



Program Updates

Aug/Sept 2011

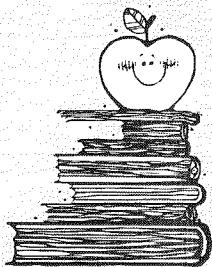
May all your days be filled with smiles!

August 2011

Admit you're HAPPY month!

Days to Remember...

- 1 - Mail in/Submit Your Claim
- 3 - Nat'l Watermelon Day
- 5 - National Waffle Day
- 11 - Play in the Sand Day
- 15 - Nat'l Relaxation Day



September 2011

Better Breakfast Month

Days to Remember...

- 1 - Mail in/Submit Your Claim
- 5 - Cheese Pizza Day
- 6 - Labor Day
- 13 - Grandparents Day
- 18 - National Play-Doh

Dear Aunt Bee,

I am very frustrated and concerned about this new milk requirement. What is going on? Help!!

Anxious Abigail

Dear Anxious Abigail:

I agree this might be a difficult new requirement to understand. The 2010 American Dietary Guidelines have been out for over a year and a national concern is childhood obesity. This new requirement is in direct relation to this concern. Only children between the ages of one and two need the whole milk. It is important that these children receive the fat in whole milk for brain development. After children turn two they no longer need the fat content.

The federal memo CACFP 21-2011 of May 11, 2011 states: "The 2010 Dietary Guidelines recommend that persons over two years of age consume fat-free (skim) or low-fat (1%) fluid milk. Therefore, fluid milk served in CACFP to participants two years of age and older must be: fat-free or low-fat milk. . . . Whole milk and reduced-fat (2%) milk may not be served to participants over two years of age."

I have talked to several providers and they have not had any problems switching their older children to skim or 1% milk. In fact, some children haven't noticed the difference.

Good Luck and Call if you have any other questions!

Aunt Bee

New Reimbursement Rates Effective with your July 2011 Claim Effective July 1, 2011-June 30, 2012

Meal	Tier I	Tier II
Breakfast	1.24	.45
Lunch/Supper	2.32	1.40
Snacks	.69	.19

You are responsible to understand the information in this newsletter. If you can't because of a language barrier, call this number (435) 797-2169 or 1-800-540-2169 for translation services.

Usted es responsable de entender la información que se encuentra en esta carta. Si esto no es posible por una barrera lingüística, llame a este número para solicitar servicio de traducción (435) 797-2169 or 1-800-540-2169.

ADDITIONAL IMPORTANT REMINDERS

Recently we received a bulletin from the Utah State Office of Education Child Nutrition Programs regarding shelf-stable, dried snacks made from meat, poultry, or seafood. This should answer some questions we have received.

We have included a copy of this bulletin in this newsletter.

Remember...

- When you are enrolling a new child you need to include their normal times in and out, not just days and times vary.
- In addition, for those claiming on-line, when you enter your in and out times, make sure they are correct (don't accept normal times if the children have school in/out times—that means the child isn't there for lunch)
- Take an inventory of the foods you are serving—are you serving a lot of crackers, cereal or the same fruits and vegetables? If you are serving the same item more than 2 times a week, you might want to think about trying something different and adding some variety to your meals



JULY CLAIMS:

It is very important that you submit or mail your claim on August 1st. Claims mailed or supporting documentation received after August 5th will be considered late!!!

Remember:

Labor Day is a holiday.

If you will be providing care that day, you need to contact the office by 5 pm Friday, Sept 2.

Also, remember you will need to submit signed in/outs with full parent signature with your September claim.

SMILE!

“Play fair, don't hit people. Say you're sorry when you hurt somebody.”

—Robert Fulghum

**BULLETIN
CHILD NUTRITION PROGRAMS**

FDCH 20-11

June 20, 2011

SUBJECT: Shelf-stable, Dried Snacks Made from Meat, Poultry, or Seafood

CONTACT: Louise Frey

PH: (801) 538-7696

Shelf-stable, dry, or semi-dry, meat snacks **are not creditable for any meal** served under the Department of Agriculture's (USDA) Child Nutrition (CN) Programs. These dried meat, poultry, and seafood snacks have a variety of fanciful and parenthetical names because the USDA product formulation standards vary widely. Non-creditable meat snacks can include but are not limited to the following products: *smoked snack sticks made with beef and chicken; summer sausage; pepperoni sticks*; meat, poultry, or seafood jerky such as *beef jerky, turkey jerky, and salmon jerky*; and meat or poultry nuggets (shelf-stable, non-breaded, dried meat or poultry snack made similar to jerky) such as *turkey nuggets*.

The shelf-stable, dried meat, poultry, and seafood snacks do not meet the function of the meat/meat alternate component as either a snack or meal under CACFP. It is important to note that dried meat, poultry or seafood snacks **do not** qualify for the CN Labeling Program because they **do not** contribute to the meat component; fact sheets or company certified product formulation statements (PFS) **cannot** be accepted for these products.

While the above mentioned snacks cannot contribute credit towards a reimbursable meal, there are some meat stick **type** products that can be used in a reimbursable meal. The following are examples of meat stick products that may be creditable in CN Programs with authorized CN Labels or company certified PFS:

- 1) Cooked, cured meat and/or poultry sausages that do not contain byproducts, cereals, binders or extenders such as Bologna, Frankfurters, Knockwurst, and Vienna Sausage as are listed on pages 1-36 and 1-37 of the *Food Buying Guide for Child Nutrition Programs*;
- 2) Infant finger-food types of shelf-stable sticks, usually packed in water, with a parenthetical product name such as *chicken sticks packed in water*, are creditable when made without byproducts, cereals, binders or extenders, similar to *Vienna Sausages* noted above;
- 3) Extended meat or poultry "pattie-like" products shaped into sticks which are usually breaded and either frozen or refrigerated; and
- 4) Dried pepperoni **only** when it is already included on a CN Labeled pizza.

TA 05-2011

Notes *for* Caregivers



We cannot meet without learning.
—Maori elders

■ Child Care Food Program

In a recent study, 60 family home child care providers participating in the USDA Child & Adult Care Food Program were recruited to see how monetary subsidies effect the nutritional quality of their nutrition programs. All 60 providers were from the state of Washington.

Half the providers received high reimbursements, and half received low reimbursements for meals and snacks.

As it turned out, reimbursement rates were not associated with a difference in *calories* between the two groups. But the programs receiving higher subsidies had, on average, menus of higher *nutritional quality* compared to those receiving lower subsidies.

“The finding that reimbursement rates were positively associated with food expenditures and the nutritional quality of foods served suggest that raising CACFP reimbursements can improve child nutrition,” concluded the researchers.

CACFP currently serves 2.3 million children.

JADA, May 2011

■ Breakfast

Breakfast is famously known as the most important meal of the day. And eating a good breakfast on a daily basis appears to have health benefits. Yet, many kids, notably adolescents, skip breakfast.

Kids living in 2-parent households in which both parents ate breakfast regularly were comparatively more likely to eat breakfast, according to research.

Parents serve as positive role models in promoting wholesome breakfast behaviors.

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■ Health Behaviors

Women with children under age 5 reported consuming more sugar-sweetened beverages, total calories, and saturated fat compared to women without children in a recent study comparing young adult parents with young adult nonparents.

On average, mothers had higher BMIs (body mass indices) than did women without children.

Both mothers and fathers reported having lower levels of physical activity than did the nonparents.

Pediatrics, May 2011

■ Food Insecure Homes

Household food security is an important consideration in evaluating children's overall well-being.

One study that looked at children aged 4 months to 3 years of age found that those from low-income, food insecure households are more likely to be at developmental risk.

Other studies have found that children from food insecure households have comparatively lower physical functioning and have a generally lower health-related quality of life.

Pediatrics, Jan 2008

Archives of Pediatric & Adol Medicine, Jan 05

■ Kitchen Ventilation

Good ventilation is a must in kitchens to reduce the risk of exposure to potentially harmful chemicals.

Cooking at high temperatures can produce unhealthy dioxins. Dioxins are more likely to be present in smoke when food burns.

J Agric Food Chem, Apr 2011

■ The Sunshine Vitamin

Ten minutes of summer sun on face and hands will provide most children with their daily requirement for vitamin D. That's because vitamin D, unlike the other vitamins, is synthesized within the skin in the presence of sunlight. Of course it is wise for all children to wear sunscreen for prolonged sun exposure.

Fortified milk is the main *food* source of vitamin D. Other sources include oily fish, egg yolk, liver, D-fortified breakfast cereals and beverages.

In young children, vitamin D deficiency causes rickets, a bone disease. It can also cause delayed eruption of baby teeth and loose permanent teeth.

Parents should consult their pediatrician for child-specific recommendations for vitamin D.

■ Nooktatone

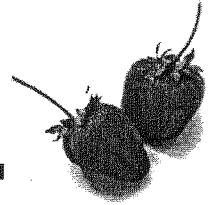
An essential oil found in citrus fruit and Alaskan yellow cedar trees is currently being tested by the US Centers for Disease Control and Prevention for use as a nontoxic mosquito repellent.

The substance, *nooktatone*, is already an approved food additive. It's used, for example, in the carbonated beverage *Squirt*.

Nooktatone-containing bug repellents are expected to be on the market in the near future.

US Centers for Disease Control, Apr 2011

Berry Fruits



COMMON BERRY FRUITS include:

blackberry
blueberry
cranberry
black raspberry
red raspberry
mulberry
strawberry

LESSER KNOWN BERRIES

(many of which were a part of traditional Native American diets) include:

boysenberry
bilberry (whortleberry)
cloudberry
crowberry
elderberry
gooseberry
lingonberry
loganberry
marionberry
serviceberry
chokecherry
highbush cranberry
rowanberry
thimbleberry
silver buffaloberry
sea buckthorn

EXOTIC "BERRY-TYPE" FRUITS include:

goji berry
mangosteen
Brazilian açai berry
Chilean maqui berry
pomegranate

Research has shown that bioactive compounds in these fruits have health-supporting properties.

BERRY FRUITS generally provide:

- ◆ vitamins, especially vitamin C
- ◆ minerals, especially potassium and iron
- ◆ bioactive phenolic compounds
- ◆ health-supporting antioxidants
- ◆ dietary fiber
- ◆ sweetness

An overwhelming body of research has now firmly established that the dietary intake of berry fruits has a positive and profound impact on human health, performance, and disease.

— N.P. Seeram, Research Scientist

BLUEBERRY SAUCE

This sauce can be used as a topping on waffles, pancakes, bagels, yogurt, ice cream, etc. It's also great in smoothies.

6 cups blueberries
1 cup water
3 T lemon juice
1/2 cup sugar
1/2 t cardamon
1/4 t cinnamon
1/4 t coriander

In a large saucepan, combine all ingredients. Cook over medium-low heat for about 15-20 minutes. Cool and serve.

● Mulberries: an excellent source of iron; a good source of vitamin C; rich in bioactive compounds and antioxidants.

● Blueberries: a good source of iron; a fair source of vitamin C; rich in bioactive compounds and antioxidants.

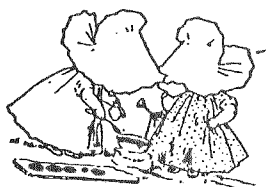
● Strawberries: an excellent source of vitamin C; a good source of iron; rich in bioactive compounds and antioxidants.

● Blackberries: a good source of dietary fiber; a fair source of vitamin C; rich in bioactive compounds and antioxidants.

● Raspberries: a good source of vitamin C, a good source of fiber; rich in bioactive compounds and antioxidants.

Some PICTURE BOOKS for preschoolers about BERRIES:

The Berry Book, by G. Gibbons;
Our Raspberry Jam, by D. Marx;
Strawberries are Red, by P. Horacek;
Once in a Blueberry Dell,
by D. Watkins;
Mr. McGee and the Blackberry Jam,
by P. Allen;
Apples, Cherries, Red Raspberries,
by Brian Cleary;
The First Strawberries, by J. Bruchac;
Blueberries for Sal, by R. McCloskey;
Blueberry Mouse, by A. Low;
Blueberries Grow on a Bush,
by M. Schuh;
Berry Smudges and Leaf Prints,
by E. Senisi;
Berries to Jelly, by I. Snyder;
Jam and Jelly, by G. Whelan;
Aunt Tami's Strawberry Farm,
by T. Ward



Test your Food & Nutrition knowledge!

Below are 20 statements about food and nutrition. Are they true or false?

- T F "Eat your greens" is age-old wisdom.
- T F The average American drinks about 55 gallons of soda pop per year.
- T F Common table sugar is also called *sucrose*.
- T F A tablespoon of vegetable oil has about 120 calories.
- T F Good nutrition supports the immune system and helps protect against sickness.
- T F There are over 20 nutrients in whole grains that are missing or reduced in refined grains.
- T F White rice is not a "whole grain."
- T F Fish, especially oily fish like salmon, is a source of healthful omega-3 oils.
- T F "Grassfed" meat and dairy products are sources of omega-3 oils.
- T F You can get a headache from not drinking enough water.
- T F Fats are classified as *saturated*, *monounsaturated*, and *polyunsaturated*.
- T F Vitamin E is found in nuts, seeds, plant oils, whole grains, and leafy greens.
- T F Our skin can make vitamin D in the presence of sunlight.
- T F Green vegetables are good sources of vitamin K.
- T F Iron deficiency, tooth decay, and constipation are common diet-related problems in preschoolers.
- T F Rice and vegetables are among foods least likely to cause allergy.
- T F Children can outgrow some types of food allergies.
- T F A great deal of learning about food and eating occurs in early childhood.
- T F Gardening is an excellent way for children to learn about and relate to food.
- T F Macaroni was introduced to America by Thomas Jefferson.