



BULLETIN:
**Child and Adult Care Food
Program**

**Child Care Centers &
Day Care Homes**
www.eed.state.ak.us/tls/cns

Child Nutrition Services
Teaching and Learning Support
801 West 10th Street, Suite 200
P.O. Box 110500
Juneau, Alaska 99811-0500
Phone: (907) 465-8711
Fax: (907) 465-8910
Email: annmarie.martin@alaska.gov

To: CACFP Sponsors
CACFP Program Reviewers
Date: June 9, 2011
From: Ann-Marie Martin
CACFP Program Specialist
Bulletin: 2011-08

Program changes as a result of USDA Policy Memos and Technical Assistance 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.

USDA Policy, Information and Implementation Memos

1. [USDA Policy Memo CACFP 20-2011 Child Nutrition Reauthorization 2010: Water Availability](#)
2. [USDA Policy Memo CACFP 21-2011 Child Nutrition Reauthorization 2010: Nutrition Requirements for fluid Milk and fluid Milk Substitutions in CACFP](#)
3. [USDA Policy Memo CACFP 23-2011 Clarification on the Use of Offer Versus Serve and Family Style meal Service](#)

Bulletin Topics

4. New USDA Food Plate
5. American Academy of Pediatrics Healthy Children website & Chop Chop magazine
6. New web address for Alaska Child Nutrition Program
7. [Mealtime Memos: Along the Garden Path and Cool, Calm and Prepared](#)

1. USDA Policy Memo CACFP 20-2011 Child Nutrition Reauthorization 2010: Water Availability

This memo outlines the requirement to have water available to children throughout the day. It should be made available for children upon their request but does not have to be self-serve. We continue to encourage water as the beverage for snacks. It may not be served as an alternate beverage to milk at the breakfast, lunch and supper mealtimes, but you should continue to have it available for the children like you do throughout the normal daily activities. Please do not serve young children too much water before and during meal times as this may lead to meal displacement, reducing the amount of food and milk consumed by the children.

2. USDA Policy Memo CACFP 21-2011 Child Nutrition Reauthorization 2010: Nutrition Requirements for fluid Milk and fluid Milk Substitutions in CACFP

This memo modified the requirements for fluid milk and fluid milk substitutions for CACFP. Children over two years of age must now only be served non-fat (skim) or low fat (1%) fluid milk. Therefore, fluid milk served in CACFP to participants two years of age and older must be: fat-free or low-fat milk, fat-free or low-fat lactose reduced milk, fat-free or low-fat lactose free milk, fat-free or low-fat buttermilk, or fat-free or low-fat acidified milk. Milk served must be pasteurized fluid milk that meets State and local standards, and may be flavored or unflavored. Whole milk and reduced-fat (2%) milk may not be served to participants over two years of age.

This memo does not address children under the age of 2, but we follow the American Academy of Pediatrics and provide full fat milk to children from their first to their second birthday. At this age the child needs fat in their diet to ensure proper growth and brain development. Dietary fat serves a number of other important functions as well, including providing energy and promoting wound healing. It also helps the children absorb certain vitamins.

This memo also addresses children who cannot consume fluid milk due to medical or other special dietary needs. **The substitute non-dairy beverage must be nutritionally equivalent to milk and meet the nutritional standards for fortification of calcium, vitamin A, vitamin D, and other nutrients to levels found in cow’s milk, as outlined the National School Lunch Program (NSLP) regulations 7 CFR 210.10(m)(3) – please see below.** Please follow the guidelines below if using non-dairy milk as a substitution. For example, Rice Milk no longer qualifies as a milk substitute. If the substitute does not contain all of the items at the quantity required you may not use it. If an item is not listed on the food label you may contact the manufacturer and get complete information to see if the food item qualifies under these new guidelines. If you are going to use a milk substitute that is not creditable under the CACFP then **you may not claim the meals.**

Milk Substitution Requirements For Child Nutrition Programs

Nutrient	Milk Substitute Standards	Unit	RDI	% Daily Value 2,000 kcal/day
Calcium	276	mg	1000 mg	27.6%
Protein	8	g	50 g	16%
Vitamin A	500	IU	5000 IU	10%
Vitamin D	100	IU	400 IU	25%
Magnesium	24	mg	400 mg	6%
Phosphorus	222	mg	1000 mg	22.2%
Potassium	349	mg	3500 mg	10%
Riboflavin	.44	mg	1.7 mg	25.9%
Vitamin B12	1.1	mcg	6 mcg	18.3%

Parents or guardians may now request in writing non-dairy milk substitutions, without providing a medical statement. The request must identify the medical or other special dietary need that restricts the diet of the child. The substitution is still at the discretion and expense of the facility if it is not related to a disability. We continue to allow reimbursement when parents provide the creditable substitute item and the provider or center supplies the rest of the reimbursable meal.

