



Food With Care

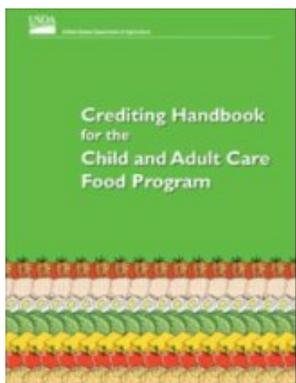
Child and Adult Care Food Program

IOWA DEPARTMENT OF EDUCATION ★ BUREAU OF NUTRITION AND HEALTH SERVICES



VOLUME 1, ISSUE 4 FALL 2014

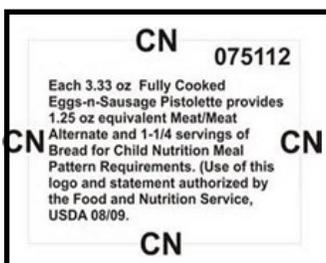
CACFP Crediting Handbook



USDA published a new CACFP Crediting Handbook in December 2013. The handbook is available online at: <http://www.fns.usda.gov/tn/crediting-handbook-child-and-adult-care-food-program>

We have revised Chapter 2 of the CACFP Administrative Manual and the Handy Guide to Creditable Foods (included in the chapter) to reflect the updated guidance. The updated Chapter 2 is available in CNP2000 form download and on the online Steps to Success Workshop Module 2 at <http://ilopd.iowa.gov/login/index.php> (use the enrollment key “centers” to create an account).

The main change requires most commercial combination entrees to have a Child Nutrition (CN) label or Product Formulation Statement (PFS) from the manufacturer with information on how the product credits for Child Nutrition Programs. Chapter 2 provides more information on CN labels and PFS. Products with this type of documentation are usually not available in grocery stores, but are more commonly available in big box retail centers such as Sam’s Club or Costco, or through food distributors that cater to schools.

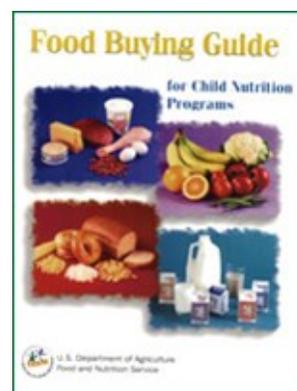


The new requirements affect many commonly served foods in child care such as commercial pizza; chicken nuggets; canned meat and pasta products; meat products that contain cereal, binders and extenders (including many lunch meats); canned or frozen stew; commercial lasagna, pot pie, and ravioli. If a product is listed specifically in the Food Buying Guide, it can be credited without a CN label or PFS. The Food Buying Guide is available at <http://www.fns.usda.gov/tn/foodbuying-guide-child-nutrition-programs>.

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The Bottom Line: Continued from Page 1

- Do not serve commercial combination products unless documentation is obtained.
- Serve fewer processed entrees (we recommend limiting to once per week).
- Standardized recipes are required to be on file that document how center-made combination dishes credit toward meeting meal pattern component requirements. Standardized recipes decrease the labor time involved in preparing center-made foods and food cost is usually less than purchased processed foods.

USDA childcare recipes already credited for CACFP are available online at:

<http://www.nfsmi.org/Templates/TemplateDefault.aspx?qs=cEIEPTYzJmlzTWdyPXRydWU=>



Training on the New Handbook:

We provided training on the new handbook at CACFP Short Course in April 2014. The PowerPoint slides that were presented at short course are available on the Department of Education website at <https://www.educateiowa.gov/pk-12/nutrition-programs/quick-links-nutrition/learning-tools-nutrition/spring-cacfp-success-0> under:

- Crediting Overview for the CACFP
- CN Label
- Product Formula Statements

We plan to develop an online Steps to Success training module later this year that covers the information.

Enforcement:

We will discuss these requirements with Centers that are on the review schedule this summer and start requiring corrective action at the beginning of the fiscal year (10/1/2014)

CACFP Infant Feeding Updates

We have received information from the USDA Mountain Plains Regional Office of two updates regarding feeding infants in the CACFP. The first change was communicated in Memo 2014-7 on June 17, 2014. The second change is communicated in this article and will be included in the list of updates to the CACFP Administrative Manual to be published this Fall.

Clarification that Centers Must Provide Solid Foods

When infants are ready for solids, Centers must provide all other optional and/or solid foods listed in the infant meal pattern in order to receive reimbursement for the meal. If the parent provides any of the required or optional meal components (except breast milk or iron fortified formula) the meal cannot be claimed.



