

Program Reminders

2018—2019 Meal Benefit Form Renewals for Providers and Parents

If you are a Tier 1 provider by income or have children that qualify Tier 1 by their parents income, you will be mailed the appropriate Provider or Parent **Meal Benefit Form** with instructions on July 2, 2018. The deadline to return (original) Meal Benefit Forms with any necessary supporting documentation (ie, 2017 1040 and Schedule C) is **July 23, 2018**. If approved, Meal Benefit Forms will be effective **July 1, 2018—July 31, 2019**.



2018 Mandatory Annual Nutrition Training

The 2018 Mandatory Annual Nutrition Training is online at www.choices4children.org. You can access the training by going to Programs>Child Care Food Program and clicking on the **2018 Annual Nutrition Training** button. The Online Annual Nutrition Training is **mandatory** to continue your participation with the CACFP and will be available online **May 1, 2018 through August 31, 2018**.



The training consists of a 15 page training packet (which you can print) and a 30 question Annual Nutrition Training online quiz.

Please carefully read through the instructions and training packet then print the Certificate of Achievement after taking the quiz. The Certificate of Achievement can be mailed or emailed and is due to us no later than **September 5, 2018**.



Policy Updates



WIC Information

WIC (Woman, Infant & Children) is the CACFP's federally funded sister program. In addition to information about nutrition, health and breastfeeding, WIC provides special checks to buy healthy food. WIC has offices all over California. To see if you or your childcare parents may qualify, go to the [California WIC website](http://www.choices4children.org).



Holiday Closure:

July 4th—Independence Day

June Claim Deadlines

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

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

Nutrition News



Infant Meal Pattern Changes

USDA recently revised the CACFP meal patterns for infants and children to have access to healthy, balanced meals throughout the day. The changes to the infant meal pattern support breastfeeding and the consumption of vegetables and fruit without added sugars. These changes are based on the scientific recommendations from the National Academy of Medicine, the American Academy of Pediatrics and stakeholder input. CACFP centers and day care homes must comply with the new meal patterns by October 1, 2017 but have until **October 1, 2018** before meals are disallowed for not complying with the new meal pattern.

The New Infant Meal Pattern

Encourages and supports 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 months old.

Provides More Developmentally appropriate meals:

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



Provides 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;
- Allows whole egg, yogurt and ready to eat cereals with restrictions on sugar in yogurt and cereals.

For more information on the new CACFP Meal Patterns visit:

<http://www.fns.usda.gov/cacfp/meals-and-snacks>

Infants in your Care must be Offered CACFP

Providers participating in the CACFP must offer meals to ALL eligible children enrolled in their family child care home, **including infants**. Program Regulations define an enrolled child as “a child whose parent or guardian has submitted to an institution a signed document which indicated that the child is enrolled in childcare” (7CFR226.2).

As long as an infant is in care during the meal service period, the family child care provider must offer the infant a meal that complies with program requirements. This means that if you care for infants you must have on hand an approved iron fortified formula to offer. **An infant's parents or guardian may decline the offered provider's infant formula and supply breastmilk or an iron fortified formula in which case, the provider will be reimbursed for serving the infant.** To receive reimbursement, the provider must serve and feed the infant according to the Infant Meal Pattern and supply solid foods **when developmentally appropriate**.



Minute Menu Magic



2018

<i>All Day with</i>		<i>All Day with</i>		BREAKFAST	
LORRAINE JENSEN	DIANA RAMIREZ				
Oatmeal	Hard Boiled Eggs Whole Wheat Cereal	HM Zucchini Muffins	Cinnamon Toast	Scrambled Tofu	
Grapes	Mangos, Spinach	Cherries	Muskmelon	Zucchini & Tomatoes	
1% Milk	1% Milk	1% Milk	1% Milk	1% Milk	
SNACK					
Biscuits	Barbara's Puffins Original Cereal	Wheat Thins	Tortilla Chips	Grilled Eggplant	
Raspberries	Strawberries, 1% Milk	Cucumbers	*Mango Tango Black Bean Salsa	1% Milk	
LUNCH/DINNER					
Scrambled Eggs	Beef Steak	Ground Turkey	Pork Chops	Shrimp Tacos	
Pancakes	Brown Rice	Flour Tortilla	Garlic Bread	Corn Tortilla	
Tater Tots	Broccoflower	Carrots	*Foiled-Grilled Veggies	Tomatillo Salsa	
Strawberries	Peaches	Honeydew Melon	Nectarines	Red Cabbage & Avocado	
1% Milk	1% Milk	1% Milk	1% Milk	1% Milk	



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Refrigerated 1% Milk Eggs Tofu	Meat Beef Steak Ground Turkey Shrimp Pork Chops
Frozen Tater Tots	<p>Have an awesome Summer!</p>
Packaged/Canned French Bread Brown Rice Whole Wheat Bread Flour Tortillas Corn Tortillas Tortilla Chips Wheat Thins Whole Wheat Cereal Barbara's Puffins Original Cereal	
Oats Black Beans Corn with Peppers Ground Cumin	

Mango Tango Black Bean Salsa

1 15 oz. can Black Beans, drained and rinsed
 1 fresh Mango, cut into 3/4-inch cubes
 1 7 oz. can Corn with peppers, drained
 1/4 C finely chopped Onion
 1/4 C coarsely chopped fresh Cilantro
 Juice of 1Lime 1 tsp. Garlic powder
 1/4 tsp. ground Cumin

Combine beans, mango, corn, onion, and cilantro in a medium bowl. Stir in lime juice, garlic powder and cumin.
 Serves 10, 3-5 years

Foil-Baked Veggies

A variety of sliced Veggies (1/2 Cup per packet) Olive Oil
 Salt & Pepper Sprigs of fresh Herbs

Toss together veggies with a little olive oil, salt, and pepper. Add a few springs of fresh herbs, such as rosemary and thyme, if desired. Transfer 1/2 cup veggies to individual pieces of heavy-duty aluminum foil, large enough to fold the ends and sides together tightly to seal. Grill over medium high heat about 15-20 minutes; or grill about 8-10 minutes on high heat. Turn once. Open carefully as steam will come out. Cut open foil packets with a sharp knife and carefully fold back the foil so the steam can escape. Serve directly from packet. Each packet serves 2, 3-5 years.



Source: Canned Food Alliance



Source: www.food.unl.edu