

What's the DISH?

Minnesota Department of
Education

Family
Day Care

Child and
Adult Care

Summer
Food

Afterschool
Meals

Food and Nutrition Service

Welcome from the Minnesota Department of Education

January—March 2014

Happy February! February is more than just Valentine's Day; I heard recently that the best thing of all is the everyday reminder that it's no longer January any more. Hopefully the groundhog and his shadow will bring us an early spring, because we earned it this year in Minnesota. Hope you enjoyed Valentine's Day with your sweetie and welcome to the first issue of, *What's the Dish?* This quarterly newsletter will provide Community Nutrition staff with articles about hot topics, updates on each of the program areas, monitoring news, nutrition education, training schedules, and links to the most recent U.S. Department of Agriculture (USDA) policy memos. This communication tool should decrease the number of listserv messages we send out by combining the policy news with other important happenings. We hope you enjoy the articles and encourage you to forward a copy to others in your organization.

Community Nutrition staff include all those in USDA's Child and Adult Care Food Programs (CACFP) for Centers and Family Day Care Homes (FDCH), Summer Food Service Programs (SFSP), and At-Risk Afterschool Meals Programs.

Warmly,



Jeanette Johnson-Reed, Supervisor
Community Nutrition Programs

February is National Grapefruit Month



Newsletter Index

What's New in Minnesota?	2
USDA Listserv Reminders	2
SFSP Updates	2
Team Nutrition Updates	2
Potholes for CACFP	
Sponsors	3
At-Risk Updates	3
FDCH Updates	3
CACFP Updates	3
Smoothie Quiz	4
Training Coming Your Way	4
Handy Tools and Materials	5
Special Diet Information	5

RECIPES FOR HEALTHY KIDS



Your Way

Order YOUR copy on the [Team Nutrition Resource Order Form](#).

2010 Dietary Guidelines for Americans

The 2010 Dietary Guidelines for Americans provide recommendations for children and adults, two years and older, on dietary habits to promote health and reduce risk for major chronic diseases. Child care sponsors and providers nationwide are including the 2010 Dietary Guidelines in curriculum and menu planning. Tips and resources for starters are:

- Be a healthy role model for children in your care. Eat vegetables, fruits, and whole grains with meals or as snacks.
- Include menus and recipes (Recipes for Healthy Kids-below, left) which provide lots of vegetables, fruits, whole grains, fat-free and low-fat dairy.
- Balance calories with physical activity and encourage healthy weight.
- Teach children hunger and fullness cues before and after meals.
- Discuss where vegetables, fruits, grains, dairy, protein foods come from.
- Offer one new food one at a time. Serve something children like along with the new food. Offer new foods at the beginning of a meal, when children are very hungry. Avoid lecturing or forcing children to eat.
- Reward children with attention, not food and comfort with hugs and talks. Choose not to offer sweets as rewards.

Use tip sheets from [Nutrition and Wellness Tips for Young Children: Provider Handbook for the Child and Adult Care Food Program](#) for hands-on activities covering nutrition topics for child care sponsors and providers to create healthier environments for children ages two through five years of age. These tip sheets are free for those participating in USDA Child Nutrition Programs by ordering copies on the [Team Nutrition Resource Order Form](#).

Reference: [Dietary Guidelines for Americans 2010](#).

What's New in Minnesota—Infant Menu Records

Good news...an alternative approach to Infant Food Production Records for infants under one year of age is now available to CACFP sponsors (exception: family day care home providers) which is less time consuming called Infant Menu Records.

The Infant Menu Record is a new form which must be posted weekly in the infant room and provides the CACFP infant meal patterns for breakfast, lunch/ supper and snack. The Infant Menu Record offers guidance to infant room staff at meal and snack times. It furnishes the names of all infants that fall within a specific age group and states the required food components and quantities that must be prepared and offered to each infant. [View the Infant Menu Record.](#)

Implementing the new form is simple:

- Update the new Infant Menu Record weekly and record the name of each infant under the correct infant age group to account for infants who transition to a different age group, i.e., one 1-3 months, 4-7 months, and 8-12 months.
- Prepare and serve the required food components and quantities to each infant as indicated on the form.

Your sponsorship may choose to use the new weekly Infant Menu Record or continue to complete the daily Infant Food Production Records...the decision is up to you.

USDA Listserv Reminders

January 3, 2014, [CACFP Administrative Review List 2013-14](#). Most sponsors on the list will receive an *announced* Administrative Review this fiscal year while some will receive an *unannounced* follow-up Administrative Review.

January 9, 2014, 2014 [SFSP Reimbursement Rates](#). New rates for SFSP have been released and available for planning and budgets.

