



Food With Care

Child and Adult Care Food Program

IOWA DEPARTMENT OF EDUCATION ★ BUREAU OF NUTRITION AND HEALTH SERVICES



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Healthier CACFP Award



Recognizing Excellence in Nutrition and Physical Activity in Child Care

What is it?

The Healthier Child and Adult Care Food Program (CACFP) Award is a recognition system that supports the wellness efforts of child care centers and homes participating in CACFP. Child care centers and homes taking steps to improve the nutrition, physical activity, nutrition education and/or environment for children in their care can apply to win an award in one or more of these categories. Three award levels are offered: Honors, High Honors and Highest Honors

Why is it important?

With one in five children being overweight or obese by the age of 6, child care centers play an essential

role in the prevention of childhood obesity. Child caregivers have an opportunity to positively impact children's healthy development by encouraging children to develop healthy habits at a young age.

Am I eligible to apply?

Participation in the CACFP and compliance with CACFP regulations is required to be eligible for the award. Meeting the award criteria and winning an award does not replace CACFP requirements. Applicants are required to be in good standing with the CACFP, defined as having completed and implemented all corrective actions from the previous compliance review and having not been seriously deficient in the past two years, at the time of application.

How do I apply?

The application includes criteria in four categories: Menus, Physical Activity, Nutrition Education, and Environment. Applicants can choose which category they would like to apply for and at which level, and then submit the application to your Bureau Consultant (Centers) or Home Sponsors (Home Providers).

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Healthier CACFP Award

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Applications must include submission of the requested support documentation as listed in the "Evaluation" columns in the application.

What do I win?

Winners are recognized with awards issued jointly by the USDA, Food and Nutrition Service, and the Iowa Department of Education that showcase the child care center/home achievement in the community. Awards may include banners, certificates, or letters to parents that can be posted to announce the high wellness priority of the center/home.

Contact Patti Delger at patti.delger@iowa.gov for additional award information.

The application and menu/recipe toolkit are available on the DE website at

http://educateiowa.gov/index.php?option=com_content&view=article&id=378&Itemid=4262

Iowa CACFP Healthier Menu Toolkit

Childcare caregivers have an opportunity to positively impact children's healthy development by encouraging children to develop healthy habits at a young age. The Iowa CACFP Healthier Menu Toolkit can assist childcare centers and homes in planning nutritious meals and snacks that meet the Healthier CACFP Award criteria.

The toolkits for centers and homes are available on the DE website at

http://educateiowa.gov/index.php?option=com_content&view=article&id=378&Itemid=4262

The toolkit contains Healthier CACFP Award information for centers and homes, a sample 4-week cycle menu that meets the Highest Honors award level, Vitamin A and C resources, whole grain resources, cooked dry beans and peas resources, and various additional CACFP menu planning resources. Each menu item that is in **bold** has a recipe located in the last section of the toolkit.



CACFP Meal Pattern

The current CACFP meal patterns (infant and children ages 1-12) have been in use since 1980. At the request of the United States Department of Agriculture (USDA), the Institute of Medicine (IOM) has made recommendations to change the CACFP meal pattern.

The reasons for revising the meal requirements are to:

1. Improve alignment with current dietary guidance
2. Achieve more consistency with other USDA nutrition programs such as WIC and the National School Lunch Program (NSLP) and School Breakfast Program (SBP)
3. Address childhood obesity and other health concerns that result from limited access to nutritious foods.

The proposed meal pattern is expected to be issued this summer. We will inform you when the proposed CACFP meal pattern is released and provide instructions stating how you can submit your opinions to USDA on the new meal pattern.

At-Risk Program In Traditional Child Care Centers

Traditional child care centers already participating in CACFP may qualify for the At-Risk Program if located in the attendance area of a school in which at least 50% of the enrolled children are eligible for free or reduced price meals. The advantage of being on the At-Risk Program is that all meals are claimed at the free rate of reimbursement and Iowa Eligibility Applications are not required.

