

Holz, Robin [IDOE]

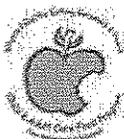
From: Holz, Robin [ED]
Sent: Monday, October 28, 2013 11:01 AM
Subject: Mealtime Memo October 2013

CACFP Child Care Participant,

Attached is the most recent issue of Meal Time Memo published by the National Food Service Management Institute.

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The October 2013 issue of *Mealtime Memo for Child Care*, a monthly newsletter highlighting nutrition related topics and activities, is now available online.

October 2013: Managing Food Allergies in Child Care

What would happen if a child in your child care facility had an allergic reaction to food? Would you know what to do? Food allergies can be life threatening and each minute counts for saving the lives of those experiencing an allergic reaction. This is why it is important to establish and implement a food allergy response policy in your child care program.

In this issue:

- Steps for Success
 - Step 1: Create a food allergy policy for your child care program.
 - Step 2: Create an individual food allergy plan for each child with a food allergy.
 - Step 3: Train staff on food allergies and steps to take in case of an allergic

reaction.

- Step 4: Take actions to avoid exposure to food allergens.
- Step 5: Train staff to read food labels for allergens.

- Fruit of the Month: Apple
- Nutrition Fact of the Month: Why it is important to drink water
- Nutrition Tip of the Month: Standardizing recipes
- The CACFP Rock Star of the month is Ms. Michele Hancock, a Center Director from Davenport, Iowa who utilizes the center's garden to teach children about fruits and vegetables.
- CACFP News: CCFP Roundtable in Sacramento, California October 28-30, 2013.
NAEYC Annual Conference and Expo in Washington, DC November 20-23, 2013.

Download past issues of *Mealtime Memo for Child Care*

Back issues of *Mealtime Memo for Child Care* posted in Spanish are available on the NFSMI Web site.

Note: *Mealtime Memo for Child Care* is available online only.

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