If the infant requires special food for a documented medical need the Center may claim the meal if the parent provides the solid food and the Center provides at least one optional or required meal component (may be the formula).

If the Center's policies allow it, parents may provide extra foods that may be served in addition to the required meal pattern, and the Center can still claim the meal, as long as all solid foods required by the meal pattern are provided and served by the Center.

The requirement remains for Centers to document in writing they have offered at least one reimbursable infant formula (recommend using the CACFP Enrollment Form). Parents have the opportunity to accept or decline the formula offered by the Center.

If formula or breast milk is the only component required by the meal pattern (for infants 0-3 months and infants 4-7 months before solid foods are introduced), meals may be claimed if the formula or breast milk is provided by the parent. Parent-provided formula must be a reimbursable formula or an allergy/exception statement must be on file.

Infant Formula List Discontinued

USDA will no longer publish the list of Iron-Fortified Infant Formulas. New and reformulated products are continually being developed making the list not inclusive for all formulas that are reimbursable. Instead use the following criteria to determine if a formula is reimbursable:

- The formula is not a Food and Drug Administration (FDA) Exempt Infant Formula. Check whether an infant formula is exempt at: <http://www.fda.gov/food/guidanceregulation/guidancedocumentsregulatoryinformation/infantformula/ucm106456.htm>
- Look for the statement "Infant Formula with Iron" or a similar statement on the front label. All iron-fortified infant formulas must include this information on the label.
- Make sure the formula is manufactured in the U.S.



Revised CACFP Administrative Manual—Appendix C

We have revised Appendix C of the CACFP Administrative Manual and the Reimbursable Foods for Infants List (included in Appendix C) to reflect the updated information in June and again in July.

The most current version is available in CNP2000 form download and on the online CACFP Steps to Success Workshop Module 15 at <http://ilopd.iowa.gov/login/index.php> (use the enrollment key “centers” to create an account).



From the Carrot Patch

The end of the summer is in sight and closer than I would like. Instead of regrets about missed opportunities, let's find some ways to make the rest of the nice weather count!

Produce, no really it should be PRODUCE! PRODUCE! PRODUCE! – All those seedlings are all grown up and bursting with produce. How many different ways can you prepare green beans? Or Cucumbers? Or Zucchini? And of course – carrots!! Most anything can be prepared in these ways:

Grilled – baskets or skewers keep small pieces from falling in

Sautéed - with garlic, onions, or herbs

Eaten raw - try blanching long green beans and using with a dip

Baked - stuffed zucchini boats or green peppers

Roasted – a little olive oil and sprinkling of herbs

Pureed into a dip – cooked carrots, starchy beans, or peas with your favorite spice blends

Savor the warm weather sitting outside on the porch or deck. Catch up on reading (you can read the paper inside all winter), knitting and other hand work, or if you must, take your screen outside and check Facebook on the porch. Even after it is dark it can be peaceful and renewing. Invite a neighbor or two over to share some conversation and connect before we hibernate for the winter again.

Be outside for activity – every day. Walking, weeding, a game of catch or beanbags, bike riding, or whatever your favorite way to move is. How about organizing a neighborhood dance in the yard or a game of freeze tag?

Be amazed by the agriculture. Take a drive to observe how tall the corn is, how full the rows of soybeans are. Appreciate the patterns of the fields and the varying colors of green. Stop back as harvest is in progress.

Visit a park to try out some new swings or slides, take a walk or have a picnic.

Whatever you do, enjoy! You will be making great memories for yourself, friends, and family.

Ann

CACFP Training Opportunities—Staff Handout

CACFP Adult Care Webinar

8/19/2014 1:30 p.m.– 3:30 p.m.

Information about this webinar will be emailed. Registration is on the DE website calendar at www.educateiowa.gov

CACFP Steps to Success Core ICN Workshop

8/12/2014 and 10/15/2014 8:00 a.m.– 12:30 p.m.

The “CACFP Steps to Success” Core workshop is held, at no charge to participants, 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.

2015 Steps to Success Online Training

The Bureau offers the entire “CACFP Steps to Success Workshop” 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 techsupport@iowalearningonline.org This e-mail address is being protected from spambots. You need JavaScript enabled to view it .

The core topics that are offered over the ICN include:

Introduction to CACFP

Menu Planning

Meal Counting and Claiming

Financial Reports

Filing Claims Online

Training and Supervision

Procedures for New Centers

Preparing for a Review

Civil Rights

(Continued on Page 6)

CACFP Training Opportunities—Staff Handout

(Continued from Page 5)

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 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.

