



Food With Care

Child and Adult Care Food Program

IOWA DEPARTMENT OF EDUCATION ★ BUREAU OF NUTRITION AND HEALTH SERVICES



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Prepare to Implement the New Meal Pattern

The USDA is in the process of proposing rules for new CACFP meal pattern requirements. At this point, the Bureau is not certain when the new CACFP meal pattern proposed rule will be published. We would like to encourage childcare centers and day care home providers to take a proactive role and start to implement some changes we believe will be incorporated in the new meal pattern.

Following the tips in the ***Nutrition and Wellness Tips for Young Children: Provider Handbook for the Child and Adult Care Food Program*** 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>. The *Staff Handout* section of the May 2013 *Food with Care* newsletter includes more information on this resource.

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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. Aim to serve whole grains at least half the time. 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, toaster pastries, pancakes with syrup, cereals with more than 6 grams of sugar per ounce, and muffins.



Prepare to Implement the New Meal Pattern Con't from Page 1

Suggestions to help defray potential increased costs:

- Serve dry beans and split peas more often in place of meat.
- Serve skim milk instead of 1%.
- Compare prices, shop sales and buy in bulk.
- Use the food production record to plan the amount of food to prepare. Avid preparing too much food, but if you do, use leftovers wisely.
- Purchase seasonal fruits and vegetables.
- Request food donations* (provide local businesses, organizations and parents a list of acceptable items such as surplus garden produce and packaged grain/bread products).
- Use the Food Bank (non-profit centers only).



We will inform you when the proposed CACFP meal pattern is released. USDA will 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 at that time.

*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.

Farm Fresh Eggs

Eggs are a low cost, nutritious meat alternate that may be served in child and adult care centers. Iowa is the number one egg producing state in the nation and some centers may have the opportunity to receive donated local eggs. But are local eggs safe if they are not produced by a commercial operation? In Iowa, licensed food services cannot purchase or use eggs direct from a farm; unless there is an egg handler license (exceptions exist for farmer's markets and eggs sold direct to consumers.)

Child care centers are not required to have a food service license so the law does not apply. The law would apply to adult care centers that are required to have a food service license. Since young children and the elderly often have weaker immune systems, they are at an increased risk of food borne illness. Using eggs that do not come from a licensed egg handler is not recommended in child or adult care centers. The following link provides more information: <http://www.dia.iowa.gov/food/Documents/CHAPTER%20196.pdf>

USDA Food and Nutrition Service is not the food safety regulatory agency for shell eggs ,so their guidance is limited. USDA does not prohibit the use of donated local eggs. The U.S. Food Safety Inspection Service (FSIS) regulates shell eggs, in partnership with the State and local regulatory authorities. CACFP participants are instructed to work with their local health officials to determine acceptable means for safe use and handling of eggs from a local farm, as well as through donation. The FSIS website is an excellent source for information about eggs and egg safety: <http://www.fsis.usda.gov/>. Click on information for consumers, then on Fact Sheets from the menu on the left.

Con't on Page 3

Farm Fresh Eggs Con't from Page 2

Below are some Q&A's from the USDA FSIS Fact Sheets – Shell Eggs from Farm to Table

Should you wash eggs?

No. It's not necessary or recommended for consumers to wash eggs and may actually increase the risk of contamination because the wash water can be "sucked" into the egg through the pores in the shell. When the chicken lays the egg, a protective coating is put on the outside by the hen. Government regulations require that USDA-graded eggs be carefully washed and sanitized using only compounds meeting FDA regulations for processing foods.

Bringing Eggs Home from the Store

Take eggs straight home and store them immediately in the refrigerator set at 40 °F or below. Keep them in their carton and place them in the coldest part of the refrigerator, not in the door.

Is it safe to use eggs that have cracks?

Bacteria can enter eggs through cracks in the shell. Never purchase cracked eggs. However, if eggs crack on the way home from the store, break them into a clean container, cover it tightly, keep refrigerated, and use within 2 days. If eggs crack during hard cooking, they are safe. Remember that all eggs should be thoroughly cooked.

How are eggs handled safely?

Proper refrigeration, cooking, and handling should prevent most egg-safety problems. Persons can enjoy eggs and dishes containing eggs if these safe handling guidelines are followed:

- Wash utensils, equipment, and work areas with hot, soapy water before and after contact with eggs
- Don't keep eggs out of the refrigerator more than 2 hours.
- Raw eggs and other ingredients, combined according to recipe directions, should be cooked immediately or refrigerated and cooked within 24 hours.
- Always cook eggs until both the white and yolk are firm.
- Casseroles and other dishes containing eggs should be cooked to a safe minimum internal temperature of 160 °F. Use a food thermometer to be sure.
- Serve cooked eggs and dishes containing eggs immediately after cooking, or place in shallow containers for quick cooling and refrigerate at once for later use. Use within 3 to 4 days.

