EMPOWER

GET YOUR BIGGEST WITH YOUR NUTRITION BUCKS!

May 3, 2014
Objectives

- Be able to implement Standard 4 and 5 with your resources
- Create the “nutrition environment” to empower children to eat healthy foods
- Be a Superhero in Action for Healthy Eating!
The WHAT: Healthy Plates
The **WHAT**: Healthy Plates

- **CACFP**
  - [www.azed.gov/health-nutrition/cacfp/](http://www.azed.gov/health-nutrition/cacfp/)

- **Licensing Rules and Regulations**
  - [www.azdhs.gov/als/childcare/rules/](http://www.azdhs.gov/als/childcare/rules/)
Standard 4: Child and Adult Care Food Program

- Determine whether your site is eligible for CACFP and participate if able

Guidebook: pg. 23
CACFP

• **Benefits of Participating**
  – Reimbursement to improve your current menus with healthy food
  – Keep cost of tuition more affordable

• **How to Determine Eligibility**

• **Contact**
  – [www.azed.gov/health-nutrition/cacfp](http://www.azed.gov/health-nutrition/cacfp)
  – 1800-352-4558
Meal Pattern
CFR 226.20 (a), (b), & (c)

• Children
  – Ages 1-2 years
  – Ages 3-5 years
  – Ages 6-12 years

• Infants
  – Birth through 3 months
  – 4-7 months
  – 8-11 months
Milk
7 CFR 226.20

• The milk component must be pasteurized and:
  - 12 months - 23 months – Whole Milk
  - 24 months and older – 1% or Skim
    • Chocolate/strawberry milk is a high-sugar item

• Milk **must** be served at breakfast, lunch & supper
Water

• Children get busy playing and forget to drink water
  – Water must be made available throughout the day
  – Offer during snacks instead of milk or juice
Creditable vs. Non-Creditable Foods

• Creditable – Foods that may be counted toward meeting the requirements for a reimbursable meal

• Non Creditable – Foods that cannot be counted toward the meal pattern requirements. May be served as “extras”
High Sugar/High Fat Items

- No more than two high-sugar items per week
  - Per menu, not per meal
  - Can be served only during breakfast and snack

- No more than two high-fat items per week
  - Per menu, not per meal
  - Limit does not include high-quality items such as cheese and peanut butter
High Sugar/High Fat Items

• CACFP Nutrition Calculator
  http://www.ade.az.gov/cacfpnutritioncalculator/
Menu Planning

• Consider color

😊 Chicken breast – broccoli – rice – strawberries, milk
INSTEAD OF

😊 Fish, cauliflower, wheat bread, applesauce, milk

• Consider variety

– Cycle menus must be at least a four-week cycle menu
  • Entrees cannot repeat in a four-week cycle
  • ADE 5-Week Cycle Menu
Menu Planning Checklist

• Are the required meal pattern components met?
• Do menus list all meal components?
  - “Mixed” dishes are specific.
• Do meals offer a variety of textures? colors? nutrients?
• Are high-sugar and high-fat items limited to no more than twice per week? Served only at breakfast and snack?
• Are CN labels available for all processed or convenience foods?
• Are recipes on file for homemade items?
• Is juice served no more than twice per week?
• Is the same entrée served more than once in a four week cycle?
• Are new foods introduced?
• Menus must be posted in public view
Special Dietary Needs

• USDA regulations require special meals be provided to a **disabled** child whose condition requires special medical foods, food substitutions, or textural modifications

  – Documentation regarding child’s disability and modifications required must be provided by a **licensed physician** and maintained in files on site
Medical Statement

• A medical statement is required for all dietary modifications

• The statement must be kept on file and must include:
  – Identification of the medical or other special dietary condition which restricts the child’s diet
  – The food or foods to be omitted from the child’s diet
  – The food or choice of foods to be substituted
Milk Substitutions

• Children who cannot consume fluid milk due to special dietary needs (e.g. lactose intolerant), other than a disability, may be served non-dairy beverages in lieu of fluid milk.
  ▪ Parents or guardians must request, in writing, non-dairy milk substitutions
  ▪ No medical statement necessary
  ▪ The non-dairy beverage must be nutritionally equivalent to milk 7 CFR 210.10 (m)(3)
Milk Substitutions

The following meet CACFP requirements:
• 8th Continent Soymilk (original, vanilla & light chocolate)
• Pacific Natural Ultra Soy Milk (plain & vanilla)
• Kikkoman Pearl Organic Soymilk (creamy vanilla & chocolate)
• Great Value Original Soy Milk
• Kirkland Organic Plain Soy Milk
Variations in Meal Pattern for Religious Reasons

- ADE may approve variations in meal patterns to meet religious needs. If a center wants to serve meals that vary from USDA Meal Patterns, you must submit an alternate meal pattern with justification for approval.
Infant Feeding

• Centers must purchase and offer all required meal components

• CFR 226.20(b)(2) - States formula and breast milk provided by the parent contribute to a reimbursable meal when the center provides at least one component.
  – If the mother comes into the center to breastfeed her child, the meal is not reimbursable, unless she is a staff member

• Meals are NOT reimbursable if parent/guardian provides all components for 8-11 month infants
  – The center must provide at least one component
Are meals served to a child who just turned one year old reimbursable if they contain infant formula?
Frequently Asked Question

• If a physician prescribes whole cow’s milk as a substitute for breast milk or formula for an infant under 12 months of age, are meals reimbursable?
Frequently Asked Question

• If a mom brings in the formula and all of the baby food for a child 8-11 months old, can that meal still be claimed?
Standard 5: **Fruit Juice**

- Limit Fruit Juice to no more than two times per week
  - When you serve juice
    - 100% with no added sugar
    - Only during meals and snacks
  - Portions:
    - 0 - 11 months: None
    - 1 - 5 years: ½ cup
    - 6 + years: ¾ cup

Guidebook: pg 27
Questions and Discussion

http://www.azed.gov/health-nutrition/cacfp/

Specialist of the Day

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