The children who may be claimed on the At-Risk Program are those who attend the center after their school day has ended, including half day kindergarten and Head Start children. Children who do not attend school or Head Start would continue to participate in the traditional CACFP meal service provided by the center.

The At-Risk Program must include:

- Regularly scheduled activities in an organized, structured and supervised environment, and
- Educational or enrichment activities

Up to one meal and one snack may be served per child per day after school on school days only. If care is provided on weekends, holiday or during vacations, any meal and snack may be claimed and served at any time.

Contact the State Agency to determine if a center is located in an eligible area. An At-Risk site must be added to your application and the children must be claimed separately under the At-Risk site.

Caring For Our Children

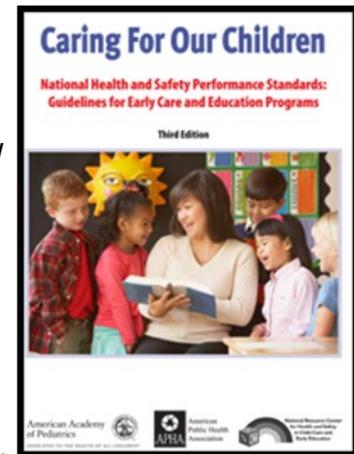
National Health and Safety Performance Standards; Guidelines for Early Care and Education Programs, Third Edition

The third edition of this publication has undergone significant changes and new information has been added. The book is a collaborative project of the American Academy of Pediatrics (AAP), American Public Health Association (APHA), and the National Resource Center for Health and Safety in Child Care and Early Education (NRC). The revision of the standards involved an extensive process.

The resource is organized into ten chapters of 686 standards and each has several subsections. There is a list of thirty-nine appendices. These national standards represent the best evidence, expertise, and experience in the country on quality health and safety practices and policies for early care and education settings.

Some significant changes added to the resource include:

- Total of fifty eight new standards and fifteen new appendices. The updated and added new appendices include: Care plan for children with special health care need; helmet safety; helping children in foster care make successful transitions; medication administration forms; a poster on encouraging breastfeeding in early care and education settings; authorization for emergency medical/dental care; and healthier eating using USDA's MyPlate to support healthier food choices.
- Some key areas of change include: use of early childhood mental health consultants and early education consultants; monitoring children's development and obtaining consent for screening; positive behavior management; limiting screen time; promoting physical activity; and swaddling.



CACFP Training Opportunities

Steps to CACFP Success •
10/17/2012 • 12/12/2012 •
8:00 a.m. - 4:30 p.m.

“Steps to CACFP Success” is held five times per year at ICN sites throughout the state. The workshop includes basic requirements for CACFP participation with sessions on various topics. You may attend one or more sessions. ICN site locations are subject to change.

Attendance at the “Steps to CACFP Success” workshop is encouraged when CACFP staff responsibilities change or when there are new staff members with CACFP responsibilities.

On-line Registration

Register on-line for all ICN trainings at educateiowa.gov. Click on “Calendar” (right of screen), find the month the workshop is scheduled for, click on the name of the workshop and follow the directions. If you do not have internet access, contact Janelle Loney at (515) 281-5356 to register.



2013 Steps to Success Training Changes Planned

Starting in spring 2013 our goal is for “Steps to CACFP Success” to be offered partly over the ICN and partly on-line.

The topics we plan to still cover during the ICN training include:

- Menu Planning
- Meal Counting and Claiming
- CACFP Recordkeeping
- Training and Supervision
- Preparing for a Review and Civil Rights

On-line training segments are planned for different types of organizations and depending on the services they provide.

Online topics include:

- Food Production Records
- General Income Application Requirements
- Iowa Eligibility Applications in Child Care
- Infant Meal Pattern Requirements
- Infant Recordkeeping Requirements
- Adult Care CACFP Requirements
- Center Sponsor CACFP Requirements
- At Risk CACFP Requirements
- Emergency Shelter CACFP Requirements
- Recommendations for a Healthy Childcare Environment

Online training modules include a check for understanding to test comprehension of the material. They may be taken for CACFP credit at any time by any CACFP staff person. Training modules may be assigned for completion as corrective action after a review if the consultant determines training is needed in a particular area.



