



# Food With Care

## Child and Adult Care Food Program

IOWA DEPARTMENT OF EDUCATION ★ BUREAU OF NUTRITION AND HEALTH SERVICES



VOLUME 1, ISSUE 2

MAY, 2013

## The New CACFP Meal Pattern

The new proposed CACFP meal pattern was expected to be released last summer. Unfortunately, the new meal pattern has not been published yet, but it is in clearance with the Office of Management and Budget. The release may be delayed due to concerns that the new meal pattern will increase food costs while providing no additional reimbursement.

Based on the new ***Nutrition and Wellness Tips for Young Children: Provider Handbook for the Child and Adult Care Food Program***, which was recently published by USDA, indications are that the proposed meal pattern will:

1. Increase whole grains
2. Reduce salt, solid fats and sugars
3. Emphasize lean meats/meat alternates and healthy fats.

Promote more fruits, vegetables and legumes and divide them into separate groups.

We expect the vegetables to be broken into the grouping listed on the chart below with required numbers of serving from each subgroup:

Following the tips in the handbook may help you prepare to implement the new meal pattern. The wellness tips may be downloaded at <http://www.teamnutrition.usda.gov/Resources/nutritionandwellness.html>.

### Five things you can do now to prepare for the new meal pattern:

1. Gradually increase the number of whole grain items that you serve. Examples of whole grains include oatmeal, 100% whole wheat bread, brown rice and cold cereals that list whole grain as the first ingredient on the label.
2. Serve cooked dried beans at least once a week. Black beans, kidney beans and refried beans are examples. Try mixing refried beans with salsa as a dip for whole grain corn chips at snack.
3. Serve red/orange and dark green vegetables at least three times a week. Butternut, Hubbard and acorn squash are examples of red/orange vegetables that are in season during the winter.
4. Select fresh, frozen or low-salt vegetables and limit processed meats and entrees to reduce sodium.
5. Limit or avoid serving sweet grains/breads at breakfast and snack. Examples are donuts, sweet rolls, pancakes with syrup, cereals with more than 6 grams of sugar per ounce, and muffins.

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New CACFP Meal Pattern Update Con't from Page 1



What vegetables listed below will you try on your menu?  
Go for variety and color from each of these vegetable groups!  
Circle what you plan to try next month.

**Dark-Green Vegetable**

- Bok choy
- Broccoli
- Collard greens
- Dark-green leafy lettuce
- Kale
- Mesclun
- Mustard greens
- Romaine lettuce
- Spinach
- Turnip greens
- Watercress

**Red and Orange Vegetables**

- Acorn squash
- Butternut squash
- Carrots
- Hubbard squash
- Pumpkin
- Red peppers
- Sweet potatoes
- Tomatoes
- Tomato juice (low-sodium)

**Other Vegetables**

- Artichokes
- Asparagus
- Avocado
- Bean sprouts
- Beets
- Brussels sprouts
- Cabbage
- Cauliflower
- Celery
- Crookneck squash
- Cucumbers
- Eggplant
- Green beans
- Green peppers
- Iceberg (head) lettuce
- Mushrooms
- Okra
- Onions
- Parsnips
- Turnips
- Wax beans
- Zucchini

**Starchy Vegetables**

- Cassava
- Corn
- Fresh cowpeas or field peas
- Green bananas
- Green peas
- Green lima beans
- Plantains
- Potatoes
- Taro
- Water chestnuts

**Dry Beans and Peas**

- Black beans
- Black-eyed peas
- Garbanzo beans (chickpeas)
- Kidney beans
- Lentils
- Navy beans
- Pinto beans
- Soy beans
- Split peas
- White beans

## New CACFP Meal Pattern Update Con't from Page 2

### Suggestions to help defray potential increased costs:

1. Serve dry beans and split peas more often in place of meat.
2. Serve skim milk instead of 1%.
3. Compare prices, shop sales and buy in bulk.
4. Purchase seasonal fruits and vegetables.
5. Request food donations\* (provide local businesses, organizations and parents a list of acceptable items such as surplus garden produce and packaged grain/bread products).
6. Use the Food Bank (non-profit centers only).

We will inform you when the proposed CACFP meal pattern is released. USDA may allow a time for feedback and comments prior to releasing a final new meal pattern. We will provide instructions stating how you can submit your comments to USDA.

