



## October 2017

We made it! Finally the New Regulations are here! After making preparations and devoting every newsletter to the topic for the last 1 1/2 years we are finally here!

We will be sending out menu comment sheets this next month following the new guidelines to provide technical assistance to help everyone get to the new meal pattern.

Child and infant menus have been reprinted and new colors are in use. All pink menus can be thrown away—unless you are confident of the change in the pattern and want to continue to use the old until they are gone.

The Best Practices are now regulation, but don't hesitate to call and ask for clarification.

**Anyone wanting to switch to on-line claiming—let us know and we will get you started. If you enjoy using your computer we can do our part to save a tree!**

We are going to start devoting newsletter space to discussion of the CN labels. Most labels have disappeared, so without this we can't be sure of **what we are serving**—how much protein and how much bread. We have so many processed foods available with questionable nutrient content.

We can begin looking at the following items: **Bologna, Hot Dogs, Frankfurters.** These items are creditable when "free of byproducts, cereals or extenders and/or when the product is CN labeled".

Check your labels—more information to come!

Jody

Halloween Food ideas on the Child Nutrition Pinterest page.



**New Enrollments are Effective 9/1/17!**

Have a question about creditable food items? Call or email and ask.

Begin to use the **Infant Authorization for Solids** form when discussing infant feeding with parents. Document your discussion and keep form available.

**Chicken Nuggets must have a CN label to serve!**

Brown rice, oats, oatmeal, quinoa, wild rice, are all naturally **whole grain**. Mark these items with WG when serving.

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

Follow the Child Nutrition Services web site [www.gocns.net](http://www.gocns.net), Facebook and Pinterest pages.

New forms are available for download at [www.gocns.net](http://www.gocns.net). If you would like new menu forms mailed to you—drop us a note.



## Best Practices/Regulations

- ◆ 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.

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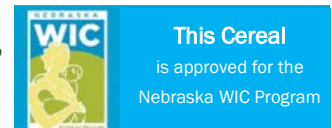
Child Nutrition Services, NE

 Child Nutrition Services

## New Regulations Summary—10/1/17 *More clarification in color.*



- ◆ **Limit 100% fruit juices to 1 time daily.** *If juice is served more than once—extra times will be deducted.*
- ◆ **Select Whole Grain items. One item each day will need to be Whole Grain Rich.**
  - \* *Please begin to look for items that have the first ingredient on the label is the word “whole”, or 2nd ingredient following water.*
  - \* *These items are also naturally whole grain: Brown rice, oats, oatmeal, quinoa, wild rice. If serving one of these items—mark WG by that item on the menu, so that we **know** and aren't making assumptions.*
  - \* *You can make your own whole grain items from scratch - use 1/2 whole wheat flour and 1/2 white flour for making homemade muffins, quick breads or pancakes. CNS staff will be providing assistance on this throughout the coming year. On-line claiming the food item is listed and WG follows if it is a whole grain item.*
- ◆ **Serve only unflavored milk.** *Only plain white milk. Do not purchase flavored milk, or add flavoring to it. Help the children to learn to appreciate unflavored milk.*
- ◆ **Do not Deep Fat Fry** *Oven fried, or baked is allowed.*
- ◆ **No Grain-Based Desserts** *In order to lower the amount of added fat and sugar in our children's diet to help combat obesity Grain Based Desserts are eliminated. Grain Based Desserts include all cakes, cookies, granola bars, cereal bars, donuts, cinnamon rolls, pies, crisps and cobblers. Many of these are considered “empty calorie” foods—limited nutrition, and a significant source of calories. USDA has reconsidered and will allow graham crackers in any form and animal crackers.*
- ◆ **Select yogurt with <23 g sugar per 6 oz.** *Calculate the amount of sugar in yogurt by looking at the nutrition facts label. Find the serving size (in ounces), find the amount of sugar (in grams). Divide the grams of sugar by the ounces in one serving. Yogurt must be 3.83 or less.*
- ◆ **Choose Low sugar (<6 g) cereals. Always list cereal by name brand—not “child's choice “or “cold cereal”.**
  - \* *The amount of sugar can be determined by finding the nutrition facts label. Find the serving size in grams, find the amount of sugar. Divide the sugar in grams by the serving size in grams. Cereal must be .212 or less.*
  - \* *You may also know cereals are creditable to be served if they are on the Nebraska WIC list. You can obtain a list of WIC cereals by calling CNS or downloading from the internet. You can also look for the shelf tags in the grocery store that says WIC approved.*
- ◆ **Breakfast may include a meat/meat alternate in place of the grain requirement up to 3 x/week.** *You may serve an item from the meat/meat alternate group up to 3 times per week in place of the grain. Items to consider would be eggs, peanut butter, hummus, yogurt, cottage cheese, chicken, turkey or cheese.*



***USDA recognizes that we aren't perfect. As long as we are all making a good faith effort to work towards these changes deductions won't be made. Each month will bring us a little closer to perfection!***

### October Dates to Know:

Friday, September 1st—Enrollment Forms Due!

Thursday, October 5th—Claims are Due

Wednesday, October 18th—Checks SHOULD BE\* mailed.

Thursday, October 19th—Bank Transfers SHOULD BE\* Complete

\*Dates are approximate based on information provided by:

The Nebraska Department of Education

