



Food With Care

Child and Adult Care Food Program

IOWA DEPARTMENT OF EDUCATION ★ BUREAU OF NUTRITION AND HEALTH SERVICES



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CACFP Rock Star!



Congratulations to Michele Hancock, center director at Positive Parenting Preschool at Trinity in Davenport! Michele was selected by the National Food Service Management Institute and featured in the October issue of Mealtimes Memo (link below) as a “CACFP Rock Star.”

<http://www.nfsmi.org/documentlibraryfiles/PDF/20131022043908.pdf>

What makes Michele a Rock Star?

- She is committed to planning and serving healthy and appealing meals; takes initiative, shows leadership, and is an asset to the CACFP.
- Michele holds an Iowa Department of Education Early Childhood license and a National Early Childhood Education Administrator’s Credential.
- Michele has sought assistance from community by writing grants for additional funding for the outdoor classroom, applying for Team Nutrition mini-grants, encouraging her staff to become certified in other areas and allowing them the opportunities to excel.
- She has mentored other inexperienced center directors through involvement in the local resource and referral meetings.
- Michele and the child care center have been the recipient of an award as a Eco-Healthy Child Care, have attained a Level 4 (of 5) Quality Rating System through the Iowa Department of Human Services, and have received an award from the Arbor Society related to the outdoor classroom design and construction.

Michele often takes child care placements from the Department of Human Services that would be more difficult to manage. She currently has one child who is 4 years old, new to her center, who has rarely eaten solid foods. On the day of the most recent CACFP review visit, he tried some of the hamburger gravy, and his primary caregiver, as well as Michele, were overjoyed to see one step of progress for this one child. Michele establishes a personal connection with most of the parents or caregivers of the children enrolled at the center and celebrates the big and small accomplishments in their lives.

Michele will be a guest speaker at the CACFP Short Course in April. Come be inspired as Michele shares her story and encourages other centers to reach for the

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Iowa Girl is a Winner!

Congratulations to Corrine VanderGasst, age 9, from Tipton who was selected as a winner in the second annual Healthy Lunchtime Challenge. Winners were selected from over 1,300 delicious entries, which were evaluated in Washington, D.C., by a panel of judges. The winners attended the 2013 Kids' "State Dinner," hosted by First Lady Michelle Obama, at the White House on July 9th. See video coverage of the event at LetsMove.gov.



All the submissions shared one goal: to create nutritious food to make and keep one's body and mind as strong and healthy as possible, and to share this vision with others. Corrine created a delicious, colorful, and fun new recipe that young children can enjoy. Especially if they enjoy reading Stone Soup!

Corrine said, "My mom runs an in-home day care, and we made this curry with all the kids while acting out the story, Stone Soup," says Corrine. "This curry is served with brown rice, fruit, and a glass of milk. We have a lot of fun making it and learning about the foods we put into it, so we like to eat it! When you taste it, don't forget to say, 'Curry from a stone. Fancy that!'"

Stone Curry with Brown Rice

Makes 8 servings

Ingredients:

- 3 tablespoons olive oil
- 1 medium onion, diced
- 3 cups water
- 2 (14-ounce) cans chickpeas, drained and rinsed
- 2 medium red-skinned potatoes, diced
- 1 medium sweet potato, peeled and diced
- 1 medium tomato, chopped
- 4 cups finely chopped spinach
- 1/2 cup jarred mild curry sauce or 1 tablespoon curry powder
- 4 cups cooked brown rice



Preparation:

1. In a large saucepan over moderate heat, warm the olive oil. Add the onion and sauté, stirring occasionally, until soft and translucent, about 4 minutes. Add the water and bring to a boil.
2. Add the chickpeas, red-skinned potatoes, sweet potato, tomato, and spinach, one at a time, while talking about the colors and nutrients in each vegetable and how they keep us healthy.
3. Reduce the heat to low and simmer the vegetables until tender, about 10 minutes. Add the curry sauce or powder and simmer for 5 more minutes. Serve over brown rice.

299 calories; 8 g protein; 49 g carbohydrates; 8 g fat (1 g saturated fat); 288 mg sodium

More information about the Kids' State Dinner:

Check out the other winning 2013 Kids' State Dinner Recipes [here](#).

Learn more about Kids' State Dinner [here](#).

Corrine's online scrapbook from the event is available [here](#).

Thanks to all of the talented junior chefs who participated in the contest!

Early Childhood Center in Sioux Center - Iowa's First Healthier CACFP Award Winner

The Sioux Center Community Hospital & Health Center Avera Early Childhood Center is the first CACFP center in Iowa to be awarded the Healthier CACFP Award for Honors in the Menus, Nutrition Education, Physical Activity, and Environment categories. Congratulations to their administrators, staff, children, parents, and community! The award was received from the USDA Food and Nutrition Service, Mountain Plains Regional Office.

The Early Childhood Center is recognized for providing nutrition and physical activity excellence in their child care center. They received a letter announcing the award from Darlene Sanchez, Regional Division Director of Special Nutrition Programs, along with a Healthier CACFP Award banner from the Iowa Department of Education, and a framed certificate of the award to place in a prominent place for all to view at their Center.

Lisa Jasper, Co-Director states, "We feel very honored to have received the Healthier CACFP Award. We work very hard to provide a great atmosphere for young children and a key part of our program is our food and nutrition service."