\*Parents must not be *required* to provide any food, but donations may be accepted. Home canned foods may not be served. Donated meats must be processed in a USDA inspected facility and milk must be pasteurized. A list of donated foods received by the center must be kept in the CACFP monthly file.



## Ann's Carrot Patch—What Would Your Parents Say?

When you announce that your site is a Healthier CACFP Award winner? I think they will smile and think how happy they are to have chosen such a great place for child care! You can choose to apply in one, two, three, or all four of the categories: Menus, Physical Activity, Nutrition Education, and Environment. The three levels of recognition for each category are Honors, High Honors and Highest Honors.

To check where you stand, go to the award application at [http://educateiowa.gov/index.php?option=com\\_content&view=article&id=378&Itemid=4262](http://educateiowa.gov/index.php?option=com_content&view=article&id=378&Itemid=4262) (Also found at the [www.educateiowa.gov](http://www.educateiowa.gov) website, A–Z tab > N > Nutrition Programs > hover over Nutrition Programs on the left list and then click on “Nutrition Program Awards and Grants” from the list that appears.)

The application has a handy chart for each of the categories. I suggest you print it out and then mark where you are on each line. Once you identify areas that aren't quite there, check out the Healthier CACFP Award Resource book just below the application links on the web page list. In the Resource book you will find suggestions for meeting each line on the application for each category.

Want some financial assistance to accomplish your goals? Just scroll down a little further to the Healthier CACFP Mini Grant information. A limited number of these are available from Team Nutrition.

I can't wait to post a picture of our first Center and Home Sponsor Award Winners! Will it be you?

## CACFP Training Opportunities—Staff Handout



### Steps to Success - 6/13/2013 8:00 a.m. - 4:30 p.m.

“Steps to CACFP Success” is held five times per year at ICN sites throughout the state. The workshop includes basic requirements for CACFP participation with sessions on various topics. You may attend one or more sessions. ICN site locations are subject to change.

Attendance at the “Steps to CACFP Success” workshop is encouraged when CACFP staff responsibilities change or when there are new staff members with CACFP responsibilities.

### Online Registration

Register online for all ICN training at [educateiowa.gov](http://educateiowa.gov). Click on “Calendar” (right of screen), find the month the workshop is scheduled for, click on the name of the workshop and follow the directions. If you do not have internet access, contact Janelle Loney at (515)281-5356 to register.

### 2013 Steps to Success Online Training

We plan to offer “Steps to CACFP Success” partly over the ICN and partly online starting in June 2013. The topics we plan to cover during the ICN training include:

- Introduction to CACFP
- Menu Planning
- Meal Counting and Claiming
- CACFP Recordkeeping
- Training and Supervision
- Procedures for New Centers
- Preparing for a Review
- Civil Rights

### Online training topics:

- Food Production Records
- Income Application Requirements
- Infant Feeding (Meal Pattern Requirements, Recordkeeping, and Infant Feeding Guide)
- Adult Care CACFP Requirements
- Center Sponsor CACFP Requirements
- At-Risk CACFP Requirements
- Emergency Shelter CACFP Requirements
- Recommendations for a Healthy Childcare Environment

## CACFP Training Opportunities—Staff Handout

Online training may be completed for CACFP credit at any time by any CACFP staff person. Training modules may be assigned as corrective action by the State agency after a review.

### Checks for Understanding

After the June workshop all workshop participants (ICN and online) must answer questions that cover the material in each module to demonstrate understanding. Participants may print a training certificate after passing the quiz for each module.

\* \* \* \* \*

### CACFP Short Course – Des Moines **SAVE the DATE**

**May 22** - guest speaker, Dayle Hayes, is an award-winning Registered Dietitian, author, and educator from Montana who brings a delightful blend of practicality and pizzazz to everyday nutrition advice. She will provide a one day, interactive workshop for CACFP Home Sponsors and Centers titled, *Pass the Peaches Please*.

The presentation will focus on how to feed children in a pleasant and positive atmosphere, and Ellyn Satter's division of responsibility guidelines. The workshop will incorporate videos, role playing, physical activity, and a question and answer session into the day's agenda. Dayle will focus on what hinders children from eating healthy foods, and demonstrate how to help children enjoy food!

For more information about Dayle Hayes, go to <http://www.nutritionforthefuture.org/index.html>.

**May 23** –Working Together to Build a Healthy Plate—agenda will include healthy meal preparation, recipe tasting, demonstrations, and new resources to improve health and wellness.