January 23, 2014 [Demonstration Project for Non-Congregate Feeding for Outdoor Summer Feeding Sites Experiencing Excessive Heat- Revised Q & A's](#). The USDA memorandum allows a SFSP or Summer Seamless Option (SSO) sponsor organization to request non-congregate feeding based on "exceptional circumstances other than extreme heat" that make congregate feeding not viable or unsafe.

February 4, 2014 [Procurement Thresholds in the SFSP](#). USDA simplified SFSP procurement requirements by raising the "small purchase threshold" from \$100,000 to \$150,000, consistent with other federal child nutrition programs.



SFSP Updates

The SFSP for 2014 is under way! The 2014 reimbursement rates have been released. Now is the time to update the Cyber-Linked Interactive Child Nutrition System (CLiCS) sponsoring authority contact, the list of CLiCS users, and the SFSP listserv subscriber to ensure that you receive all SFSP program updates and information! Plan to rollover your CLiCS 2014 SFSP Application in mid-March. All new sponsors are required to attend training, complete application materials and receive a preapproval visit from Minnesota Department of Education (MDE) staff prior to application approval. All participants attending training will receive a CD with USDA handbooks, program materials and presentation. Numerous SFSP training opportunities have been planned and are featured in Training Coming Your Way.

Team Nutrition Updates

MDE is the proud recipient of a 2013 USDA Team Nutrition Training Grant. This grant provides funding to MDE to establish or enhance sustainable infrastructures for implementing Team Nutrition's goal of improving children's lifelong eating and physical activity habits. Minnesota will launch the Youth Eating Smarter in Minnesota (YES! MN) campaign to improve the nutritional habits and intake of Minnesota youth participating in the National School Lunch Program (NSLP) and the CACFP. A state Child Nutrition Program training network will deliver training to schools, CACFP center directors and FDCH sponsors to assist them in meeting the recommendations in the 2010 Dietary Guidelines for Americans. Smarter Lunchroom and Behavioral Economics trainings will also be conducted to schools, directors and sponsors.



Potholes for CACFP Sponsors Reporting A, B and Cs

State agency staff have occasion to observe slip-ups that sponsors run into - events that can be avoided! Like potholes on the Minnesota highways, state agency staff want to help steer away from these A, B and C reporting potholes!

Did you know that CACFP sponsors (except At-Risk and Emergency Shelters) are required to determine and report the number of category A, B and C participants attending a center *monthly*?

That's right! Since November 2010, sponsors must not "roll-over" the number of A, B, and Cs reported in the previous month. Instead, sponsors must report the A, B and C information *monthly* by assigning a category of eligibility (A, B or C) to each participant who was in attendance (recording A, B or C next to the participant's name on the Attendance/Meal Count sheet from each classroom).

By your correcting and completing this "pothole" before an administrative review, you will prevent substantial fiscal adjustments and avoid this pothole.

Call state agency staff with any questions on A, B, C reporting.

At-Risk Updates

At-Risk Afterschool Meals of the CACFP provides meals (including suppers) and snacks to youth through 18 years of age at area eligible sites. Check out the new streamlined At-Risk application process making applying easier than ever! Current sponsors of School Nutrition Programs (SNP) and or SFSP that are "in good standing" qualify for a streamlined application process for At-Risk. An application checklist and more information is available on the At-Risk Afterschool Meals webpage to assist sponsors access the necessary training and application forms.

Remember all CACFP programs that are area eligible may serve At-Risk meals or snacks to youth. Look around, does your community need this program? Call Ben Durand at 651-582-8526 or [view the At-Risk Afterschool Meals webpage](#).

FDCH Updates

Kari Kennedy is glad to be a part of the CACFP team working with family day care homes as of October 23, 2013. Kari is originally from the Twin Cities area but spent the last eight years in the North Carolina Department of Public Safety working in the prisons as a Registered Dietitian. Though her clientele are very different she is glad to be back to Minnesota and living closer to extended family!

Reminder - The audit results and data collection form must be submitted within 30 days of receipt of the completed audit or June 30, 2014, whichever is earlier. Remember to complete this as soon as possible. For more information refer to the November 22, 2013 Minnesota Department of Education listserv "Audit Information and Requirements for Not-for-Profit Sponsors Participating in USDA's Child and Adult Care Food Program."

The FDCH sponsors will be meeting on Tuesday, March 25, from 2:00 p.m. to 3:30 p.m. Sponsors will be able to participate with Internet access. The meeting will feature a discussion by new MDE Food and Nutrition Service staffer, Crista Walsh, presenting on Management Plans and Budgeting.

