



Program Reminders

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 is available online through **August 31, 2018**.

This year's training consists of a 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 is due to us no later than **September 5, 2018**.

KidKare Changes with Attendance

Recently a change was made in the way meals and attendance are recorded in KidKare in order to satisfy the **attendance** requirement of the USDA regulations.

Now, when you record the first meal of the day for a child you will also be required to check the child in by clicking the "Check In" prompt. If you currently use the **Check In/Out** feature of KidKare to record attendance times, you will not see this new feature. Both are acceptable methods of recording a child's attendance each day. For now, meals claimed are not affected by a attendance times, however this may change in the future.

Policy Updates

Whole Grain Rich Product Tip Sheet

As of October 1, 2018 a meal or snack will be disallowed if a whole grain rich item is not served each day.



We will be handing out an "Identifying Whole Grain-Rich" Tip Sheet at monitors to help you better identify products that are whole grain rich. You may also view the Tip Sheet at <https://www.cacfp.org>

Remember, these items are always considered whole grains:

Brown Rice	Barley	Millet
Oatmeal	Buckwheat	Bulgar
Quinoa		

July Claim Deadlines

Web Kids: **Submit** by Aug 1st

Scan Forms: **Must Be Received** by Aug 5th

(Late Scan Forms will not be accepted!)

Enrollment Forms: **Received** by Aug 5th

Nutrition News

Identifying Whole Grain-Rich Foods

The USDA CACFP requires that at least one serving of grains each day contains a whole grain-rich component. **As of October 1, 2018 a meal or snack will be disallowed if a whole grain rich item is not served each day.**

How to Identify Whole Grain Rich Foods

Foods that meet the whole grain-rich criteria are foods that contain at least 50% whole grains and the remaining grains in the food are enriched, or are 100% whole grain. There are 3 main ways to help identify if a product is whole grain rich.

1. Food is Labeled "Whole Wheat" & Meets FDA's Standard of Identity

Certain bread and pasta products specifically labeled "Whole Wheat" on the package and which conform to an FDA Standard of Identity can be considered whole grain-rich. An FDA Standard of Identity is a set of rules for what a product must contain to legally be labeled with that product name.



2. FDA Statement

One of the following FDA statements is include on the labeling:

"Diets rich in whole grain foods and other plant foods and low in total fat, saturated fat, and cholesterol may reduce the risk of heart disease and some cancers."



"Diets rich in whole grain foods and other plant foods, and low in saturated fat and cholesterol, may help reduce the risk of heart disease."

3. Rule of Three

The first ingredient (second if after water) must be whole grain, and the next two grain ingredients (if any) must be whole grains, enriched grains, bran, or germ. Any grain derivatives may be disregarded. Any non-creditable grain ingredients that are labeled 2% or less are considered insignificant and may also be disregarded.





INGREDIENTS: Whole Wheat Flour, Enriched Wheat Flour (Flour, Niacin, Reduced Iron, Thiamine Mononitrate, Riboflavin, Folic Acid), Vegetable Oils (Canola And/ Or Sunflower), Cheddar Cheese ([Cultured Milk, Salt, Enzymes], Annatto), Salt, Contains 2 Percent Or Less Of: Yeast Extract, Natural Flavor, Paprika, Spices (Celery), Baking Soda, Monocalcium Phosphate, Dehydrated Onions, Annatto Extract For Color. **CONTAINS: WHEAT, MILK**

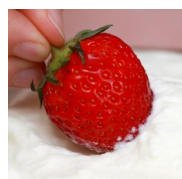
CONGRATULATIONS!
Providers of the Month
SARAH WILLIAMS
SAVANNAH FRAIJO

Minute Menu Magic



<i>All Day with</i>		BREAKFAST			<i>All Day with</i>	
SAVANNAH FRAIJO					SARAH WILLIAMS	
Pork Sausage				Scrambled Eggs		
English Muffin	Cornbread		French Toast	Whole Wheat Bread		HM Banana Date Muffins
Banana	Pluots		Blueberries	Avocado, Apricots		Pomegranates
1% Milk	1% Milk		1% Milk	1% Milk		1% Milk
SNACK						
Cherry/Grape Tomatoes	<i>* Frozen Yogurt-Strawberries</i>		Red Pepper Hummus	Pumpkin Seeds Oatmeal		Dilly Yogurt Dip
1% Milk	Graham Crackers		Soft Pretzels	1% Milk		Assorted Summer Squash
LUNCH/DINNER						
Jack Cheese	Pork Loin Roast		Roast Beef	Chicken Breast		<i>*Tuna Sushi Wraps</i>
Whole Wheat Tortilla	<i>*Quinoa Pilaf</i>		Whole Wheat Couscous	Saltines		<i>Whole Wheat Tortillas</i>
Pinto Beans	Asian Pears		Steamed Kohlrabi & Leaves	Peas		<i>Mixed Veggies</i>
Peaches	<i>Currants & Raspberries</i>		Cantaloupe	Mangos		Oranges
1% Milk	1% Milk		1% Milk	1% Milk		1% Milk

W E E K L Y G R O C E R Y L I S T	Refrigerated 1% Milk Eggs Non-Fat Greek Yogurt Hummus Jack Cheese Frozen Enriched Bread Dough Packaged/Canned Walnuts Quinoa Tuna Whole Wheat Tortillas Graham Crackers Whole Wheat Bread Dried Currants Pumpkin Seeds Pinto Beans Saltines Dates Oatmeal Whole Wheat Couscous English Muffins Broth Whole Grain Cornmeal	Meat Roast Beef Chicken Breasts Pork Loin Roast Pork Sausage Produce Parsley Pluots Bananas Apricots Blueberries Oranges Asian Pears Raspberries Peas Cucumbers Dill Baby Spinach Mangos Peaches Cherry/Grape Tomatoes Strawberries Cantaloupe Kohlrabi Assorted Summer Squash Green & Red Peppers Avocado Carrots Pomegranates	<p>Tuna "Sushi" Wraps</p> <p>2 Wh. Wheat Tortillas 1 Carrot, cut into matchsticks 1/3 C Hummus 1 6oz. can Tuna, drained 1/2 Cucumber, sliced 1 handful Baby Spinach 1/2 Red Bell Pepper, sliced</p> <p>Cut tortillas into a square; spread with hummus and sprinkle with tuna. Layer a few baby spinach leaves over half the tortilla. Across the center of the tortilla, place lines of matchstick carrots, cucumbers, and red bell peppers. Roll tightly and seal with a dab of hummus. Slice into bite-size sushi pieces. Serves 6, 3-5 years <i>Source: www.kiwimagazineonline.com</i></p> 
	 <p>Quinoa Pilaf with Raspberries</p> <p>1 1/2 C reduced sodium Broth 1/2 C finely chopped toasted Walnuts 3/4 C Quinoa 1/8 tsp. ground Black Pepper 1/2 C dried Currants 1/2 C finely chopped Parsley 1 package (6 ounces) Raspberries</p> <p>In a medium saucepan, combine broth, quinoa and pepper. Bring to a boil. Reduce heat to low, cover and simmer 12 to 15 minutes or until liquid is absorbed. Fold parsley, walnuts, currants and raspberries gently into hot quinoa. Let stand covered 5 minutes. Serve warm or room temperature. Serves , 3-5 years</p>		



Frozen Yogurt-Strawberries

1 C non-fat Greek yogurt 1 pint Strawberries

Dip berries in yogurt, place on a baking sheet covered with wax paper, freeze overnight and enjoy the next day.
 Serves 4, 3-5 years *Source: www.heart.org/myheartmylife*