\* \* \* \* \*

### Healthy Menu Makeover On-Line Learning Module

This online training module contains nine lessons that provides information about the *Dietary Guidelines for Americans*; explains how it applies to your work in the Child and Adult Care Food Program (CACFP); includes best practice examples; and helpful resources. After successfully completing the module you will earn 4 hrs of continuing education in CDA Content Area: Planning a Safe, Healthy Learning Environment. For access information, go to [http://educateiowa.gov/index.php?option=com\\_content&view=article&id=2212:cacfp-healthy-menu-makeover-on-line-learning-module&catid=440:nutrition-program-learning-tools&Itemid=446](http://educateiowa.gov/index.php?option=com_content&view=article&id=2212:cacfp-healthy-menu-makeover-on-line-learning-module&catid=440:nutrition-program-learning-tools&Itemid=446).

## Staff Handout

Two new CACFP Wellness Resources are now available online from USDA:

***Nutrition and Wellness Tips for Young Children: Provider Handbook for the Child and Adult Care Food Program*** (flyer attached)

<http://www.teamnutrition.usda.gov/Resources/nutritionandwellness.html>

You may be able to order a hardcopy of the resource this summer. Materials can be downloaded now.

The screenshot shows the USDA Food and Nutrition Service website. At the top, there is a navigation bar with links for Home, About Team Nutrition, FNS Newsroom, Help, and Contact Us. Below the navigation bar is a banner for "TEAM NUTRITION" featuring colorful icons of children playing and eating. The main content area is titled "Resource Library" and features a search bar on the left. The search bar has a "Go" button and options to search all USDA, search tips, or topics A-Z. Below the search bar are sections for "Email Updates" (with a sign-up button), "Browse by Audience" (with a dropdown menu), and "Browse by Subject" (with a list of categories including Join the Team, HealthierUS Schools, Local Wellness Policy, Training Grants, Resource Library, Graphics Library, and MyPlate). The main content area displays the title "Nutrition & Wellness Tips for Young Children: Provider Handbook for the Child and Adult Care Food Program" and a brief description: "Need creative ideas for meal planning, shopping, and food preparation? Or fun suggestions for active play?" It also includes a small image of the handbook cover. Below the description, there is a section for "Download Larger Sections and Tip Sheets" with a list of items: Handbook Introduction (includes the first three individual sections), Nutrition Tip Sheets (with sub-items: Build a Healthy Plate with Fruits through Build a Healthy Plate with Whole Grains, and Build a Healthy Plate with Milk through Practice the Basics of Food Safety), Active Play Tip Sheets: Provide Opportunities for Active Play through Limit Screen Time, and Appendices, Best Practices, and Resources. A second section, "Download Individual Sections and Tips Sheets", lists 20 individual items including Background and Acknowledgements, Table of Contents and Introduction, How to Use This Handbook, and various "Build a Healthy Plate" sections for Fruits, Vegetables, Dry Beans and Peas, Meat and Meat Alternates, Whole Grains, Milk, Less Salt and Sodium, and Options Low in Solid Fats, as well as sections on Added Sugars, Water Availability, Food Safety, Active Play, and Screen Time.

**USDA** United States Department of Agriculture  
**Food and Nutrition Service**

Home About Team Nutrition FNS Newsroom Help Contact Us

Search FNS

Go

- Search all USDA
- Search Tips
- Topics A-Z

Email Updates

Sign-up to receive free email updates

Browse by Audience

Information For ...

Browse by Subject

- Join the Team
- HealthierUS Schools
- Local Wellness Policy
- Training Grants
- Resource Library
- Graphics Library
- MyPlate

You are here: Home > Resource Library > Nutrition and Wellness Tips for Young Children

### Resource Library

#### Nutrition & Wellness Tips for Young Children: Provider Handbook for the Child and Adult Care Food Program

Need creative ideas for meal planning, shopping, and food preparation? Or fun suggestions for active play?

This handbook was developed by USDA's Food and Nutrition Service and the Department of Health and Human Services (HHS) Administration for Children and Families, Centers for Disease Control and Prevention, and Health Resources and Services Administration to help CACFP child care providers create healthier environments for the children in their care. It includes a series of tip sheets addressing wellness recommendations from the *Dietary Guidelines for Americans, 2010* and *Caring for Our Children: National Health and Safety Performance Standards; Guidelines for Early Care and Education, 3rd Edition*. Each tip sheet focuses on a specific topic and includes a practical application section to help providers apply the tips to their child care program. By using the tip sheets when planning meals and activities for children ages 2 to 6 years old, providers can incorporate key recommendations and best practices into their menus and daily schedules.