CACFP Updates

A new training webpage has been added to CACFP Centers-check it out! This month you will discover 17 recorded webinars available around the clock and more topics are being added daily! The training webinars include these topic areas: *Instructions and Types of Centers, Meal Patterns, Recordkeeping and Training, Preparing and Submitting Claims, Administrative Reviews*. Watch for additional training opportunities for live workshops and webinars late summer and fall to sponsors who will receive an Administrative Review visit in fiscal year 2014-15.

Smoothie Quiz

USDA recently updated guidance on how smoothies are credited in Child Nutrition Programs. Answer the following “True or False” questions to test your Smoothie IQ.

Q. Dairy and soy yogurt may be credited as a meat alternate in smoothies prepared onsite by program operators at breakfast only. However, for CACFP and SFSP, a meat/meat alternate is not a required food component at breakfast.

A. True.

Q. For both breakfast and lunch, milk may be credited toward the fluid milk requirement in smoothies prepared by program operators.

A. True.

Q. Fruit can be credited as fruit juice toward the fruit requirements at lunch only.

A. False. Fruit can be credited as fruit juice toward the fruit requirement for both lunch and breakfast. It is not recommended to offer a smoothie at both breakfast and lunch on the same day.

Q. Commercially prepared smoothies may only credit toward the fruit component.

A. True. In addition, smoothies may not contain nutritional supplements. For further information refer to [Smoothies Offered in Child Nutrition Programs](#).

Training Coming Your Way

CACFP Centers recorded webinars and educational materials

Administrative and Food Service training topics are available to you any time of the day. Online training webinars are available to sponsors and staff. [View the training webpage of CACFP Centers](#).

SFSP Refresher Workshop, 9:00 to noon

The SFSP Refresher Workshop for renewing sponsors focuses on program updates and a review of key program areas.

Wednesday, March 12, Minnesota Department of Education, Roseville. Conference Center B, Room CC16, 1500 Commerce Street, Roseville, MN 55113. [View directions and map](#). [Register for March 12, 2014](#).

SFSP Basics Workshops, 8:30 to 4:00

Training for new or previous sponsors on basic program operations and requirements required for new sponsors and their staff as well as sponsors needing a thorough review or sponsors who have not attended a workshop in the past two years.

Wednesday, April 9 (all sponsor types), Chase on the Lake, Walker. Parlor Room 3, 502 Cleveland Boulevard, Walker, MN 56484 (218-547-7777). [View directions and map](#). [Register for April 9, 2014](#).

Wednesday, April 16 (schools only), Minnesota Department of Education, Roseville. Conference Center B, Room CC15, Minnesota Department of Education, 1500 Commerce Street, Roseville, MN 55113. [View directions and map](#). [Register for April 16, 2014](#).

Thursday, April 17 (non-schools only), Minnesota Department of Education, Roseville. Conference Center B, Room CC15, 1500 Commerce Street, Roseville, MN 55113. [View directions and map](#). [Register for April 17, 2014](#).

Wednesday, April 23 (all sponsor types), Marshall Public Schools District Office. Board Room. 401 S. Saratoga, Marshall, MN 56258 (507-537-6924). [Directions and map](#). [Register for April 23, 2014](#).

Check in is available 30 minutes prior to all SFSP workshops. To request a reasonable accommodation to participate in any of the above events or if you have any questions, contact Liane Jensen at 651-582-8526 or liane.jensen@state.mn.us. Note: The Minnesota Department of Education requires a two-week advance notice in order to provide the requested accommodation and requires a 48-hour notice to cancel a requested accommodation.

Handy Tools and Materials

[Crediting Handbook for the Child and Adult Care Food Program](#) replaces "What's in a Meal?", compliments the "Food Buying Guide for Child Nutrition Programs" and provides the most updated information for crediting foods for current CACFP meal patterns. January 2014.

[Summer Food Service Program 2014 Handbook](#) provides information for the SFSP monitor including duties and responsibilities, required records, meal pattern requirements, and samples of forms needed.

[Fruit and Vegetable Fact Sheets](#) (22 each total) are colorful and child care provider friendly. The fact sheets emphasize fruits and vegetables grown in Minnesota - download your copies - just a click away!

[At-Risk Afterschool Meals Handbook](#) identifies eligibility requirements, how to apply, meal patterns, reimbursement, food service requirements, recordkeeping and monitoring. Revised July 2013.

[Caring For Our Children](#) includes national standards of recognized experts on quality health and safety practices and policies for child care settings. Database which is current and 2011 published print (PDF) file.

[Family Day Care Homes Monitor Handbook](#) is for monitors of family day care homes and provides a general working knowledge of the CACFP as well as duties and responsibilities (as a representative of the sponsoring organization) and required regulatory review elements. February 2012.

