26.htm>

General Storage Times and Temperatures

Clemson Extension

<http://hgic.clemson.edu/factsheets/HGIC3606.htm>

GENERAL FOOD SAFETY Q & A

Food Safety and Quality Frequently Asked Questions/Answers

Mississippi State University Extension Service

http://msucare.com/healthy/food_safety/index.html

COOKING TEMPERATURE CHARTS

Safe Food Cooking Temperatures

USDA Food Safety and Inspection Service

http://www.fsis.usda.gov/Fact_Sheets/Use_a_Food_Thermometer/index.asp

Multimedia Reservation Form Bureau of Nutrition, Health and Transportation Services

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) _____

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