



BULLETIN: Child and Adult Care Food Program

Department of Education & Early Development

Child Nutrition Services

801 W. 10th Street, Suite 200

P.O. Box 110500, Juneau, AK 99811-0500

Phone: 465-8711 Fax: 907 465-8910

Email: annmarie.martin@alaska.gov

To: CACFP Sponsors
Program Reviewers

Date: January 11, 2008

From: Ann-Marie Martin
Program Specialist

Bulletin: 2008-01

Subject: CACFP Spring Training,
Physical Activity & Nutrition Training,
& Resources

Topics Included with the Child Nutrition Services Bulletin Follow:

1. Accessing CACFP Bulletins in the future
2. On-Line Claiming
3. CACFP Spring Training
4. The CACFP Sponsor's Association & CACFP Week
5. Mealtime Memo for Child Care *No. 10, 2007 Cooking with Fresh Vegetables and No. 12, 2007 Iron Nutrition for Children*

Program changes as a result of USDA Policy Memos are to be implemented immediately. Please file this bulletin for reference, guidance and compliance with the Child and Adult Care Food Program. Feel free to call the Child Nutrition Services office if you need further clarification.

1) Accessing CACFP Bulletins in the future

This will be the last bulletin that will be mailed out to centers. You will be notified on the Child Nutrition Program on-line database Welcome Page, when there is a new bulletin. We will be sending the bulletins to you via e-mail, using the e-mail address you've given us when signing up for on-line claiming. Only those centers that are not on-line claiming will be mailed a hard copy of the bulletins in the future.

2) On-Line Claiming Update

I'm pleased to say that most child care centers are utilizing the on-line claiming. Our office processes these claims on Monday, Wednesday, and Friday at noon. If you enter your data after 12:00 noon it will be processed on the next processing day.

Starting with the January claims – we will no longer be sending out the hard copy statement each month, which informs you of your reimbursement amount. You can access this via the on-line CNP Web by looking under the 'Claims' or 'Payments' headers. If you are not claiming on-line you will still be mailed the statement each month.

3) CACFP Spring Training

The CACFP Administrative Update is a mandatory annual training for every child care center. If you have new administrative staff they are required to attend the first training available after their hire. This half day training encompasses the federal and state requirements to run the CACFP, as well as valuable communication among participants on practical applications.

The CACFP Program Basics is optional for existing programs with consistent staffing. If you have new administrative staff or are a new program this training is mandatory. This half day training emphasizes record keeping, the meal pattern, cycle menus and production records.

The Physical Activity & Nutrition Training is optional for all programs. This day long training will provide an in-depth overview of the Team Nutrition funded Physical Activity and Nutrition Training Initiative for early childcare providers. Participants will learn about childhood overweight, how to implement policy and environmental strategies in the childcare setting to increase physical activity and healthy food choice, and strategies to help parent increase activity at home and improve food choice. Information presented will also prepare childcare centers to integrate the principles of the *2005 Dietary Guidelines for Americans*, *MyPyramid*, and the CACFP into the nutrition education curriculum, classroom environment, and their personal behavioral characteristics. Participants will receive a copy of the [Physical Activity and Nutrition training manual](#) published by the Division of Public Health. The information will be presented by the State of Alaska Obesity Prevention and Control program manager, Karol Fink, MS, RD.

Please read the attached training registration information sheet. Registration is due to the state agency by February 15th. We are offering the CACFP & PAN trainings at the Fairbanks Food Bank, the Howard Johnson Plaza Hotel in Anchorage. The CACFP trainings will also be held at the State of Alaska, Department of Education & Early Development in Juneau. We are also offering distance delivery of the CACFP trainings for those programs that cannot attend the in-person training.

4) The CACFP Sponsor's Association & National CACFP Week – March 16-22, 2008

The CACFP Sponsor's Association (TSA) promotes children's nutrition issues. It engages in activities that are intended to promote the general interests of children and their families. They have ideas and products available for members and some for non-members. They hold a yearly conference and promote a National CACFP week each year. You can learn more about them at www.cacfp.org.