[Serious Deficiency, Suspension, & Appeals for State Agencies & Sponsoring Organizations](#) provides information and guidance to policies and procedures for the serious deficiency process. December 2013.

[Guidance for Management Plans and Budgets](#) focuses on independent centers and sponsoring organizations to conduct organized and fiscally responsible operations of the CACFP. December 2013.

[Monitoring Handbook for State Agencies – A Child and Adult Care Food Program Handbook](#) is for state agency monitoring staff to ensure compliance with meal pattern, recordkeeping, and other program requirements. The handbook contains information on review responsibilities, required regulatory review elements and tools needed to have a successful monitoring system. December 2013.

Special Diet Information

Celiac disease, an autoimmune digestive disorder that results in a reaction to the protein (gluten) found in wheat, barley and rye, has risen dramatically in the past 50 years with numbers increasing more than four-fold in the United States.¹ Likewise, gluten free options are becoming more prevalent now than ever before. Unfortunately, many of these products are not creditable in the CACFP program. The following Q & A will help you determine which foods are creditable and how to inform providers of good options for those needing a gluten free diet.

Q1: What is the easiest way for providers to offer gluten free foods cost effectively?

A: Gluten free products are very expensive and often not necessarily the healthiest option. Serving traditional gluten free grains such as brown rice, wild rice, quinoa, millet, buckwheat (don't let the name confuse you it is gluten free), oats (buy only gluten-free certified oatmeal) and amaranth are all gluten free grains that may be healthier options and are cost effective ways to meet CACFP grain requirements*.

¹Rubio-Tapia A, Kyle RA, Kaplan EL, et al. Increased prevalence and mortality in undiagnosed celiac disease. *Gastroenterology*. 2009; 137:88–93.

(Special Diet Information continued on next page)

Special Diet Information (continued)

Q2: Which gluten free products are most likely not creditable?

A: Many of the gluten free breads, pizzas, baked goods and desserts are not creditable. They either contain **potato or tapioca** starch as the primary ingredient (both of which are NOT creditable) and/or they do not contain **whole or enriched grains** as primary ingredients. For example, according to the information below the only bread creditable is the brown rice (Food for Life**) bread since the primary ingredient is brown rice flour. Even though Rudi's is labeled *multigrain* it does not have a **whole or enriched grain** as the primary ingredient and therefore is not creditable.

First Three Ingredients in Each Product

Water, potato extract and high oleic sunflower/safflower oil.

Non-creditable



White rice flour, filtered water and honey.

**Non-creditable
(not enriched)**



Brown rice flour, filtered water and fruit juice concentrate.

Creditable



Q3: What should sponsors do to inform providers that insist the children in their care want bread or specific gluten free products that may otherwise not be creditable?

A: If a child has a medical disability and/or is unable to consume regular program meals because of medical or other special dietary needs, obtain a signed **Special Diet Statement** from a recognized medical authority specifying the food or foods to be omitted from the participant's diet and which specific food or choice of foods may be substituted. [View the Special Diet Statement.](#)

Q4: Are any other of the gluten free products creditable?

A: Yes! Many of the cereals that providers are already serving may be gluten free such as Corn Chex**, Rice Chex** and Kellogg's has come out with gluten free Rice Krispies** made with brown rice (regular Rice Krispies contain malt flavoring and are NOT gluten free). Additionally there are many **brown rice** pastas that are 100 percent whole grain on the market and are creditable. Some corn tortillas are whole grain (Food for Life brand**) and some corn chips are also whole grain (look carefully Tostitos** has both whole grain corn chips and non-creditable corn chips). Be careful many of these foods are NOT enriched so inform providers that products must be either **whole** grains or **enriched!**

Crediting gluten free products is tricky and informing providers that grain with minimal processing such as brown rice and oatmeal are more likely to be creditable is the easiest way to credit gluten free foods.

*Make sure the non-common grains such as millet, amaranth, quinoa and buckwheat are whole grains (have the word "whole" in front of the name) and if it is not clear obtain documentation from the manufacturer.

**MDE does not endorse any specific brands or food manufactures. Manufacturers can change ingredients and recipe formulations at any time.

For additional information refer to the USDA Food Buying Guide for Child Nutrition Programs and the USDA Crediting Handbook.

The *What's The Dish?* newsletter is published quarterly by staff from the following USDA-funded programs: SFSP, CACFP centers, FDCH, and At-Risk. Because these programs complement one another, this newsletter is developed as beneficial to all community nutrition programs and all partners. [The USDA is an equal opportunity provider and employer.](#)