The success stories shared in the handbook highlight examples of new and exciting ways CACFP child care programs have improved the food they serve children and the activities they plan. Links to additional resources are also included in the publication, which features a new CACFP Wellness Resources Web page. As part of the USDA National Agricultural Library, the Web page is designed to help CACFP participants find the resources they need to meet wellness recommendations.

**Target Audience:** CACFP Child Care Providers caring for children 2-6 years old

**Available:** only in PDF. Print copies will be available for online ordering in the Summer of 2013.

**Download Larger Sections and Tip Sheets**

- Handbook Introduction (includes the first three individual sections)
- Nutrition Tip Sheets
  - Build a Healthy Plate with Fruits through Build a Healthy Plate with Whole Grains
  - Build a Healthy Plate with Milk through Practice the Basics of Food Safety
- Active Play Tip Sheets: Provide Opportunities for Active Play through Limit Screen Time
- Appendices, Best Practices, and Resources

**Download Individual Sections and Tips Sheets**

- Background and Acknowledgements
- Table of Contents and Introduction
- How to Use This Handbook
- Build a Healthy Plate With Fruits
- Build a Healthy Plate With Vegetables
- Build a Healthy Plate With Dry Beans and Peas
- Meat and Meat Alternates: Build a Healthy Plate With Protein
- Build a Healthy Plate With Whole Grains
- Build a Healthy Plate With Milk
- Build a Healthy Plate With Less Salt and Sodium
- Fats and Oils: Build a Healthy Plate With Options Low in Solid Fats
- Build a Healthy Plate With Less Added Sugars
- Make Water Available Throughout the Day
- Practice the Basics of Food Safety To Prevent Foodborne Illness
- Provide Opportunities for Active Play Every Day
- Encourage Active Play and Participate With Children
- Promote Active Play Through Written Policies and Practices
- Limit Screen Time
- Appendix A: Practice Choking Prevention
- Appendix B: Care for Children With Food Allergies
- Best Practices: CACFP Success Stories
- Additional Resources

# Staff Handout

## CACFP Wellness Resources for Child Care Providers

<http://healthymeals.nal.usda.gov/cacfp-wellness-resources-child-care-providers>

This Web site consolidates CACFP resources to make them easier find. Click on “Nutrition,” then “Recipes and Food Preparation” for a list of kid-friendly recipes that are also healthy.

The screenshot shows the top of the USDA website with the logo and navigation menu. Below the navigation menu is a search bar and a 'Browse by Subject' sidebar. The main content area is titled 'CACFP Wellness Resources for Child Care Providers' and lists several resource categories with small images and brief descriptions:

- Nutrition:** From market to table – learn how to serve healthier meals now!
- Physical Activity:** Help motivate children to move more and sit less with these physical activity resources.
- Electronic Media Use / Screen Time:** Click here for ideas on how to keep young children engaged without the use of electronic media.
- Wellness Policy Resources:** Even the smallest child care home or center can develop and implement a wellness policy. Use these resources for tips and ideas.
- Community Connections:** It takes a village! Use these resources to boost your wellness efforts through peer connections, funding opportunities, and tips for gaining parental and community support.
- Resources in Spanish:** Looking for materials written in Spanish? You'll find some right here.
- Nutrition & Wellness Tips for Young Children: Provider Handbook for the Child and Adult Care Food Program:** USDA, Food and Nutrition Service; HHS, Administration for Children and Families, Centers for Disease Control and Prevention, and Health Resources and Services Administration. Want to create a healthier environment for the 2 to 6 year old children in your care? These handy tip sheets focus on nutrition, physical activity, and screen time recommendations and include hands-on activities. Learn from others! "CACFP Success Stories" share new and exciting ways child care programs have met the wellness challenge.

A white arrow points from the 'Nutrition' category to a text box that says 'Click here for recipes!'.

Click here for recipes!

Last Modified: Jan-16-2013

## Staff Handout



### 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

Application Rates Claims Maintenance Reports

CNP 2000 Home Core SP Home CACFP Home SFSP Home Exit

### 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 CACF Form Download Menu Page 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 our website(s) and we will attempt to answer them via email, newsletter or both. Please send your questions to [ellen.miller@iowa.gov](mailto:ellen.miller@iowa.gov).