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?q=cEIEPTIzNg>

Staff Handout

Solutions for Cleaning, Rinsing, Sanitizing

Basic Tips

- Bleach solution must be made fresh daily.
- Keep away from heat.
- Discard at the end of the day.
- Wear gloves and eye protection when mixing bleach and water.
- Use funnel to pour bleach into the water.
- Do not use bleach and water solution in close proximity to children.
- Allow the proper dwell time.
- Bleach must be added to cool water rather than adding water to the bleach.
- Never mix bleach with soap or hot water, as this makes the bleach ineffective as a sanitizer or disinfectant.
- The surface must be free of soap, debris or grease. Both will render the sanitizing solution less effective.
- The bleach/water concentrations listed on this chart are not strong enough to be used on highchair seats, chairs, floors, diaper changing tables, garbage cans and floors.

Sanitizing-Food Contact Surfaces Only

For use in sanitizing eating utensils, food contact surfaces, mixed use tables, and high chair trays.

WATER	BLEACH	Concentrated Bleach
1 gallon (16 cups)	6% to 6.25%	8.25%
1 quart (4 cups)	1 Tablespoon	1 teaspoon
1 pint (2 cups)	1 teaspoon	1/4 teaspoon
	1/2 teaspoon	1/8 teaspoon

IMPORTANT: If using an EPA-registered product, follow the manufacturer's instructions on the label for diluting the product for sanitizing or disinfecting, as well as for the contact time. <http://www.iowaagriculture.gov/pesticides.asp> and also <http://iaspub.epa.gov/apex/pesticides/f?p=PPLS:1>

- This chart does not contain information for sanitizing and disinfecting non-food contact surfaces.
- Do not use Splashless, Scented, Gentle, Free and Clear, Fraganzia, Outdoor or High Efficiency Bleach as sanitizers. Use Regular or Regular Concentrated Bleach.
- Developed in accordance with current Iowa Food Code and assistance from Iowa State University-Iowa State Extension and Outreach.

Three Step Process

For sanitizing non-porous food contact surfaces.

It is extremely important that all steps are followed.

1. Clean the surface with soap/water by using 3/4 teaspoon regular strength liquid detergent to 1 gallon of water.
2. If using concentrated liquid dish soap the concentration should be 1/2 teaspoon soap to 1 gallon of water.
3. Soap solutions must be made fresh weekly.
4. Rinse the surface with clean water.
5. Spray bleach solution and allow a minimum of 10 seconds to air dry.
6. If manually washing dishware, allow a minimum of 1 minute of dip time in the sanitizing solution.
7. Manual dishwashing includes 3 steps: wash, rinse, sanitize.
8. It is recommended that the sanitizing solution be allowed to air dry rather than drying with a paper towel.

Ask "IT"

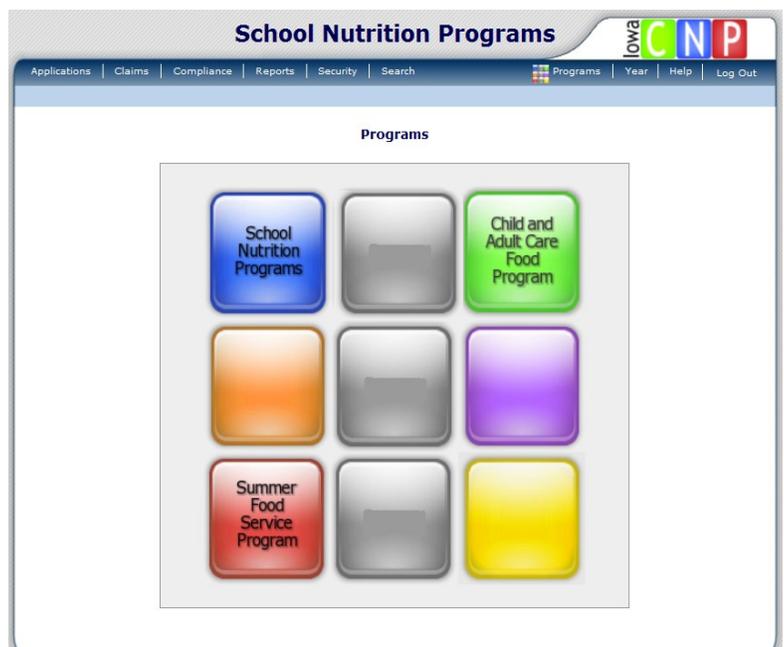


The new/updated web application (IowaCNP) is nearly finished. Keep checking all communications for future information.