Ann's Carrot Patch

Summer is starting to fade.....and with it the beautiful colors of fall can be anticipated! Since this is the first letter since May I want to recognize the dedication I saw in late Spring. The attendance at educational meetings was wonderful! First it was the two day CACFP Short Course that packed our new conference room in the Grimes Building. Then Home Sponsors met for two full days in Sioux City. What struck me most about both groups is the drive to find better ways to do the job of assuring children receive nourishing and safe meals every day. Thank you!

At both events the new award program, the new Healthier CACFP Award, was introduced. This award's three levels provide a way to recognize those providers that create a healthy environment above and beyond the requirements. I can't wait to get the first award application! I'm sure there will be many more to follow.

Speaking of new, the Bureau has a new consultant for Centers in the North East part of the state, Donna Matlock. Donna has been training in CACFP this summer. Donna joins us from Minnesota where she has many year of experience as a teacher in Early Childhood and Parent Education. She has a Master of Education degree. We are glad Donna has joined our team!

New things are on the horizon too. We anticipate the release of proposed changes to the meal patterns. Know that we will be there to help interpret, educate, and facilitate the changes.

I wish you a beautiful fall filled with play, great harvest foods, and wonderful fun while caring for the children of Iowa.

Ann

Popeye's Pick



Spinach is a nutrition super hero. It packs a mighty punch with a mere 23 calories per serving. Spinach is extremely rich in antioxidants, especially when fresh, steamed, or sautéed. A serving of spinach contains about 25% of the recommended daily intake of iron; one of the richest among green leafy vegetables. The calcium content in spinach and the other dark leafy greens strengthens bones. It is an excellent source of Vitamin A, and especially high in lutein, which maintains eye health and may prevent cataracts.

Spinach contains Vitamin K, Vitamin E and Vitamin C (a powerful antioxidant that helps the body develop resistance to infectious agents and harmful free radicals). Spinach is a great source of folate, which prevents neural tube defects and lowers blood levels of homocysteine to protect against heart disease. The leaves also contain minerals like potassium, manganese, magnesium, copper and zinc.

Offering spinach as an appetizing and appealing part of children's diets will promote lifelong health benefits.

How can you get these greens onto your menu?

- Add chopped fresh or frozen spinach to soups, omelets, meatloaf or lasagna to up the nutrient content of these foods. (Make sure frozen spinach is thawed and well drained).
- Use fresh spinach instead of lettuce on your favorite sandwiches or wraps, or serve spinach dips (instead of ranch) with raw vegetables.
- Sauté spinach with a bit of garlic for a tasty super food combination. Try it as a side dish, or on top of baked potatoes.

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Need more ideas? Consider one of these kid friendly recipes:

Sweet Summer Salad

- 1 (10 ounce) bag baby spinach
- 1 banana, sliced
- 8 fresh strawberries, sliced
- 1 (10 ounce) can mandarin oranges, drained
- ½ cup Poppy Seed or Raspberry vinaigrette dressing

Place spinach in a large bowl. Add sliced banana, strawberries and mandarin oranges.

Toss lightly with dressing before serving.



Spinach Crescents

- 2 (8 ounce) packages refrigerated crescent rolls
- 1 (10 ounce) package frozen chopped spinach, thawed and well drained
- ¼ cup onions, chopped
- ¼ cup grated parmesan cheese
- 2 tsp olive oil

Blend spinach, cheese and oil in a food processor. Unroll crescent dough into individual pieces. Spread spinach mixture evenly over each portion. Roll up and place on baking sheet. Bake rolls according to package directions.

A cautionary note, reheating left over spinach may cause conversion of nitrates into nitrites. These compounds may be harmful, especially in young children. CACFP requires that home prepared spinach only be served to infants 6 months and older.



