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Where Healthy Eating Becomes A Habit



Child & Adult Care Food Program

Nutrition Bites

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November 2011
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Meal Modification Form

The meal substitution form has been modified. It is now called the *CACFP Meal Modification Form*. This form must be completed when a participant cannot receive a component(s) from a CACFP meal. The form replaces the previous form, *Meal Substitution Form*. You will find this form enclosed inside this newsletter. Be sure to keep this form for future use.

The modification form was created to allow for fluid milk substitutions and to clearly identify disability situations.

Instructions regarding the appropriate use of the Modification Form are on the form. If you should have any questions, please contact your home visitor.

This form must be completed by the parent. The prescribed diet order must be completed by a medical authority as specified on the form.

Also enclosed inside this newsletter is the *Fluid Milk Substitutions in the Child Nutrition Programs: Non-Dairy Beverages Meeting USDA Substitution Criteria*.

Play Hard

Cranberry Relay: Divide the children into two teams and line them up. Give the first child in line a spoon filled with fresh cranberries. The child must carry the filled spoon to a designated spot and back. The child must stop to pick up any cranberries that are dropped and return them to the spoon. When they get back to the starting spot, they transfer the spoon to the next child and they repeat this process until all children have had a turn. The team to finish first is the winner.

Child Care Links office will be closed on November 24th and 25th to observe the Thanksgiving holiday.

Being Successful on the CACFP

It is very positive and shows great integrity on your part when an unannounced visit confirms that you are maintaining the CACFP in a professional manner. The following tips will help you to have success with this program.

1. Keep your records current through the previous day. Claim meals and snacks only for the children who were offered them.
2. Keep your records at your child care home **at all times. Substitutes must be aware of where your forms are located.**
3. Serve creditable foods to the children in care, in the proper quantities at each meal and snack.
4. Maintain your child care home in a clean, wholesome and sanitary manner.
5. Submit all necessary forms to our office by the 3rd of each month. (Having parents fill out enrollment forms at your home is more beneficial to you.) However, if they don't, the enrollment forms must be **in our office by the 15th of the following month** to receive reimbursement.
6. Common menu errors are serving two fruits or vegetables at snack time. Fruits and vegetables are the same food component. Choose from another component. Also, nutri-grain or granola bars are being served at breakfast. These are credited as cookies and should only be served at snack time no more than twice per week and never on the same day. Also, watch writing tator tots or french fries in the grain component. These are vegetables and should be recorded in the vegetable component.



Mooove to 1% lowfat or fat free milk!

Changes to the Milk Requirements

Effective October 1, 2011 the CACFP requires that low-fat milk (1% or skim) be served to all children over the age of 2. Children between the ages of 1-2 may continue to receive whole or reduced fat (2%) milk instead of low-fat milk.

An approved milk substitute may be offered in place of cow's milk at the written request of the parents. The milk substitute must be nutritionally equivalent to cow's milk. The following is a list of approved milk substitutes and where they can be purchased.

8th Continent Soymilk Original-
purchase at Target, Rainbow, Walmart and possibly Sam's

Pacific Ultra Soy Plain-
purchase at Amazon, food co-ops and Whole Foods Market

Pacific Ultra Soy Vanilla-
purchase at Amazon, food co-ops and Whole Foods Market

Kikkomen Pearl Organic Soy Milk-
purchase at Amazon and some local stores.

Note: Providers are not required to provide a non-dairy milk substitute for a child without a medical release. The parents may supply one of the approved milk substitutes and the provider may still claim the meal.

1% Lowfat and Fat Free Milk have the same great taste and the same calcium and vitamins as reduced fat and whole milk, just less fat and fewer calories.

2% milk is NOT low in fat!

Health Benefits of Drinking Lowfat Milk

- * Lower in calories for healthier weight
- * Helps lower risk of heart disease and stroke
- * Keeps bones and teeth strong and healthy
- * Great source of calcium, protein, vitamins and minerals
- * When moving from whole milk to lowfat milk, the calcium stays the same.
- * When moving from whole milk to lowfat milk, the Vitamin D stays the same.

Q & A

Q: Do I need to record the type of milk I am serving on my menus?

A: No. You are not required to document the type of milk served on your menus. Your home visitor will monitor compliance with this regulation during home visits.

Q: If a parent can request a non-dairy milk substitute that is equivalent to cow's milk, can the parent also request that their child over the age of 2 be served whole or 2% milk?

A: No. A request for a higher fat milk must be accompanied by a Meal Modification Form signed by the child's health care provider. The health care provider has the health history and is in a position to make specific recommendations for an individual child.

Q: I occasionally serve chocolate flavored skim milk to my day care children. Can I still do this under the new milk requirements?