CNS has ordered children's stickers to help promote CACFP Week and will be distributing enough for each child for one day at your center. We encourage you to use these during CACFP Week as you promote healthy eating with other center activities. This is a good opportunity to educate the children and the families in your care. If you would like information about CACFP Week and the resources available please visit:

<http://www.cacfp.org/CACFPWeek.html> The orders need to be placed by February 15th

Children's Stickers: Encourage children to be healthy with stickers promoting the Child & Adult Care Food Program. 15 stickers on a page with five different designs and quotes such as, "Ask me about being a healthy eater," "Being active makes me feel great!" and "I ate a healthy lunch today." Order one page of stickers for each provider under your sponsorship. Order sheets of stickers in sets of 25, 50, or 100.



5) Mealtime Memo for Child Care No. 10, 2007 *Cooking with Fresh Vegetables: Focus on Broccoli;* No. 12, 2007 *Iron Nutrition For Children*

Mealtime Memo for Child Care is issued on a bi-monthly basis by the National Food Service Management Institute (NFSMI). These issues give helpful information about broccoli and iron , as well as a delicious recipes and menus for a week. This resource is available for free download with NFSMI at <http://www.nfsmi.org>. I recommend incorporating some of the techniques and foods into your child care food program.



Child & Adult Care Food Program (CACFP) TRAINING REGISTRATION Spring, 2008

~ State agency training on the Child and Adult Care Food Program must be attended annually ~
~ There is no registration fee for any of the trainings ~

Anchorage Trainings will be held at:

Howard Johnson Plaza Hotel
239 West Fourth Avenue
Discount room rates available - \$59.00/night
Contact (907) 793-5500

Fairbanks Trainings will be held at:

Fairbanks Food Bank
725 26th Avenue

Juneau Trainings will be held at:

State of Alaska, Department of Education & Early Development
Goldbelt Building, 801 W. 10th Street; 1st Floor Auxilliary Board Room

Administrative Update for Center Directors and Administrators

This training will cover the administration and management of the CACFP, administrative updates, and administrative review trends. There will be a short Child Nutrition Program web-based training to introduce the update/renewal process for next year. Annual attendance is required.

Training Location, Date and Time Options:

Anchorage on March 5, 2008 at the Howard Johnson Hotel from 8:30 – 11:45 a.m.
Fairbanks on March 11, 2008 at the Fairbanks Food Bank from 8:30 – 11:45 a.m.
Juneau on March 17, 2008 at the Department of Education from 8:30 – 11:45 a.m.
Distance Delivery on March 17, 2008 at the Department of Education from 8:30 – 11:45 a.m.

Child and Adult Care Food Program Basics

This training is intended for staff who are new to the program or who would like to refresh their knowledge of the basic requirements of the program. Emphasis is on record keeping, the meal pattern, cycle menus and production records. Attendance optional for existing programs, required for new programs or new program administrators.

Training Location, Date and Time Options:

Anchorage on March 5, 2008 at the Howard Johnson Hotel from 1:15 – 4:30 p.m.
Fairbanks on March 11, 2008 at the Fairbanks Food Bank from 1:15 – 4:30 p.m.
Juneau on March 17, 2008 at the Department of Education from 1:15 – 4:30 p.m.
Distance Delivery on March 17, 2008 at the Department of Education from 1:15 – 4:30 p.m.

Physical Activity & Nutrition Training (PAN)

This training provides an in-depth overview of the Team Nutrition funded Physical Activity and Nutrition Training Initiative for early childcare providers. Participants will learn about overweight childhood, implementing policy and environmental strategies to increase physical activity and healthy food choice, and strategies to help parent increase activity at home and improve food choice. Training will also prepare childcare centers to integrate the principles of the 2005 Dietary Guidelines for Americans, MyPyramid, and the CACFP. Participants will receive a copy of the [Physical Activity and Nutrition training manual](#) published by the Division of Public Health. The information will be presented by the State of Alaska Obesity Prevention and Control program manager, Karol Fink, MS, RD.

