FY 2016 Bureau Notes –7/15/2016

Form Updates

Many forms have been updated in Download Forms including the new Iowa Eligibility Guidelines, Iowa Eligibility application and parent letters that should be used starting July 1, 2016. Forms that have been updated can be identified by noting the date in the "Last Modified" column. Form Download documents can be sorted by clicking on the column headings. Attached is "2016-2017 IowaCNP Download Forms Document List and Instructions" that provides more information.

CACFP Center Application Renewal

We are still completing enhancements to IowaCNP so the timeline for application renewal has not yet been established. An email will be sent to CACFP contacts and authorized representatives providing instructions when FY 2017 is open and ready for application renewal activities. We also plan to offer a webinar that will be announced at the time application renewal instructions are emailed.

New Meal Pattern Implementation Guidance

We have received guidance from USDA regarding implementation of the new meal pattern. While full implementation is not required until 10/1/2017, USDA and our Bureau encourage early implementation when possible. Three options are available:

1. Option 1-implement one or more provisions that do not conflict with the old meal pattern before 10/1/2017.
2. Option 2-implement the entire new meal pattern, with approval by the State agency.
3. Option 3-wait until 10/1/2017 to implement the entire new meal pattern.

Attached is a form you must complete and upload to your FY 2017 application packet "Attachment List" to indicate your intentions. If you choose Option 2, and it is approved, the State agency will email notice of approval and upload the approved form to the "Attachment List." This information is provided as an update. You don't need to do anything until application renewal time.

New Meal Pattern Guidance on Milk and Milk Substitutions

USDA memo CACFP17-2016 was issued on July 14, 2016 and explains the nutrition requirements for fluid milk and fluid milk substitutes in the Child and Adult Care Food Program (CACFP). Questions and answers are also included.

Whole Milk

- Beginning October 1, 2017, one year old children must be served unflavored whole milk . There may be some cases when a one year old child's physician recommends low-fat milk for medical reasons. If it is medically and nutritionally appropriate for a one year old child to consume any type of milk other than whole milk, a diet modification request is required. However, breastmilk is considered an allowable fluid milk substitute for children of any age if a mother chooses to breastfeed her child past 1 year of age.
- Switching immediately from whole milk to low-fat or fat-free milk when a child turns two years old may be challenging. Therefore, a one-month transition period is allowed where meals served to children 24 months to 25 months old that contain whole milk or reduced-fat milk (2%) may be claimed for reimbursement.

Flavored Milk

Flavored milk contains all the major nutrients found in unflavored milk. Flavored milk also contains added sugars and the Dietary Guidelines recommends that all Americans reduce their consumption of added sugars. To better align with the Dietary Guidelines' recommendation and help children develop healthy eating practices early, only unflavored milk may be served to children 1 through 5 years old. Flavored milk may be served to children 6 years old and older or adults but it must be fat-free.

Non-dairy Milk Substitutions

- For children or adults who cannot consume fluid milk due to non-disability medical or other special dietary needs, non-dairy beverages may be served in place of fluid milk. This has been in place since September 15, 2011 and allows the CACFP to better serve the dietary needs of its participants. Non-dairy beverages must be nutritionally equivalent to milk and meet the nutritional standards for fortification of calcium, protein, vitamin A, vitamin D, and other nutrients to levels found in cow's milk.
- Non-dairy beverages served to children 1 through 5 years old must be unflavored due to the higher sugar content of flavored varieties.
- The substitutions that meet these requirements are listed here.
- Parents, guardians, adult participants, or a person on-behalf of the adult participant, must provide a written request for the non-dairy milk substitution that is nutritionally equivalent to milk. The written request must identify the medical or other special dietary need that restricts the diet of the child or adult. A diet modification request form is not required, but a place is provided on the form that organizations may use to document requests for non-dairy milk substitutions.
- Non-dairy beverage substitutions are served at the option and the expense of the center.
- A Diet Modification Request form is required for non-dairy substitutions due to a disability that do not meet the nutritional standards of cow's milk. Requiring non-dairy beverages to be nutritionally equivalent to cow's milk ensures children receive vital nutrients needed for growth and development. The Diet Modification Request form for non-dairy beverages that are not nutritionally equivalent to cow's milk provides the assurance that the beverage substitute is meeting the nutritional needs of the child or adult participant. The Diet Modification Request form must be signed by a licensed medical professional who is authorized in Iowa to write medical prescriptions.