A: Yes. Fat-free and low-fat flavored milk such as chocolate or strawberry milk can be offered in place of fat-free or low-fat unflavored milk.

Whole Milk

160 calories
72 calories from fat
8 grams protein

% Daily Value
30% calcium
25% Vitamin D

Reduced Fat 2%

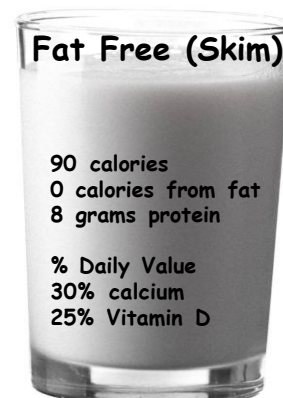
130 calories
45 calories from fat
8 grams protein

% Daily Value
30% calcium
25% Vitamin D

Lowfat 1%

110 calories
22.5 calories from fat
8 grams protein

% Daily Value
30% calcium
25% Vitamin D



Yummy Thanksgiving FamilyFun.com Recipes

Paper-Bag Turkeys



Materials

- Scissors
- Medium-sized brown bag
- Newspaper
- Glue
- Googly eyes
- Red balloon
- Two large grocery bags
- Large rubber band

Instructions

To make the head, stuff the bottom of the medium-sized bag with balled-up newspaper. Twist the top of the bag to form a long, skinny neck.

Glue the googly eyes and the balloon wattle onto the face.

For the turkey's body, use one large bag. Snip a hole through the front of the bag an inch from the bottom and fit the neck into it. Then, stuff the body two thirds full with newspaper. Close the top of the bag with the rubber band.

To make tail feathers, cut four large half-circles from the remaining bag and then glue them in layers to the back of the body.



Pigs-in-Pilgrim-Hats

Ingredients:

2 to 3 hot dogs tube of crescent roll dough
bologna (hand sliced from the deli counter for a larger diameter)
sliced yellow American or Cheddar cheese
flour



Instructions:

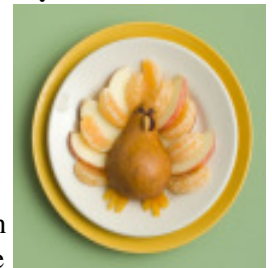
Heat the oven to 350 degrees. Cut hot dogs into eight 1-inch segments. Separate the dough along its perforations. On a cookie sheet covered with parchment paper, stand the hot dog segments on end, spaced well apart. Drape a triangle of dough over a segment. Dip a glass in flour, then use it to cut out a circle centered on the hot dog. With floured hands, press the dough around the segment to form a hat shape. Repeat and bake for 10 to 12 minutes. Meanwhile, cut 8 thin strips of bologna for the hatband and 8 small squares of cheese for the buckle and finish out the pilgrim hat as shown.

Credit: Bread/meat

Gobble Me Up Fruit Turkey

Ingredients:

Pear Apple Clementine or navel orange
Dried apricot
Peanut butter or cream cheese Mini chocolate chips



Instructions:

Arrange apple and clementine or navel orange slices on a plate as shown and lay a cored pear half on top. Use scissors to halve a dried apricot, then snip small triangles from each half and tuck them under the pear to form the feet. Finally, use peanut butter or softened cream cheese to attach mini chocolate chip eyes, a nut beak, and a dried cranberry snood.

Credit: Fruit

Healthy and Cute Cornucopia

Ingredients:

Tortillas
Toothpicks
Small veggies — we suggest peas, baby carrots, baby corn ears, grape tomatoes, and cornichons (or any small pickle)
Dip or dressing



Instructions:

To create each cornucopia, cut a tortilla in half. Roll it into a cone with the rounded edge at the open end. Secure the cone with a toothpick, then fill it with small veggies. Serve with your favorite dip or dressing.

Credit: Bread/veg.



New Providers

LaShonda Fulbright - Wichita
Amanda Levian - Wichita
Melissa Blackwood - Wichita
Mae McNair - Wichita
Christen Willhaus - Hutchinson
Jessica Furthmyer - Hutchinson

2012 Calendars

We will be hand delivering calendars to those of you who ordered one for the 2012 year. We do have more calendars if you have not ordered one. The cost is \$8.00.

Reimbursement Dates

Anticipated day of reimbursement:

October Claims - November 29th
November Claims - December 29th

The day you receive your reimbursement depends on your postal service for checks and your personal bank for direct deposits. Plan for two business days after the date of reimbursement for your automatic deposit to enter your account.

Eat Smart!

Hot buys for November: apples, cranberries, grapes, oranges, pears, broccoli, cabbage, jicama, sweet potatoes and turnips

Choose whole grains when possible. Whole grain pasta may not even be detected by the children. Watch labels and make sure you are buy whole grains and not being fooled by labeling.

Thank you for reading this online!