



## July 2017

*I love the summer weather...flowers, trees, pollen, although the pollen seems to have finally improved.*

*Each month brings us a little closer to the new regulations. Keep incorporating the changes so we can continue to prac-*

*tice each month. As we come to your home lets look at some labels together that may be confusing. We have been thrilled to find more and more whole grain products on the store shelves. Although the regulations don't change until October any of the Best Practices listed can begin to be incorporated.*

*CNS plans to purchase the record keeping cal-*

*endars from the National CACFP Sponsors Association for 2018. These record keepers include a wealth of information about the new regulations. We will be bringing these out starting in September. If you are attached to your old FFF record keepers we will have order forms for you.*

Jody

### Best Practices

- ◆ Limit 100% fruit juices to 1 time daily.
- ◆ Select Whole Grain items. One item each day will need to be Whole Grain Rich.
- ◆ Serve only unflavored milk.
- ◆ Do not Deep Fat Fry
- ◆ No Grain-Based Desserts
- ◆ Select yogurt with <23 g sugar per 6 oz.
- ◆ Mom's can breastfeed on site and the provider receives reimbursement.
- ◆ Choose Low sugar (<6 g) cereals. Always list cereal by name brand—not "child's choice" or "cold cereal".
- ◆ Breakfast may include a meat/meat alternate in place of the grain requirement up to 3 x/week. (In October)

Call CNS when you are gone from home with the children at a meal time.

Choose the lower sugar yogurts and cereals!

Pick WIC cereals!

Look for the word **whole** on the label when choosing **whole grains**.



Brown rice, oats, oatmeal, quinoa, wild rice, are all naturally **whole grain**. Mark these items with WG when serving. Don't forget whole wheat and whole corn.

Start phasing out the grain based desserts!

**Read labels**—when potato flour is the 1st ingredient on the label—that item is not creditable.

One (1) whole grain will be required each day.....so you can serve items that are not "whole" grain at breakfast and lunch as long a whole grain is served at snack. Or serve your whole grain at breakfast (or lunch) and be done for the day. **Just 1!**



### Contact CNS

**Phone:**

402-335-4044

1-800-927-7122

**Email:**

Jody@gocns.net

Brooke@gocns.net

Tanya@gocns.net

**Fax:** 1-877-837-1493

**Web Site:**

www.GoCNS.net

**Facebook Messenger**

Child Nutrition Services, NE

# Building Better Meals

The CACFP is rolling out its first major meal pattern improvements since the Program's inception in 1968! The updated CACFP nutrition standards include a greater variety of vegetables and fruit, more whole grains and less added sugar and saturated fat. In addition, the standards encourage breastfeeding and better align the CACFP with other child nutrition programs. The new meal pattern will help ensure children have access to healthy, balanced meals and snacks throughout the day. Child care providers, in particular, have a powerful opportunity to instill healthy habits in young children that serve as a foundation for healthy choices in life.

These healthy meal changes will take effect October 1, 2017.



Did you know.....

The new CACFP meal pattern is a healthy change because.....

- ◆ Grain based desserts are not a reimbursable meal component, even if they are homemade.
- ◆ Graham crackers, animal crackers and vanilla wafers, are considered grain based desserts and are not reimbursable.
- ◆ At least one vegetable must be served at lunch and supper. Two fruits are not reimbursable.
- ◆ A fruit and a vegetable served together are a reimbursable snack (starting in October).
- ◆ Commercially prepared tofu, containing at least 5 grams of protein in a 2.2 ounce (1/4 cup) serving is creditable as 1 ounce of meat alternate.
- ◆ One serving of meat/meat alternate can be used to replace one entire serving of grains at breakfast, a maximum of three times per week.
- ◆ Yogurt with more than 23 grams of sugar in a 6 ounce serving is not reimbursable.
- ◆ Soy yogurt can replace dairy yogurt for children over 1 year of age.
- ◆ Juice cannot be served to infants under 1 year old.
- ◆ Infants must be served a whole egg instead of the yolk only, as a meat alternate.

[www.CACFPRoundtable.org](http://www.CACFPRoundtable.org)

## Congratulations!



Brandi Klaasen in Hickman is proud to welcome a son **Garrett Dean Klaasen** on 5/4/17 at 3:21a.m. He weighed 9# 1 oz. Garret proudly joins his mom and siblings at Aunt B's Childcare. Garret is pictured with big brother Richard and big sister Em-malyn.

Congratulations to Brandi and Trevor.



### July Dates to Know:

Tuesday, June 27th—Holiday Forms Due to claim meals on 4th of July!

Tuesday, July 4th—Independence Day

Wednesday, July 5th—Claims Are Due!

To be announced: Checks mailed\*

To be announced—Bank Transfers Scheduled\*

\*Dates will be posted on Facebook when announced by the Department of Education