CACFP Short Course Highlight: Chef Ephraim and Ms. Chelsea Cherry Tomato

The Bureau of Nutrition and Health Services CACFP team conducted 2 days of trainings on April 25-26th for childcare centers. Participation on both workshop days was excellent. The workshop was filled to capacity with more than 70 participants each workshop day.

Various CACFP topics were covered. Day 1 focused on launching the Healthier CACFP Award. Read more about the award in feature article of the newsletter. In addition to the CACFP meal pattern requirements and creditable foods, topics covered on Day 1 included hands-on activities such as healthy menu makeover, label reading, and principles of menu planning.

On Day 2, we had two special visitors. Ms. Chelsea Cherry Tomato demonstrated using creative ideas for nutrition education.

She did an activity for children on eating food from all food groups using MyPlate.

The participants loved her!



The second visitor was Chef Ephraim J. Malag. Chef Ephraim is the Executive Chef at the Tournament Club of Iowa. He is the recipient of several culinary awards. Originally from Hawaii, he shared his philosophy on traditional and contemporary dishes. His specialty is Pacific Rim cuisine. Pacific Rim cooking combines Pacific Island foods and Asian cooking techniques using fresh foods with healthful cooking methods such as stir frying, steaming, and grilling. Chef Malag introduced participants to a variety of fresh vegetables, fruits, and herbs consumed regularly in regional Hawaiian cuisine and provided participants an opportunity to sample these foods, such as;

lemon grass, chives, green garlic, Aloe Vera, edamame, water chestnuts, lotus root, a variety of dark green such as bok choy, Jack fruit, lychee fruit, Kumquat, Alphonso mango, Passion fruit, pineapple, and many more.

The take-home message was to expose our children to a variety of fruits and vegetables to help them develop lifelong healthy eating habits.

Chef Ephraim's appearance at the April short courses was made possible by the 2011 USDA Team Nutrition Grant. The printing of the Healthier Menu Toolkit, reimbursement for participants travel mileage, and Ms. Chelsea Cherry Tomato's appearance was made possible by the CDC Communication Grant funding from the Iowa Department of Public Health.

Two Excel tools developed at the Bureau that would help facilitate recordkeeping at centers were presented at the short course—the food production records and meal counts and claims. Participants got some hands-on activity time using the tools. Participants were very excited and could not wait to use these tools at their centers. The Bureau plans on developing an instructional webcast soon before these tools are posted on the DE website and available to all centers.

Nutritional Needs of Adult Day Care Participants



To help adults in your adult day center meet their nutritional needs complete a nutrition assessment screen on new and enrolled adults. The assessment will help to

determine factors that impact eating and nutritional health. Each adult day care participant has a unique set of nutritional needs that can be influenced by chronic illness, disabilities, sensory losses, oral health problems, and multiple medications.

The American Dietetic Association (ADA) has recommended liberalizing therapeutic diets for many older adults.

CACFP staff should consult with a physician about participants who might benefit from a liberalized therapeutic diet. Only a physician can change a therapeutic diet. A physician or registered dietitian should be aware of the outcomes of therapeutic diet changes in the diet to ensure that the liberalization of the diet is not harmful to the participant's general health. Liberalization of diets applies primarily to therapeutic diets.

Consistency-modified diets are designed to make chewing and swallowing easier and safer for participants having difficulties. Modifications may be needed for both solid foods and liquids for adults having problems chewing and/or swallowing.

Texture modifications may decrease the risk of choking or aspirating food or liquids into the lungs. Adult day care staff must be trained to recognize the need for texture modified diets and prepare diets with consistency tolerated by adults in care.

Training resources on modified diets are available in the USDA Adult Day Care Resource Manual that was mailed to all adult centers or online from the National Food Service Management Institute. Staff training completed using these materials can count toward the required yearly 1.5 hours of CACFP training.

Diets that are highly restrictive and deny favorite foods can result in poor dietary intakes and unplanned weight loss.

Quality of life can be enhanced with a more liberal approach to therapeutic diets.

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