



January 2018

Happy New Year! Doesn't it seem like the years are just flying by!

The CACFP has made the transition to the new meal pattern without a lot of problems. It seems that everyone is trying and that is the important part.

The question has come up as to how to show we are honestly serving the right items. It has been suggested that

we keep a file (or picture file) of creditable products—cereals, yogurts, whole grains, CN labels. I think most people who know how to use the camera on their phone can create a folder to put pictures of the labels into. This is probably the easiest way to verify the correct food items. Dedicate nap time one day to taking pictures of the most used products you have and then add from there when you buy something new.

We have been noticing how the product labels are

changing as manufacturers are making sure their product will meet CACFP regulations. If a product isn't ok now—check back later and it probably will be!

Parent audits are an ongoing part of our job here at CNS. We want to prove that our providers are honest and accurate! Take your time marking attendance and meal counts so that children are never claimed accidentally!

Jody



Infant Update Clarifications

CNS does not restrict you from claiming any holiday! For the 6 major holidays you need to submit documentation in advance. All other minor holidays are business as usual. Call if questions!

Formula or breastmilk is always required at every meal or snack. Providers must offer an iron fortified formula—document on enrollment form.

Infant Documentation Form should be filled out when solids are started, and updated regularly when additional food items are added.

Fruit/vegetable should be added at snack when the parents are ready.

NO foods should be offered to infants that are a **choking hazard**—chicken nuggets, fish stick, hot dogs or any pressed meats.

Plain fruits, plain vegetables and plain meats should always be introduced before ever given in a combination (introduce plain applesauce before giving apple blueberry.)

Combination dinners are not creditable (no infant beef stew, chicken and rice, toddler dinners.)

Parents can never bring **more than one item** for their infant. All other foods must be provided by the childcare provider. Example: child has a milk allergy and requires a specialty formula that the parent brings—all other foods must be provided by the childcare provider.

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



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.

Contact CNS

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 Child Nutrition Services, NE

 Child Nutrition Services

Congratulations



Lawson Neal Cook was born November 13, 2017 at 7:10am. He was 20.75 inches long and weighed 7lbs. 14oz. Parents are Stacey and Gregory Cook of Auburn. Lawson is welcomed home by Wyatt—10 and Lexie—5. Congratulations!

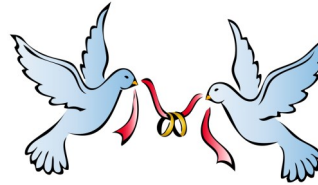
Stacey is the owner of **Milk & "COOK"ies** childcare.



Marv and Lisa Woito-Petty were married in Lincoln on Nov 25, 2017.

Lisa Woito-Petty is the owner/operator of Lisa's childcare.

Congratulations!



This & That



⇒ Need tax advice—Follow TomCopelandblog.com
⇒ Any Tier II providers who wish to income screen can do so as soon as you have your income tax complete.

⇒ Annual Trainings will be sent out in February



⇒ Spring Workshops will be scheduled for March/April.

⇒ Questions about the new meal pattern? Call, follow CNS web-
www.gocns.net, on Facebook at Child Nutrition Services, NE or fol-



site—
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Pinterest – Child Nutrition Services.



January 2018 Dates to Know:

Monday, January 1st—New Year's Day 2018 Holiday form required 1 week in advance to claim.

Friday, January 5th—Claims are Due

Monday, January 15th—Martin Luther King Jr Holiday—call office if closed

Thursday, January 18th—Checks SHOULD BE* mailed.

Friday, January 19th—Bank Transfers SHOULD BE* complete based on information provided by: