

Nutrition Notes NEWS

Child Care Nutrition Program

February–March 2015



Program Updates



IMPORTANT NOTICE

We have mailed a child re-enrollment packet. Please watch for this. They need to be completed and back in our office **by March 1, 2015**. Instructions are attached. We have also mailed your tax information form. If you have questions about either, call the office.

February 2015

National Heart Month
Black History Month

Days to Remember...

- 1- Mail in/submit your claim
- 2- Groundhog Day
- 12-Lincoln's Birthday
- 14-Valentine's Day
- 16-President's Day
- 17-Random Acts of Kindness Day
- 25-Quiet Day



March 2015

Nutrition Month
March 15-21 National CACFP Week

Days to Remember...

- 1- Mail in/submit your claim
- 2- Dr. Seuss Birthday
- 8- Daylight Savings
- 17-St. Patrick's Day
- 20-First Day of Spring

FOR YOUR INFORMATION!!!

USDA has proposed New Science-Based Meal Patterns for Child and Adult Care Food Program

You can read the entire proposed rule at:

<http://www.cacfp.org/news-events-conferences/nutrition-news-feed/>



We have also included a copy of the summary page in this newsletter.

We have had some ask if we are going to discuss these proposed regulations together. Sonja and Jeanie are available Monday February 23 from 6-7 pm to discuss these. If you are interested please RSVP before Tuesday February 17. If providers in southern Utah are interested in this discussion, let us know and we can arrange to connect with you at the USU campuses in your area via long distance education. This will NOT count towards the mandatory 2 hour class. This is informational and interest only. If there isn't enough interest we will cancel this event.

We have until April 15, 2015 to submit our comments. To submit your comments you will go to: www.regulations.gov

In the search area enter: 7 CFR Part s 2 10, 215, 220, and 226

Then scroll down to the Child and Adult Care Food Program: Meal Pattern Revisions Related to Healthy, Hunger-Free Kids Act

On the right there will be a 'comment now' box. Click on this and submit your comments. Remember when you are submitting comments:

1. Be specific and confined to the issues pertinent of the proposed rule
2. Explain the reasons and /or provide supporting information for any recommended changes or provision you oppose

It is really important to comment if you want a say in these new proposed regulations.

If you want to mail your comments you can. Call the office for the address.

USDA is an equal opportunity provider and employer.

READ, COMMENT, SHARE

WWW.CACFP.ORG



CACFP MEAL PATTERNS RELEASED



SUMMARY OF PROPOSED CHANGES

INFANTS

- Revise the infant age groups from three age groups to two age groups
- Introduce solid foods to infants beginning at 6 months of age
- Eliminate the service of fruit juice to infants of any age
- Allow reimbursement for infant meals when the mother directly breastfeeds her child at the child care facility
- Require a fruit or vegetable serving in the snack meal pattern for the 6 to 11 month infant age group
- Allow additional grain options for infant snacks

ONE YEAR AND OLDER

- Separate the fruit and vegetable component for children and adults
- Require that at least one grain serving per day, across all eating occasions, be whole grain or whole grain-rich
- Require breakfast cereals to conform to WIC requirements
- Prevent grain-based desserts from counting towards the grains component
- Allow an optional meat or meat alternate to be served at breakfast in lieu of some grains
- Allow tofu to be counted as a meat alternate
- Allow yogurt to be used to meet the fluid milk requirement for adults only, no more than once per day
- Disallow frying as an onsite preparation method for day care institutions and facilities
- Add a fourth age group (13 through 18 years) to the meal pattern for children
- PROHIBIT flavored milk for children 2 through 4 years
- ALLOW flavored milk to children 2 through 4 years with no more than 22 grams per 8 fluid ounces
- LIMIT sugar content for yogurt to 30 grams per 6 ounce serving

More Program Updates

Reminders..



- **DON'T FORGET CLASSES BEGIN IN FEBRUARY**—the schedule is included in this newsletter. Everyone needs to attend one class each year
- If you are substituting food on your menu—remember you need to change that in the computer or put it on your **CIF!!!!**
- Don't forget you need to keep your sign in/outs available from past months for monitor reviews
- **IMPORTANT!!** For providers claiming on-line you need to make sure you check your claim error report around the 7th of each month. Let us know if there are problems with your claim before the 10th of each month. After the claim is submitted we can't make any changes. You are responsible to check your claim error report every month.
- Don't forget to send in child enrollment forms when you enroll a new child
- Remember you can check your claim on line to see if meals have been disallowed. If you do this by the 9th of each month, and there are problems you still have time to call the office and talk to us about it.
- If you are going to be closed, please remember to call the office the **DAY BEFORE!!!** Thank You!
- Did you know we have a web site? Check it out: www.cnputah.org
- Did you know we are on Facebook? www.facebook.com/childcarenutritionprogramutah

CELEBRATE!

CONGRATULATIONS!!!

Regina Dickinson and Tonya Edwards were the two providers whose entry was drawn for the free Tom Copeland Book. Thank you to all those who sent the coupon and were not drawn. Each of those providers received a children's book for their day care.

**The office will be closed
March 23-27.**

We will be in Southern Utah teaching classes. If you have problems, leave us a message and we will be checking the voice mail. Make sure you leave your phone number and name and that we can understand it if you want us to call you back.



HOLIDAY CARE



If you plan on providing care on Presidents Day, Memorial Day, 4th of July or Labor Day you must call the office for pre-approval 4 days prior to the holiday. If you don't get pre-approval the meals on that day will be disallowed. You also need to send in a copy of your sign in/outs with full signature for all children claimed that day by the 5th of the next month.

REMEMBER, IF YOU PROVIDE CARE ON PRESIDENTS DAY TO SEND IN YOUR SIGN IN/OUTS WITH FULL SIGNATURE WITH YOUR FEBRUARY CLAIM!!!

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.

Even More Program Updates

We have had more questions about the use of soy milk in your day cares. Remember if a parent requests soy milk you will need to have them fill out the parent request form. This form is found on our web site: www.cnp.org or you can call the office. There are only 4 soy milks that we know that qualify. They are:

- 1. Pacific Foods of Oregon-Ultra soy Plain and Vanilla-Available in 32 oz. and 64 oz.**
- 2. Stremieks Heritage Foods 8th Continent Original or Vanilla- Available in 32 oz and 64 oz.**
- 3. Pearl Organiz Soymilk Smart Creamy Vanilla or Chololate-8.25 oz. containers available.**
- 4. There is one Silk Soy Milk that qualifies, but you have to look at the label. If the label qualifies using the attached nutrient break down then you can use it. You have to fill out the form and keep it with your paperwork. We have included the form with this newsletter.**



If lactose-free milk is an option the parents are okay with, you do not need a note from the parent.

Broccoli Cheese Soup

- 1 medium onion, diced small
- 1 large head of broccoli (size depends on how much you love broccoli!)
- 2 stalks celery chopped
- 1 1/2 cubes butter
- 1 cup flour
- 9 cups chicken broth
- 1 pint 'half & half'
- 1 1/2 cups sharp cheese, grated
- Salt and pepper to taste



Saute the onion and celery in the butter. When tender, add the flour and make a roux. Slowly add the broth then the broccoli. Simmer until the broccoli is tender, about 35 minutes. Stir in the half and half and the cheese and heat through for 15 minutes then serve. Makes one gallon.

SPECIAL NOTE: Be aware of how many children you are serving and the amount of broccoli and cheese you use to determine if this will count towards the vegetable and meat alternate. With this amount of cheese you can serve 6 children 6-12 years old and it would count towards the meat alternate. Remember you will need to measure the broccoli to determine if this will count towards the vegetable component.



Nutrient Criteria for Milk Substitutes
(Minimum Required Nutrients)

Brand name of substitute	Per 1 Cup Serving Size					
	Silk Original					
Nutrients ▼	Nutrient Values	Meets or exceeds	Daily Values	Meets or exceeds	% Daily Values	Meets or exceeds
Calcium	276 mg		1000 mg		30% DV	45%
Protein	8 g	8g	50 g		8 g	16%
Vitamin A	500 IU		5000 IU		10% DV	10%
Vitamin D	100 IU		400 IU		25% DV	30%
Magnesium	24 mg		400 mg		6% DV	15%
Phosphorus	222 mg		1000 mg		20% DV	25%
Potassium	349 mg	370 mg	3500 mg		350 mg or 10% DV	11%
Riboflavin	0.44 mg		1.7 mg		25% DV	30%
Vitamin B 12	1.1 mcg		6 mcg		20% DV	50%

This is a blank form that you will need to complete and send to the office to ensure the soy milk qualifies if it is not a soy milk brand that is listed in your Nutrition Program Binder. Remember you will also need to complete the milk substitution request form found on our web site or call the office for one.

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Vitamin B 12	1.1 mcg		6 mcg		20% DV	

Child Care Nutrition Program Class Schedule

Remember you will need to attend one of these classes to complete the requirement to attend one training each year. Our year is October 1, 2014-September 30, 2015.

ALL CLASSES WILL BE HELD FROM 6:30-8:30 PM
(Except the Saturday classes)

Northern Utah

- | | |
|--------------------|---|
| Wednesday, Feb 18 | Logan: USU campus our building (CPD) |
| Monday, March 9 | Logan: USU campus our building (CPD) |
| Tuesday March 31 | Brigham City, <i>YOU MUST RSVP</i> for this class, if we don't have an interest for this class we will cancel the class Location: 10 South 400 East—the old Family History Library across the street from the Middle School—corner of 400 east and Forest St. |
| Saturday, April 25 | Logan: After the CHILD conference from <u>1:30pm-3:30 pm</u> in our building |
| Tuesday, April 28 | Tremonton: NEW LOCATION
USU Tremonton office for the Up to 3 Program; 420 W 600 N |
| Thursday, April 30 | Logan: USU campus our building |

**These are the only times we will be holding classes this year.
Please make arrangements to attend one of these classes.**

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Southern Utah

- | | |
|---------------------|--|
| Tuesday, March 24 | Blanding in Tech Building on the on the USU campus
Room number to be announced later |
| Wednesday, March 25 | Moab—USU Extension—125 West 200
South |
| Thursday, March 26 | Price----on the USU/CEU campus in the
West Instructional Building (WIB)
enter this building from the west. This
entrance is located on the north side of the
building on 100 East and 600 North. There
is a big parking lot on the north side of the building.
Same building as CCR&R. |

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