

## Program Reminders

### 2017 Mandatory Annual Nutrition Training

The 2017 Online Annual Nutrition Training is now available on our NEW website at [www.choices4children.org](http://www.choices4children.org). You can access the training on the homepage by clicking the colorful banner that says: **Child Care Food Program Online Annual Nutrition Training June-August 2017** or by going to Programs>Child Care Food Program and clicking on the **Nutrition Training** button.

The training has two parts:

1. CCFP Compliance
2. Updated Meal Patterns

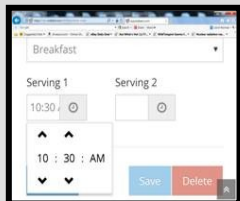


Please read through the instructions carefully and at the end of parts one and two, print the Certificate of Achievement and send them to us no later than **September 5, 2017**. Remember the Online Annual Nutrition Training is **mandatory** to continue your participation and is only online June through August 2017.

### KidKare Mealtimes

**KidKare** uses a "real time" clock when recording your meal times so **be sure to double check the meal time you record is correct for AM or PM.**

As always, you have until the end of the day (midnight) to record your meals.



**REMEMBER:** If you record your meals in the afternoon or evening, the meal time clock will automatically be set to PM so you will need to change the PM to AM when recording breakfast or am snack or the meal will be the incorrect time and therefore disallowed.

**REMINDER:** You are not allowed to record meals ahead of time.

## Policy Updates

### Update on Graham Crackers/Animal Crackers

The new meal pattern limits the consumption of added sugar and solid fats as part of a healthy eating pattern and identifies grain-based desserts as sources of added sugar and saturated fats. As a result, grain-based desserts were eliminated as a reimbursable grain component in the new meal pattern. Originally, sweet crackers (graham crackers, animal crackers) were classified as grain-based desserts, however the USDA has now revised the list of grain-based desserts **excluding** sweet crackers.

**Therefore, graham crackers and animal crackers will continue to be allowed as a reimbursable grain component at snacks and will continue to be limited to no more than two times per week.**

### July Claim Deadlines

- Web Kids: **Submit** by August 1st
- Scan Forms: **Must Be Received** by **August 5th** (Late Scan Forms will not be accepted!)
- Enrollment Forms: **Received** by August 5th

Continuing Development, Inc. (Choices for Children) is an equal opportunity provider.



## Nutrition News



### Summary of New CACFP Meal Pattern Changes Effective October 1, 2017

#### New Infant Meal Pattern

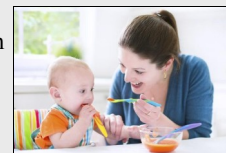


##### **Encourage and support breastfeeding:**

- Providers may receive reimbursement for meals when a breastfeeding mother comes to the day care center or home and directly breastfeeds her infant; and
- Only breastmilk and infant formula are served to infants 0 through 5 month olds.

##### **Developmentally appropriate meals:**

- Two age groups, instead of three: 0 through 5 month olds and 6 through 11 month olds; and
- Solid foods are gradually introduced around 6 months of age, as developmentally appropriate.



##### **More nutritious meals:**

- Requires a vegetable or fruit, or both, to be served at snack for infants 6 through 11 months old;
- No longer allows juice or cheese food or cheese spread to be served and allows whole egg and yogurt; and
- Allows ready-to-eat cereals.

#### New Child Meal Pattern



##### **Greater variety of vegetables and fruits:**

- The combined fruit and vegetable component is now a separate vegetable component and a separate fruit component; and
- Juice is limited to once per day.

##### **More whole grain:**

- At least one serving of grains per day must be whole grain-rich;
- Grain-based desserts no longer count towards the grains component; and

##### **More protein options:**

- Meat and meat alternates may be served in place of the entire grains component at breakfast a maximum of three times per week; and
- Tofu counts as a meat alternate.

##### **Less added sugar:**

- Yogurt must contain no more than 23 grams of sugar per 6 ounces; and
- Breakfast cereals must contain no more than 6 grams of sugar per dry ounce.



##### **Making every sip count:**

- Unflavored whole milk must be served to 1 year olds; unflavored low-fat or fat-free milk must be served to children 2 and older
- Non-dairy milk substitutes that are nutritionally equivalent to milk may be served in place of milk to children with medical or special dietary needs.