Training Location, Date and Time Options:

Anchorage on March 4, 2008 at the Howard Johnson Hotel from 8:30 – 4:30 p.m.
Fairbanks on March 12, 2008 at the Fairbanks Food Bank from 8:30 – 4:30 p.m.

A limited number of travel scholarship and/or reimbursement for substitute staff are available for any CACFP center staff to attend the [Physical Activity and Nutrition Training](#). Please contact karol.fink@alaska.gov or 907.269.3457 for an application.



CACFP TRAINING REGISTRATION FORM

CACFP Administrative Training is offered twice a year and must be attended once annually.
 CACFP Basic Training is mandatory for new programs or new administrators of existing programs.
 PAN training session is optional.

~No registration fees for any of the trainings ~

| Name of Attendee(s) | Write the Location You're Attending (Anchorage, Fairbanks or Juneau) | CACFP ADMINISTRATIVE UPDATE Write the Date Attending | CACFP BASICS Write the Date Attending | PHYSICAL ACTIVITY & NUTRITION (PAN) Write the Date Attending |
|---------------------|---|---|--|---|
| _____ | _____ | _____ | _____ | _____ |
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| _____ | _____ | _____ | _____ | _____ |
| _____ | _____ | _____ | _____ | _____ |

Contact Name: _____ Center Name: _____ Phone Number: _____
 E-Mail Address: _____

- I am interested in a travel scholarship or reimbursement for staff and will contact Karol Fink for an application at karol.fink@alaska.gov or 907.269.3457
- ❖ Anchorage training will be conducted at the Howard Johnson Plaza Hotel ▪ 239 West Fourth Avenue ▪ Contact number is 276-7676
Discounted rooms are available for \$59/night for single/double occupancy
 - ❖ Fairbanks training will be conducted at the Fairbanks Food Bank ▪ 725 26th Avenue
 - ❖ Juneau training will be conducted at the Goldbelt Building ▪ 801 W. 10th Street ▪ Directions will be posted at front entrance ▪ Contact number is 465-4969

Please submit training registration forms by February 15, 2008
 Fax to: 907-465-8910 or by mail:
 Ann-Marie Martin, Child Nutrition Services, 801 W. 10th Street, Ste. 200, PO Box 110500, Juneau, AK 99811-0500

Physical Activity and Nutrition

for Alaska's Kids

Training for Child Care Providers

Learn about
Why Weight Matters
Classroom Physical Activity & Nutrition
Healthy Foods & Activities at Home
Serving Healthy & Traditional Foods

2008 Spring Trainings

- Feb 1 AEYC Conference, Anchorage
- Feb 7 Head Start Association Meeting, Juneau
- Mar 4 CACFP Spring Training, Anchorage
- Mar 12 CACFP Spring Training, Fairbanks
- Mar 15 AEYC Conference, Juneau



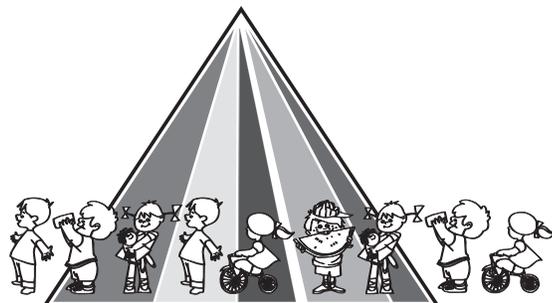
A limited number of travel scholarship and/or reimbursement for substitute staff are available for CACFP Sponsors and Centers. For a scholarship application or more information contact Karol Fink at 907.269.3457 or karol.fink@alaska.gov.

Coming Soon to:

Mat-Su Region Kenai Peninsula
Nome Bethel

CACFP Fall Training, Anchorage
CACFP Fall Training, Fairbanks





Cooking with Fresh Vegetables: Focus on Broccoli

Broccoli is a good source of fiber, vitamin C, and vitamin A. It also contains iron and calcium.

Broccoli is great

- cooked and served as a side dish
- in soups
- in salads
- in quiches
- in stir fry
- on pizza

Broccoli can be served raw, boiled, steamed, microwaved, or blanched.