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](#)

Coming Soon



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If you have questions or grievances related to compliance with this policy by the Iowa Department of Education, please contact the legal counsel for the Iowa Department of Education, Grimes State Office Building, Des Moines, IA 50319-0146, telephone number 515-281-5295; or the Director of the Office for Civil Rights, U.S. Department of Education, Citigroup Center, 500 W. Madison Street, Suite 1475, Chicago, IL 60661, telephone number 312/730-1560, fax 312/730-1576, email: OCR.Chicago@ed.gov

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Parent Handout



United States Department of Agriculture

10 tips

Nutrition
Education Series

save more at the grocery store



10 MyPlate tips to stretch your food dollar

Using coupons and looking for the best price are great ways to save money at the grocery store. Knowing how to find them is the first step to cutting costs on food. Use the MyPlate coupon tips to stretch your budget.

1 **find deals right under your nose**
Look for coupons with your receipt, as peel-offs on items, and on signs along aisle shelves.

2 **search for coupons**
Many stores still send ads and coupons for promotion, so don't overlook that so-called "junk mail." You can also do a Web search for "coupons." Go through your coupons at least once a month and toss out any expired ones.



3 **look for savings in newspaper**
Brand name coupons are found as inserts in the paper every Sunday—except on holiday weekends. Some stores will double the value of brand name coupons on certain days.

4 **join your store's loyalty program**
Signup is usually free and you can receive savings and electronic coupons when you provide your email address.

5 **buy when foods are on sale**
Maximize your savings by using coupons on sale items. You may find huge deals such as "buy one get one free."

6 **find out if the store will match competitors' coupons**
Many stores will accept coupons, as long as they are for the same item. Check with the customer service desk for further details.

7 **stay organized so coupons are easy to find**
Sort your coupons either by item or in alphabetical order. Develop a system that's easiest for you and make finding coupons quick and hassle-free. Ideas for coupon storage include 3-ring binders, accordion-style organizers, or plain envelopes.



8 **find a coupon buddy**
Swap coupons you won't use with a friend. You can get rid of clutter and discover additional discounts.

9 **compare brands**
Store brands can be less expensive than some of the name brand foods. Compare the items to find better prices.

10 **stick to the list**
Make a shopping list for all the items you need. Keep a running list on your phone, on the refrigerator, or in a wallet. When you're in the store, do your best to buy only the items on your list.



Parent Handout

Food Safety Tips

With the warmer temperatures, it's important to be careful about food handling, cooking, and storage because bacteria thrive in warmer weather.

How can you keep your family safe from food poisoning? Follow these safe grilling rules, courtesy of the Mississippi State University Extension Service (www.msucare.com), and tips for picnicking and traveling with food, from the U.S. Department of Agriculture Food Safety and Inspection Service:

On the Grill

- Thaw meat thoroughly before you grill it, so it cooks evenly. Otherwise, still-frozen spots in the meat may be undercooked, allowing bacteria to survive the cooking process.
- Always thaw and marinate food in the refrigerator, not on the kitchen counter at room temperature.
- Always cook meat thoroughly. To determine if meat is fully cooked, use a meat thermometer.
- Cut into the meat before serving to inspect for signs of pinkness or blood.
- Don't put cooked meat on the same platter used for the raw meat unless you've washed the platter thoroughly.
- If you're not going to serve the grilled food immediately, keep it hot (above 140 degrees). Don't let it sit at room temperature for more than two hours.
- Don't leave condiments such as ketchup, mustard, or mayonnaise out (especially in the sun) while you're waiting for the food to cook. Bring them out only when the food is ready to be served, and promptly put them away after everyone has eaten.

On the Road

- At the grocery store, make the meat aisle your final stop. And don't drive around to do other errands afterward -- take the meat home to your refrigerator first.
- When packing lunches, ensure that food is kept chilled. Food shouldn't be out of the refrigerator or oven at room temperature for more than two hours.
- If you're cooking ahead of time, allow enough time for the food to cool down in the refrigerator. Chill it in small containers (instead of one large container) to ensure that it's chilled thoroughly.
- Pack foods in several small containers so you can keep second helpings cold in the cooler.
- Pack your cooler with plenty of ice to ensure a temperature below 40 degrees. Bacteria multiply rapidly on food kept at temperatures between 40 and 140 degrees.
- Keep drinks in a separate cooler from perishable foods. People will tend to reach for drinks frequently, causing the ice to melt more rapidly.
- Don't transport the cooler in the trunk of your car. Keep it in the air-conditioned portion of the car.
- Once you arrive at your destination, keep the cooler out of direct sunlight.
- Place leftover foods in the cooler immediately after everyone is served. Throw away any food left out for more than two hours.

Go by the old adage: "If in doubt, throw it out!" It's best not to gamble and get food poisoning.

For more information go to www.fsis.usda.gov