Safe Cooking Methods

Many cooking methods can be used to cook eggs safely including poaching, hard cooking, scrambling, frying and baking. However, eggs must be cooked thoroughly until yolks are firm. Eggs should not be runny. Casseroles and other dishes containing eggs should be cooked to a safe minimum internal temperature of 160 °F. Use a food thermometer to be sure.

CACFP Training Opportunities—Staff Handout



Core Topics ICN Workshop - 3/4/2014 8:00 a.m. - 12:30 p.m.

“Steps to CACFP Success” Core Topics workshop 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 (listed on Page 5.) New directors and authorized representatives must complete all sessions. CACFP staff or those wanting refresher training may attend one or more sessions. ICN site locations are subject to change.

All staff members who will have CACFP responsibilities must receive training before beginning their CACFP duties. When staff assume new CACFP responsibilities or when adding new CACFP staff members, training may be conducted by knowledgeable staff at the center or staff may attend the “Steps to CACFP Success” workshop. **All training must be documented.**

Online Registration

Register online for all ICN training at www.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

The Bureau started offering the “CACFP Steps Success Workshop” online in August 2013. All topics may be completed online. The core topics, applicable to all new centers, will be offered over the ICN and online. Instructional videos are included with some modules. The goal is to eventually post instructional videos for all modules.

Instructions for creating an account for the online course:

Each person who takes the workshop must register individually at <http://ilopd.iowa.gov/login/index.php>. On the right side of the page (under "Is this your first time here?"), click the "Create new account" button. Enter information for your account. Note that the first and last name you enter in this form will be used to create your certificate of completion in the course. You will need a valid email address to access this course and to receive related notifications. Click submit. A confirmation message will be emailed to you. Click the link in this email to activate your new account.

In the "My courses" list, click on the "Iowa CACFP Steps to Success Training" course. Enter "centers" as the enrollment key, and click the "Enroll me in the course" button. You are now enrolled in the course. The next time you log in to the system, this course will automatically be associated with your account. If you have issues creating an account or logging in, try to use the prompts in the system to resolve the problem. If you have difficulties the system cannot address, send an email to techsupport@iowalearningonline.org. This e-mail address is being protected from spambots. You need JavaScript enabled to view it .

CACFP Training Opportunities—Staff Handout

Core topics that will continue to be offered over the ICN include:

Introduction to CACFP	Training and Supervision
Menu Planning	Procedures for New Centers
Meal Counting and Claiming	Preparing for a Review
Financial Reports	Civil Rights
Filing Claims Online	

The following topics will be offered only online:

- Food Production Records
- Income Applications
- Infant Feeding (Meal Pattern Requirements & Recordkeeping, and Infant Feeding Guide)
- Adult Care
- Center Sponsor Requirements
- At-Risk Programs
- Outside School Hours Child Care
- Emergency Shelters
- Recommendations for a Healthy Childcare Environment

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.

Training Certificates

After the workshop all workshop participants (ICN and online) must answer questions that cover the material in each module to demonstrate understanding. Participants should print a training certificate after passing the quiz for each module (a score of 80% is required.) Keep workshop certificates in the CACFP training file at the Center.

Food Safety and Sanitation Training

The Bureau of Nutrition and Health Services does not offer food safety training. However, we strongly recommend that anyone involved in food preparation receive training on food safety and sanitation.

Iowa State University Extension offers ServSafe training. Information is available at <http://www.extension.iastate.edu/foodsafety/training/index.cfm?parent=138>

Four hours of online food safety training is available from the National Food Service Management Institution at <http://www.nfsmi.org/Templates/TemplateDefault.aspx?q=cEIEPTIzNg>

❄️ A Snowy Day ❄️

It snowed last night and school is cancelled! Let's get dressed to go outside! Put on your boots and jacket and don't forget your hat.

First, we need to walk through the snow so we can start building a snowman. Lift your feet high and don't fall over. I think it snowed at least 2 feet!

This looks like a good spot. Bend down and start making snow balls. Pack the snow together and roll it on the ground if you need to. Make as many as you can.

Now, pick up the snow balls and stack them to make a snow man. Make it sturdy and add rocks or coal for the eyes and a carrot for the nose!

That looks great. I feel like making snow angels. Start by moving only your arms; keep them extended and bring them up and over your head and back down to your side. Now, move your legs by themselves as if you were doing jumping jacks. Great! Can you try moving your arms and legs together?

My friend wants to have a snowball fight. Let's start throwing these snowballs! Bend down to pick them up and throw them as fast as you can. Now, try throwing them with the other arm!

It's almost time to head home. Run to the sled with me! Now, hop in it and lean forward as we go down the hill. Let's walk back to the house now for a healthy snack. Remember to lift your feet up high; it is a challenge to travel through the snow.

That was a lot of fun! Maybe we can do that again soon.

Props: snow gear, hats, mittens, etc.
Extend the activity: have children make paper snowflakes

Taken from the Iowa Team Nutrition "No to Low Cost Ways to Promote Physical Activity in the Childcare Setting" card set.



What are Internet Browsers? And which one do you use?