Team Nutrition Sub-Grants for Home Sponsors

Team Nutrition will be offering \$4,000 in sub-grants to Home Sponsors at the upcoming Home Sponsor Conference this spring. Up to twenty \$200 sub-grant awards will be offered to purchase nutrition education materials/resources to be utilized with their Home Providers.

A sub-grant application will be provided to all Home Sponsors attending the conference; Team Nutrition will provide an explanation of how to complete the application and give suggestions on how to utilize the \$200 for nutrition education materials.

Team Nutrition will also be providing two Veggie Friends backpacks containing plush Veggie Friends characters, a storybook, and activities for each Home Sponsor at the conference. The Veggie Friends backpacks can be used to provide fun and creative nutrition education with Home Providers.

CACFP Training Opportunities—Staff Handout



Steps to Success - 6/12/14 8:00 AM-12:30 PM

The “CACFP Steps to Success” Core 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. New directors and authorized representatives must complete all sessions. CACFP staff or those wanting refresher training may attend one or more sessions. The workshop flyer listing ICN sites is available in form download at <https://www.edinfo.state.ia.us/cnp/security.asp> *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 complete the “Steps to CACFP Success” training modules that pertain to their duties.

2013-2014 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, are offered both over the ICN and online.

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 the word "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 tech-support@iowalearningonline.org This e-mail address is being protected from spambots. You need JavaScript enabled to view it .

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

Review Questions

After the workshop all 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. A score of 80% is required.

Online Registration

Register online for all ICN training at www.educateiowa.gov. Click on “Calendar”, 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.

CACFP Training Opportunities—Staff Handout

Food Safety and Sanitation Training

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

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

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

CACFP Short Course – Stoney Creek Inn and Conference Center

4/22/2014 8:30 AM- 4:00 PM and 4/23/14 8:00 AM- 4:00 PM

Attendance is free and meals will be served that use USDA Childcare Recipes, Iowa Gold Star Recipes, Recipes for Healthy Kids and the Iowa Healthy Snack and Physical Activity Cards. Copies of the Recipes for Healthy Kids cookbook will be available for all participants and the recipes for the foods served will be provided in the handouts.

April 22 – USDA recently published a new crediting handbook. The handbook has made documentation to show that foods served meet CACFP requirements more specific and strict. In-depth training will be provided on how to use the new handbook, serve foods, and keep records that meet CACFP requirements. We do not expect the new meal pattern will be released, but plan to discuss the anticipated changes to the meal pattern and practical strategies for implementation. All organizations are encouraged to attend to receive this training.

April 23 – Tentative agenda:

- Iowa CACFP award winners
- CACFP staff training opportunities and resources
- Financial management topics
- Breakout sessions
 - Nutrition education for school aged programs
 - Nutrition education for preschool children
 - Small Space, Little Time—Healthy Meals!
 - Center sponsor requirements and networking
 - Cycle menus
 - Farm to Childcare and Gardening
 - Mealtime equipment for kids
 - Infant feeding
 - Special diets

Staff Handout

Are You Connecting with Parents?

Parents are important role models to their children and play a big role in developing healthy behaviors. Healthy behaviors that are encouraged at child care should be reinforced at home by well-informed parents.

Being more informed about nutrition and activity policies at child care will help parents support the goals of the child care. Each child care center and home knows their parents the best. Below are some suggested ways to get support from parents. These can be done in conversations or information sent home to parents via flyers, e-mails, or surveys.

- Ask parents what types of food their children eat at home to get ideas of healthy options to incorporate into the child care meals.
- Ask parents to suggest foods to introduce into the child care meals.
- Send information home to parents of serving low-fat milk to children over the age of 2.
- Serve low-fat milk and a healthy snack that typically would be served during child care snack time at parent meetings.
- Give parents a list of new meals that were offered to their child. Encourage them to try these foods at home.
- Encourage parent to visit during mealtime to observe the child care's approach for serving food.
- Give parents the child care's nutrition plan, which outlines policies for mealtime and serving food.
- Show parents that their child has learned to listen to his or her body to decide if he or she is hungry or full.
- Tell parents about your reward policy and encourage them to use the same approach at home.
- Give parents suggestions of healthy foods to provide during holiday, celebrations, and birthdays.
- Inform parents about the physical activities children do each day as it may give them ideas to implement at home.

More often than not, parents want to support child care in developing healthy habits, but they need to have the information to do this and may be hesitate to ask.

For monthly newsletter templates developed by the Iowa Pick a Better Snack program (available in English and Spanish), [click here](#).

CARE Connection

Introduction to CACFP Family Materials

Parents and Child Care Providers— Partners in Good Nutrition

Good nutrition, just like quality child care, requires teamwork. Here are some ways you can help your child have a healthy start in life.

- Offer your child a wide variety of foods.
- Plan regular meals and have your child come to the table to eat.
- Serve meals at times when the family can eat together.
- Plan snack times for your child. Most young children need to eat three meals and three snacks every day.
- Offer foods that look good and taste good, too.
- Allow your child to make choices from the nutritious foods you offer.
- Keep mealtimes pleasant and relaxed.
- Allow your child to decide how much food to eat at a meal or snack.
- Never use food as a reward, bribe, or punishment.
- Avoid serving high-fat, high-salt, and high-sugar foods.



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