# Fiesta Bean Dip

Spend Smart Eat Smart ISU Extension

Servings: 12

## Ingredients

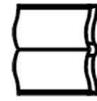
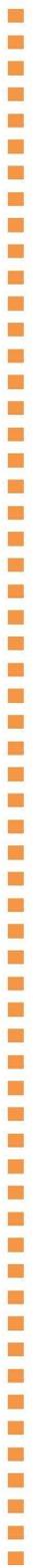
- 1 16 ounce can refried beans
- $\frac{3}{4}$  cup salsa or picante sauce
- $\frac{1}{2}$  cup shredded or cubed cheese



## Directions

1. Combine all ingredients in a microwave safe bowl. Stir to mix.
2. Cover with waxed paper and heat in microwave until cheese is melted. Stir every two minutes while heating.
3. After heating, stir well to completely mix.
4. Store unused dip in the refrigerator.

## Staff Handout



*One Bean By:* Anne Rockwell



$\frac{1}{4}$  cup dip (beans – meat alternate) and  $\frac{1}{2}$  c. assorted fresh vegetables



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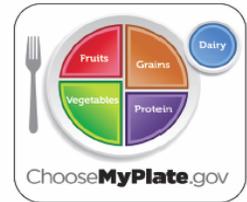
To file a complaint of discrimination, write USDA, Director, Office of Adjudication, 1400 Independence Avenue, SW, Washington, DC 20250-9410 or call 1(866) 632-9992 (Voice). Individuals who are hearing impaired or have speech disabilities may contact the USDA through the Federal Relay Service at 1(800) 877-8339 or 1(800) 845-6136 (Spanish).

USDA is an equal opportunity provider and employer.

*Spring has arrived...ENJOY!  
Bureau of Nutrition and Health Services*

**10  
tips**  
Nutrition  
Education Series

# with protein foods, variety is key



## 10 tips for choosing protein

**Protein foods include both animal (meat, poultry, seafood, and eggs) and plant (beans, peas, soy products, nuts, and seeds) sources.** We all need protein—but most Americans eat enough, and some eat more than they need. How much is enough? Most people, ages 9 and older, should eat 5 to 7 ounces\* of protein foods each day.

### 1 vary your protein food choices

Eat a variety of foods from the Protein Foods Group each week. Experiment with main dishes made with beans or peas, nuts, soy, and seafood.

### 2 choose seafood twice a week

Eat seafood in place of meat or poultry twice a week. Select a variety of seafood—include some that are higher in oils and low in mercury, such as salmon, trout, and herring.



### 3 make meat and poultry lean or low fat

Choose lean or low-fat cuts of meat like round or sirloin and ground beef that is at least 90% lean. Trim or drain fat from meat and remove poultry skin.

### 4 have an egg

One egg a day, on average, doesn't increase risk for heart disease, so make eggs part of your weekly choices. Only the egg yolk contains cholesterol and saturated fat, so have as many egg whites as you want.

### 5 eat plant protein foods more often

Try beans and peas (kidney, pinto, black, or white beans; split peas; chickpeas; hummus), soy products (tofu, tempeh, veggie burgers), nuts, and seeds. They are naturally low in saturated fat and high in fiber.



### 6 nuts and seeds

Choose unsalted nuts or seeds as a snack, on salads, or in main dishes to replace meat or poultry. Nuts and seeds are a concentrated source of calories, so eat small portions to keep calories in check.

### 7 keep it tasty and healthy

Try grilling, broiling, roasting, or baking—they don't add extra fat. Some lean meats need slow, moist cooking to be tender—try a slow cooker for them. Avoid breading meat or poultry, which adds calories.

### 8 make a healthy sandwich

Choose turkey, roast beef, canned tuna or salmon, or peanut butter for sandwiches. Many deli meats, such as regular bologna or salami, are high in fat and sodium—make them occasional treats only.



### 9 think small when it comes to meat portions

Get the flavor you crave but in a smaller portion. Make or order a smaller burger or a "petite" size steak.

### 10 check the sodium

Check the Nutrition Facts label to limit sodium. Salt is added to many canned foods—including beans and meats. Many processed meats—such as ham, sausage, and hot dogs—are high in sodium. Some fresh chicken, turkey, and pork are brined in a salt solution for flavor and tenderness.

\* What counts as an ounce of protein foods? 1 ounce lean meat, poultry, or seafood; 1 egg; ¼ cup cooked beans or peas; ½ ounce nuts or seeds; or 1 tablespoon peanut butter.