



June 2018

My hubby and I are celebrating 40 years of marriage with a real vacation this year! We have been busy working, raising kids and livestock for so long we now realize we have never had a true vacation—just quick weekend trips.

Thanks for your attendance at a workshop—we had 82% of the CNS providers attend along with 24 guests. We

dropped off 12 boxes of food items to local food pantries thanks to your generosity.

I feel like we have had a reset with our CNS record keeping. If you have attended a spring workshop or been following the newsletter you now know we are keeping labels to show the products that you buy and serve in your

childcare are indeed creditable. All grain products served in the CACFP must be made with enriched or whole grain meal or flour, or bran or germ in order to be creditable.

So...what makes a successful—easy visit for CNS staff—follow the steps below.

Jody

Best Practices/ Regulations

- ◆ Limit Juices to 1 time daily (whether fruit, vegetable or combination of both).
- ◆ 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.



Please use WG to specify whole grain. Not WW!

Chips and crackers—look for **enriched** or **whole grain** as first ingredient. If label just says "corn" it isn't creditable.

Fritos & Doritos - **NO!**
Cheetos & Sun Chips -**Yes!**

Eliminate pre-breaded meats from your daycare.

Most processed meat items are higher in sodium, fat and calories. Try making homemade chicken nuggets (mark HM), oven bake chicken legs, bread your own fish, make casseroles or buy deli sliced meats—so many other ideas to explore!

Please specify a brand of WG crackers or chips.

Example: SunChips WG or Triscuit WG

How to Have a Successful CNS Home Visit!

1. Have current enrollment forms for all children available.
2. Have menu and attendance records available and current to the end of business day.
3. Have a file of all labels for whole grain items, low sugar cereals, low sugar yogurts and CN labels for processed meats.
4. Have recipes available for any whole grain—home made items.
5. Prepare and serve a creditable meal to all children. Document this meal exactly.

By having these items handy when CNS staff arrive, your visit is guaranteed to be pain free and we will have plenty of time to answer questions and discuss your concerns.

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

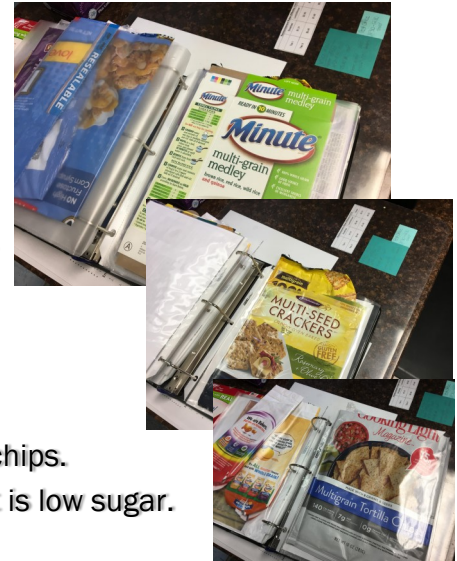
www.gocns.net

Child Nutrition Services, NE

Child Nutrition Services

Labels—What you need to know!

USDA has determined that it is necessary to be able to prove that the items you have listed on your menus as being whole grain or low sugar really are. How do we do this?



Examples: We need to keep labels to verify.

- ◆ If you have listed Sun Chips WG—you must have a label on hand for Sun chips.
- ◆ If you have served Yo Plait yogurt—you must have a label showing Yo Plait is low sugar.
- ◆ If you serve brown rice WG—you must have a label for brown rice.
- ◆ If you found CN fish sticks and served on your menu—you must have a label for CN fish sticks.
- ◆ If you serve hot dogs or bologna— you must have a label showing they are all meat—no fillers.
- ◆ If you have listed banana bread WG—home made—you must have a recipe on hand.

These are examples—continue for all whole grains and low sugars as well as processed meats.

(Deli meats don't need a label)



You can keep labels in a folder or box (**we use a 3 ring notebook with sheet protectors at the office**) for the products you serve. (We have seen providers laminating labels or placing in zip lock bags.)

You can create a picture file—you need to be able to identify the product and show the nutrition and ingredient labels. You would need to have this picture file available at any time (available to your subs) if you chose this method of keeping labels.

Homemade items would need to have a recipe showing at least half of the grain is whole grain.

CNS staff will be required to verify all products served in the month prior to our visit and the month of our visit.

We need to get busy and get our files in order so that we are ready for full enforcement of this regulation 10/1/18. The next CNS visits will give us practice on meeting this requirement!

June 2018 Dates to Know:

Tuesday, June 5th—Claims are Due

Sunday, June 17th Father's Day

Monday, June 18th—Checks SHOULD BE* mailed

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

The Nebraska Department of Education

**HAPPY
FATHER'S
Day!**