Microsoft's Internet Explorer 10.0! Chrome 30.0! Firefox 25.0! Opera 12! Safari 6!

Internet browsers are software applications created by companies to read, interpret and display web pages from the World Wide Web (www) on your personal computer. All the end user has to do (normally) is double-click on the icon browser of choice (see Example A) and enter the Internet.



Example A

Choosing which browser depends on the organization. If you have a technology department, they will have recommendations for browser usage. Otherwise, you have your choice of multiple Internet Browsers. **However, in order to work the Nutrition Programs on-line application, CNP2000, it is recommended the end users choose Internet Explorer** (see Example A).

If you are currently using another browser to access the CNP2000 and are having difficulties, contact your technology department or suitable representative to allow you access to Internet Explorer. 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

Find Out What Labels on Eggs at Store Really Mean

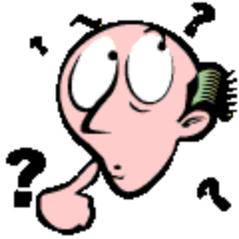
Eggs contain the highest quality protein available along with vitamins A and D, B12, thiamine, folate, choline, zinc, iron, phosphorus and selenium. In addition, eggs are a good source of lutein and zeaxanthin, which are recommended for eye health. The American Heart Association includes a medium egg in its list of low-cost, nutrient-rich foods. Overall, the evidence shows that eating one egg per day is fine for most healthy people and does not result in significant changes in blood cholesterol and triglyceride levels.

A trip to the local grocery store reveals several new options in the egg cooler display. The labeling for these newer egg choices may be a little confusing so here are some definitions:

- **Antibiotic-free:** This term can be misleading as all shell eggs produced in the U.S. are antibiotic free. If a hen does become ill, the hen will be treated with antibiotics under supervision of a veterinarian, but the Food and Drug Administration does not allow her eggs to be sold for consumption.
- **Brown eggs:** These brown shell eggs are laid by red-brown feathered breeds like Rhode Island Reds. These eggs are nutritionally the same as white shell eggs.
- **Cage-free or free-roaming:** Hens can be raised in an indoor facility where they are allowed to roam in the poultry barn and have free access to food and water. Cage-free hens are still raised within some type of shelter to protect from predators and have floor space, nest space and perches available. The nutritional value of these eggs is the same as conventional eggs.
- **Free-range:** These hens have access to the outdoors as weather allows. These birds have continuous access to food and water and may forage for insects and wild plants. They also have floor space in a shelter, nesting areas, and perches. The nutritional value of cage-free or free-range eggs is the same as conventional eggs.
- **Gluten-free:** All eggs are naturally gluten free. If the chicken is fed a grain that contains gluten, the gluten is broken down during the chicken's digestive process and is not passed to the body tissues or eggs.
- **Hormone-free:** The egg industry does not use hormones in the production of any shell eggs.
- **Natural:** All eggs are natural according to the United States Department of Agriculture.
- **Source of Omega 3:** All shell eggs contain some naturally occurring omega-3 fatty acids.
- **Good source of vitamin D:** All eggs qualify for this nutrient content claim.

Article written by Kathy Warwick, a registered dietitian, at kwarwick@canufly.net, [The Clarion-Ledger](http://TheClarionLedger.com), April 16, 2013, clarionledger.com

Parent Handout



Is It Still Good?

How do we determine the quality and shelf life of food? Many manufacturers are putting dates on products confusing consumers on how to best use these dates. The [USDA Food Safety and Inspection Service](#) (FSIS) explains more in depth on how to use these dates. Here are some tips to keep in mind when purchasing staples, canned, fresh or frozen foods:

-  A “Sell-By” date tells the store how long to display the product for sale. You should buy the product before the date expires. *(Eggs should be purchased by this date and used 3-5 weeks after purchase date.)*
-  A “Best if Used By (or Before)” date is recommended for best flavor or quality. It is not a purchase or safety date. *(Canned goods high in acidity are best used within 12-18 months, otherwise quality is retained if used within 2-5 years. FIFO (first in, first out) method insures the quality of food.)*
-  A “Use-By” date is the last date recommended for the use of the product while at peak quality. The date has been determined by the manufacturer of the product. *(Ground spices and herbs will keep about a year. Keep in a dark, dry place.)*
-  “Closed or coded dates” are packing numbers for use by the manufacturer. Manufacturers’ rely on these codes for food quality, not food safety.

For more tips on staples, like sugar and flour, check out these sites for storing and throwing away pantry items at [University of Nebraska Extension](#) and the [4 Day Throw Away](#) website and iPhone App to help you decide when to throw out pantry and refrigerator food.

References: *Spend Smart, Eat Smart*. Jan. 2013. IA State University Extension & Outreach. Henneman, Alice, MS, RD. & Joyce Jensen, REHS, CFSP. *Cleaning the Kitchen Cupboard: Toss or Save?* University of Nebraska Lincoln Extension. Lincoln-Lancaster County Health Department.

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