Yogurt

Yogurt (6 ounces by weight or ¾ cup by volume) may meet the fluid milk requirement once per day for adults, only. Allowing yogurt to substitute fluid milk once per day for adults offers greater flexibility to the menu planner and will help encourage consumption of a calcium rich food among adult participants. Yogurt may not be substituted for fluid milk for children of any age. This is because milk provides a wealth of nutrients growing children need, such as vitamin A and D, and comparable quantities of these nutrients are not currently found in commercially available yogurts.

Menu Documentation

In order to ensure compliance with the milk requirements organizations must document the type of milk served on their menu. This includes listing the fat content (e.g. whole, low-fat or 1%, and fat-free or skim) and if the milk is flavored. It is the responsibility of the State agency or sponsor, as applicable, to further ensure that the correct type of milk is being served when conducting reviews.

New Meal Pattern Guidance on Optional Best Practices

The updated CACFP meal pattern outlined optional best practices that centers may adopt to further improve the nutritional quality of the meals they offer. The best practices are an important tool for centers that want to voluntarily go beyond the regulatory requirements to further strengthen the nutritional quality of the meals they serve. The best practices are not required in order to receive reimbursement for the meal. USDA memo CACFP 15-2016 outlines the optional best practices and resources to implement them. Many are recommendations from the Dietary Guidelines and the National Academy of Medicine that were not adopted as meal pattern requirements for reasons of cost or complexity. Compliance with the best practices will not be monitored, and meals cannot be disallowed or result in serious deficiency findings for non-compliance. USDA and the Bureau of Nutrition and Health Services at the Iowa Department of Education highly encourage implementing the best practices whenever feasible.

The Use of Share Tables in the At-Risk Program

USDA memo CACFP 13-2016 allows using "share tables" as a strategy to encourage the consumption of nutritious foods and reduce food waste in CACFP At-risk Programs. If children do not consume food or beverage items included in their meal, "Share tables" are tables or stations where children may return whole food or beverage items they choose not to eat. These food and beverage items are then available to other children who may want additional servings. Programs must follow the food safety requirements outlined in the regulations and all applicable local and State health and food safety codes. If you are interested in a share table, contact the agency responsible for your food service inspection and the State agency prior to implementation.

Afterschool Meals Matter Conference Call - Thursday, July 21, 2016 – 12 pm Central

Afterschool Meal Program site staff are frequently balancing many moving parts, such as providing enrichment and supervision while keeping track of attendance records, meal counts and menus. Strong training is the foundation of a successful Afterschool Meal Program and ensures that program operations run smoothly. Hear from sponsors on how they organize an effective training for their Afterschool Meal Program staff. To register for the call click on Training Staff and Managing Afterschool Meal Program Operations.

Short Course Handouts

The handouts shared on May 3-4 at CACFP Short Course are now posted in Download Forms as CACFP056 and CACFP057 on the IowaCNP website, (a username and password are required for this site). However we have received emails stating the files are not available to download due to size. If you are experiencing this problem, you may request the handouts from robin.holz@iowa.gov to have them emailed to you directly.

Online Training Opportunities

Let's Move Child Care (LMCC) and Penn State's Better Kid Care developed online, On-Demand training modules to help child care providers learn best practices for obesity prevention. To preview all content free of charge, you must create an account. For $5 per module, you can receive a certificate of completion that can apply toward annual CACFP training requirements. If you don't need a certificate, you can still view the trainings and learn about LMCC's best practices free of charge. Watch an introduction video to learn more, or if you're ready to get started access the LMCC training modules now!