



December 2017

The primary goal of updating the CACFP meal patterns was to help children establish healthy eating patterns at an early age. I continue to be impressed at how each of our providers has stepped up to meet the challenge! Thanks for your hard work!

*We have received 2 new USDA memos providing clarification on the new regulations. I will summarize these below. I am sure we will continue to receive additional clarification as the year goes along. We will continue to see this as a **work in progress** and the message will evolve as we go along.*

We are already making plans for spring workshops and will be ready to answer your questions.

Merry Christmas!

Jody

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. Mark as WG.
- ◆ 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.

Grain Requirements in the CACFP—Q & A Summary

How to determine if a product is whole grain rich

- ◆ If a product is labeled "whole wheat" then it meets the whole grain rich criteria—see the ingredient label.
- ◆ If a product meets the "Rule of Three"..... When the first ingredient on the label is "whole" then look for the next two grains and see that at least one of these two is "whole".
- ◆ Look for a product statement on the packaging: "Diets rich in whole grain foods and other plant foods and low in total fat, saturated fat, and cholesterol may reduce the risk of heart disease and some cancers" or "Diets rich in whole grain foods and other plant foods, and low in saturated fat and cholesterol, may help reduce the risk of heart disease."

Grain Based Desserts no longer qualify as they are sources of added sugars and saturated fats.

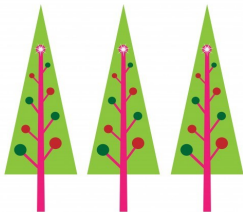
- ◆ The following items are no longer creditable: cookies, sweet pie crusts, doughnuts, cereal bars, breakfast bars, granola bars, sweet rolls, toaster pastries, cake and brownies.
Homemade granola bars or whole grain granola bars do not count.
Muffins and quick breads are ok and are not limited.
Sweet scones, sweet bread puddings and rice puddings are considered grain based desserts and not allowed.

Breakfast Cereals

- ◆ Breakfast cereals must have no more than 6 grams of sugar per dry ounce.
Check the Nebraska WIC list (shelf tags in grocery store)
Use Nutrition Facts label—grams of sugar divided by serving size in grams is .212 or less
Use chart provided at workshops and available on Pinterest page.

Homemade Quick Breads and Muffins

- ◆ Use 1/2 whole wheat flour and 1/2 enriched flour to make a whole grain product.
- ◆ Keep the recipe you used.



Follow the Child Nutrition Services web site
www.gocns.net,
Facebook and
Pinterest pages.

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

www.gocns.net

Child Nutrition Services, NE

Child Nutrition Services



Thank-you!



Thank-you to Kelly Davis for the referral! Kelly referred Stephanie Meyer in Nebraska City to CNS for the food program. Enjoy your new Rachel Ray pizza stone!

CNS will reward any provider with a gift for referring a new provider who participates!

USDA Infant Clarification

The American Academy of Pediatrics offers the following guidelines to help determine if an infant is developmentally ready to begin eating solid foods:

- The infant is able to sit in a high chair, feeding seat or infant seat with good head control;
- The infant opens his mouth when food comes his way. He may watch other eat, reach for food, and seem eager to be fed;
- The infant can move food from a spoon into his throat; and
- The infant has doubled his birth weight and weighs about 13# or more.

Infant Documentation Forms are essential to determine what solid foods the parent wants you to provide for their infant.

- Open a discussion with the parents before they introduce solid foods.
- Recommend that parents try the solids at home with their infant prior to you introducing in your home.
- Have parents mark which foods they are ready for you to introduce and date and initial the form.
- Have the parents update the form when they are ready for you to add additional foods in your home.
- Always be aware of choking hazards and follow all precautions.



***If parents do not return a form to you—the provider can start an Infant Documentation Form based on the discussions/emails/text messages you have had with the parents. Document dates you gave them forms and dates of discussions. If you have emails or text message—you may want to print and attach to the form. Infants should not be given foods until the parent has approved.*

December Dates to Know:

Tuesday, December 5th—Claims are Due

Monday, December 18th Holiday Forms due to claim Christmas Day!

Tuesday, December 19th—Checks SHOULD BE* mailed.

Wednesday, December 20th—Bank Transfers SHOULD BE* complete

Monday, December 25th—Merry Christmas!

*Dates are approximate based on information provided by:

The Nebraska Department of Education