**CONGRATULATIONS!**  
**Providers of the Month**  
**ROBIN & FRED LEFLEUR**  
**LOZETTA TRANDEM**

# Minute Menu Magic



2017

<i>All Day with</i>		<b>BREAKFAST</b>		<i>All Day with</i>	
<b>LOZETTA TRANDEM</b>	Ricotta Cheese			<b>ROBIN &amp; FRED LAFLEUR</b>	Chopped Almonds
<b>Apricots (03)</b>	Red Bartlett Pears (32)	Cuties (23)		<b>Honeydew Melon (21)</b>	Nectarines (25)
<b>Corn Flakes (154)</b>	French Toast (26)	Raisin Bread (45)		<b>Banana Bread (04)</b>	Waffles (102)
<b>1% Milk (6)</b>	1% Milk (6)	1% Milk (6)		<b>1% Milk (6)</b>	1% Milk (6)
<b>SNACK</b>					
<b>Rye Crackers (253)</b>	Edamame (180)	<i>*Rainbow Summer (207)</i>		<b>Hard Pretzels (114)</b>	HM OJ Popsicles (62)
<b>Avocado (154)</b>	1% Milk (6)	<i>Millet Rolls (83)</i>		<b>Grape Juice (57)</b>	Graham Crackers (246)
<b>LUNCH/DINNER</b>					
<b>Scrambled Eggs (153)</b>	Roast Beef (16)	Grilled Chicken Thighs (38)		<b>Ham (55)</b>	Fish Tacos (70)
<b>Potatoes (224)</b>	Spinach (245)	<i>*Summer Squash Ribbons (263)</i>		<b>Broccoli (164)</b>	Jicama(201) & Cilantro
<b>Plums (36)</b>	Blackberries (05)	Fresh Cob Corn (176)		<b>Fruit Salad (16)</b>	Mangoes (24)
<b>Wheat Bread (54)</b>	Brown Rice (120)	Sourdough Rolls (51)		<b>WW Bread (56)</b>	Corn Tortillas (130)
<b>1% Milk (6)</b>	1% Milk (6)	1% Milk (6)		<b>1% Milk (6)</b>	1% Milk (6)



W E E K L Y  G R O C E R Y  L I S T	<p><b>Refrigerated</b> 1% Milk Ricotta Cheese Eggs Hummus</p> <p><b>Frozen</b> Edamame Orange Juice Grape Juice</p> <p><b>Meat</b> Roast Beef Ham Fresh Fish Chicken Thighs</p> <p><b>Packaged</b> Corn Tortillas Wheat Bread Whole Wheat Bread Rye Crackers Sourdough Brad Sourdough Rolls Corn Flakes Millet Brown Rice Hard Pretzels Raisin Bread Graham Crackers</p>	<p><b>Produce</b> Potatoes Carrots Blackberries Red Bell Pepper Red Onions Zucchini Red Bartlett Pears Nectarines Honeydew Melon Cantaloupe Cuties Avocado Apricots Plums Spinach Red Cabbage Lemons Broccoli Mangoes Jicama Cilantro Bananas Corn</p>	<p><b>*Summer Squash Ribbons with Lemon Herb Dressing</b></p> <p>2 T Olive Oil                      1 tsp. dried Thyme 2 tsp. Lemon juice                1/2 small Red Onion, thinly sliced 1 tsp. Lemon zest                 1 medium Zucchini Squash 1 tsp. dried Oregano              Pinch Salt and Pepper</p> <p>In a large bowl, whisk together first 5 ingredients and salt and pepper. Stir in onion; set aside. Cut 1/4" from base of squash (opposite stem end). Holding stem end, place flat cut end on cutting board and with a vegetable peeler, shave squash lengthwise to create ribbons, stopping at seed core. Rotate to shave opposite side, then cut seeds from remaining sides and thinly slice remaining squash. Add to bowl and gently toss to cover with dressing. Serves 6, 3-5 years. <span style="float: right;"><i>Source: www.AICR.org</i></span></p>	
	<p><b>*Rainbow Summer Millet Rolls</b></p> <p>1/2 C dry millet                      1 red Bell Pepper, thinly sliced 1 1/2 C water                        1/4 head red cabbage, sliced into strips 1 C prepared Hummus              3 Carrots, cut into 3-inch long match sticks</p> <p>4 to 6 large collard leaves, stems removed 2 to 3 C warm water                6 8-inch round rice paper sheets</p> <p>Toast millet in a med. pot over med. heat for about 4 minutes, stirring to prevent burning. When the millet is golden, add water and bring to a boil. Reduce heat, cover, and simmer for 10 minutes. Remove from the heat and let sit for 10 minutes. Then remove lid and fluff with a fork. Add 1 cup of hummus to the millet. Stir and set aside. Cut collard leaves to form 4-inch squares. Reserve the trimmings. Fill a wide bowl with the warm water. Submerge one rice paper sheet and promptly remove. Lay on a dry surface. Place one collard leaf square on the rice paper. Spread 1/4 cup of the millet mixture in a row down the center of the leaf. Then layer on a few pieces of all the veggies. Top with some leaf trimmings. Starting with the edge closest to you, roll the rice paper over the filling, folding the sides over and continuing to roll. Set aside, seam side down. Repeat with ingredients and serve immediately. To serve later, wrap each roll in plastic wrap and chill for 1 to 5 hours. Serves 12, 3-5 years. <span style="float: right;"><i>Source: www.Humanesociety.org</i></span></p>			