Methods of preparing broccoli:

1. Boil

Bring water to a boil in a pot, then add fresh broccoli. The water should partially cover the broccoli. For one bunch, boil for 5-10 minutes.



2. Steam

To steam broccoli, either use a metal steamer pot with a colander or make your own steamer by placing a small footed sieve or colander in a large pot. Add water

until it almost reaches the bottom of the colander. The water should not touch the vegetables. Cover the pot. Steam just long enough for broccoli to be easily cut with a fork. The broccoli will turn a bright color. Steaming takes a little bit longer than boiling.

3. Microwave

Place broccoli in a microwave safe container, cover, and vent slightly (you can use plastic wrap). You do not need to add water. Microwave just long enough for broccoli to be easily cut with a fork. Since microwaves cook unevenly, you will need to stir and turn broccoli during cooking. Remove broccoli from microwave and uncover. Allow broccoli to stand for at least five minutes before serving.

4. Blanch

Fresh broccoli is easier for young children to chew if partially cooked. Cook broccoli for a very short time, then chill quickly in ice water and drain. Remember to cut broccoli into small pieces to avoid choking.



Teaching tips:

Before serving broccoli for a meal or snack, plan a learning activity.

- Ask the children where broccoli comes from (the ground, a tree).
 - Ask them to describe broccoli (is it sweet, crunchy, smooth? What color is it?)
 - Talk about broccoli belonging to a family of similar vegetables. Show pictures of cauliflower and cabbage. Ask children if they have tried these vegetables.



Mealtime Memo FOR CHILD CARE

A Week's Menus



Breakfast Menus

| Monday | Tuesday | Wednesday | Thursday | Friday |
|--------------------------------------|--|--|--|--|
| Corn flakes Banana slices Milk | Cut Biscuits Using Master Mix- A-09B* Ham slices Mixed fruit Milk | Oven Baked Three Grain Pancakes- A-06B* Diced peaches Milk | Scrambled eggs Toast Pineapple tidbits Milk | Oatmeal Diced strawberries in vanilla yogurt Milk |



Lunch Menus

| Monday | Tuesday | Wednesday | Thursday | Friday |
|---|--|---|--|---|
| Broccoli Quiche- D-08* Apple slices Milk | Baked chicken Yellow corn Pear and mandarin orange salad Whole wheat bread Milk | Turkey sandwich Broccoli Cheese Soup- H-05* Applesauce Milk | Sliced turkey Chicken or Turkey Rice Soup- H-10A* Steamed carrots Diced peaches Whole wheat roll Milk | Hamburger Lettuce and tomato Sesame Broccoli- I-03* Pineapple chunks Whole wheat bun Milk |



Snack Menus

| Monday | Tuesday | Wednesday | Thursday | Friday |
|---|---|---|---|--|
| Toasted English muffin with fruit spread Milk Water | Mini banana muffins Milk Water | Lightly steamed carrot sticks and broccoli with lowfat dip String cheese Water | Lowfat yogurt sprinkled with granola Strawberries Water | Mixed dried fruits Wheat crackers Milk |

*USDA Recipes for Child Care. Available online at www.nfsmi.org.



Sources:

National Food Service Management Institute. (1997). *CARE Connection*. University, MS: Author.
U.S. Department of Agriculture, Food Nutrition Service & National Food Service Management Institute. (2005). *USDA Recipes for Child Care*. Retrieved March 5, 2007, from <http://www.nfsmi.org>

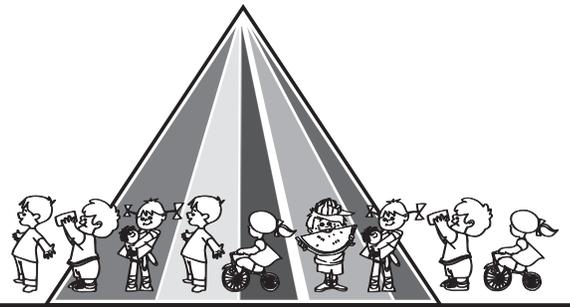
Subscribe to Mealtime Memo for Child Care online at www.nfsmi.org and receive the link to download the newsletter via e-mail each month!!

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For more information, contact NFSMI at 800-321-3054 or www.nfsmi.org.

Mealtime Memo

FOR CHILD CARE



No. 12, 2007

Iron Nutrition For Children



Iron deficiency is the most common nutrient deficiency worldwide, and can be a problem for some infants and children in the U.S. In fact, 7% of 1-2 year old children and 5% of 3-5 year old children in the U.S. are iron deficient.

Left untreated, iron deficiency can cause anemia. Anemia is a decrease in the number of red blood cells.

Iron carries out a number of important functions in the body. Iron

- prevents anemia.
- carries oxygen in the body.
- boosts immune function.
- contributes to learning and problem solving.

Good food sources of iron include:

- Lean red meats
- Dark poultry
- Whole and enriched grains
- Beans and peas
- Green leafy vegetables
- Dried fruits

Symptoms of iron deficiency include:

- Fatigue
- Irritability

- Weakness
- Pale skin
- Headache

Iron rich foods you can serve for **breakfast** include:

- Fortified breakfast cereals
- Hot cereals, such as oatmeal and grits
- Dried fruits



Iron rich foods you can serve for **lunch** include:



- Beans (try bean soup or bean burritos)
- Meats (particularly red meat)
- Enriched grain products, such as rolls, bread, and pasta made with enriched flour
- Cornbread made with enriched corn meal
- Salad greens, such as leafy lettuce, romaine lettuce, and spinach

Iron rich foods you can serve for **snack** include:

- Dried fruits
- Enriched grain products, such as crackers, bagels, and breads made with enriched flour



Mealtime Memo FOR CHILD CARE



Breakfast Menus

| Monday | Tuesday | Wednesday | Thursday | Friday |
|-------------------------------------|--|--|--|---|
| Cheese toast Pear halves Milk | Baked Whole Wheat Doughnuts- A-07 ¹ Applesauce Milk | Oatmeal Warm grapefruit wedges with brown sugar Milk | Cinnamon roll Orange sections Milk | Blueberry pancakes Diced peaches Milk |



Lunch Menus

| Monday | Tuesday | Wednesday | Thursday | Friday |
|--|--|---|---|---|
| Oven-Baked Parmesan Chicken - D-05 ¹ Steamed broccoli Bean Soup - H-08 ¹ Apple slices Whole wheat roll Milk | Bean Burrito- D-12A ¹ Diced peaches Milk | Sweet-and-Sour Chicken - D-06 ¹ Rice Boiled carrots Orange wedges Milk | Oven Baked Fish- D-09 ¹ Baked sweet potato Green peas Whole wheat roll Milk | Pizza-in-a-Pocket- F-04 ¹ Green salad Apricot halves Lowfat yogurt Milk |



Snack Menus

| Monday | Tuesday | Wednesday | Thursday | Friday |
|------------------------------|--|--|--|---|
| Cheese and crackers Water | Graham cracker sticks Lowfat yogurt Water | Apple smiles ² Milk Water | Fresh carrot sticks ³ Lowfat dip Wheat crackers Water | Toasted mini bagel with cheddar cheese Water |

¹USDA Recipes for Child Care. Available online at www.nfsmi.org.

²Apples sliced in circles with peanut butter and raisins. Sunflower butter may be substituted for peanut butter. Remember that raisins can be a choking hazard for young children.

³Lightly steaming carrots may make them easier to eat for young children.

Sources:

Centers for Disease Control and Prevention. (2002). *Iron deficiency—United States, 1999-2000. Morbidity and Mortality Weekly Report, 51(40)*; 897-899.

National Food Service Management Institute. (1997). *CARE Connection*. University, MS: Author.

U.S. Department of Agriculture, Food Nutrition Service, & National Food Service Management Institute. (2005). *USDA Recipes for Child Care*. Retrieved March 5, 2007, from <http://www.nfsmi.org>

U.S. National Library of Medicine and National Institutes of Health. Iron deficiency anemia- children. *MedlinePlus*. Retrieved March 22, 2007, from www.nlm.nih.gov/medlineplus/ency/article/007134.htm

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