3. **USDA Policy Memo CACFP 23-2011 Child Nutrition Reauthorization 2010: Clarification on the Use of Offer Versus Serve and Family Style Dining**

This memorandum gives State agencies the option to allow schools and SFAs serving preschool children through NSLP and SBP to use family style meal service. It also permits the substitution of NSLP meal patterns when meals are prepared by SFAs and served by schools or other institutions participating in the CACFP.

Among the CACFP institutions that may benefit from the use of the NSLP Offer Vs Serve are those caring for school-age children in outside-school-hours care centers or at-risk afterschool care centers. These school or community-based centers could be operated by the school or SFA or by another CACFP institution that contracts with the SFA for meals. You may not use the NSLP Offer Vs Serve for pre-school children.

4. **USDA launches the new food icon, MyPlate to replace the MyPyramid image**



First Lady, Agriculture Secretary Launch *MyPlate* Icon as a New Reminder to Help Consumers to Make Healthier Food Choices

WASHINGTON, June 2, 2011 – First Lady Michelle Obama and Agriculture Secretary Tom Vilsack today unveiled the federal government’s new food icon, *MyPlate*, to serve as a reminder to help consumers make healthier food choices. *MyPlate* is a new generation icon with the intent to prompt consumers to think about building a healthy plate at meal times and to seek more information to help them do that by going to www.ChooseMyPlate.gov. The new *MyPlate* icon emphasizes the fruit, vegetable, grains, protein and dairy food groups.

The *MyPlate* icon is available to view and download in PDF and JPG formats.

“This is a quick, simple reminder for all of us to be more mindful of the foods that we’re eating and as a mom, I can already tell how much this is going to help parents across the country,” said First Lady Michelle Obama.

Originally identified in the Child Obesity Task Force report which noted that simple, actionable advice for consumers is needed, *MyPlate* will replace the *MyPyramid* image as the government’s primary food group symbol as an easy-to-understand visual cue to help consumers adopt healthy eating habits consistent with the *2010 Dietary Guidelines for Americans*. *MyPyramid* will remain available to interested health professionals and nutrition educators in a special section of the new website.

The 2010 *Dietary Guidelines for Americans* messages include:

Balance Calories

- Enjoy your food, but eat less.
- Avoid oversized portions.

Foods to Increase

- Make half your plate fruits and vegetables.
- Switch to fat-free or low-fat (1%) milk.
- Make at least half your grains whole grains

Foods to Reduce

- Compare sodium (salt) in foods like soup, bread, and frozen meals, and choose foods with lower numbers.
- Drink water instead of sugary drinks.

As part of this new initiative, USDA wants to see how consumers are putting *MyPlate* in to action by encouraging consumers to take a photo of their plates and share on Twitter with the hash-tag #MyPlate. USDA also wants to see where and when consumers think about healthy eating. Take the Plate [link to downloadable plate image] and snap a photograph with MyPlate to share with our USDA Flickr Photo Group [<http://www.flickr.com/people/usdagov/>].

For more information, visit www.ChooseMyPlate.gov. Additional resources include: www.DietaryGuidelines.gov and www.LetsMove.gov. For the MyPlate Graphics Standards (terms of use), click here: <http://www.cnpp.usda.gov/Publications/MyPlate/MyPlateGraphicsStandards.pdf>

5. American Academy of Pediatrics Healthy Children website

<http://www.healthychildren.org/english/healthy-living/nutrition/chop-chop-magazine/Pages/default.aspx>

This website provides good information on child health issues with some good articles on nutrition. You can also order a magazine for your program called “Chop Chop” which is a fun cooking magazine for kids and families. It’s full of healthy recipes, games and food facts. Many pediatricians carry this in their office but you can order for \$14.95 a year for four issues.

6. New web address for Alaska Child Nutrition Programs

If you’ve had difficulty finding our website or the CNP database online that is because we’ve updated our name and updated the website. Please go to the following URL to access the database by using the Quick Links section at the bottom of the page.

<http://www.eed.state.ak.us/tls/cnp/>

7. Mealtime Memos: Along the Garden Path and Cool, Calm and Prepared

Mealtime Memo for Child Care is issued by the National Food Service Management Institute (NFSI). These issues give helpful information, along with recipes and menus. You can access the entire Mealtime Memo library at the NFSMI website: <http://www.nfsmi.org>.

Contact Information

Ann-Marie Martin, Program Specialist
(907) 465-8711 fax (907) 465-8910
annmarie.martin@alaska.gov

Veronica Lietz
Education Program Assistant
(907) 465-4969 fax (907) 465-8910
veronica.lietz@alaska.gov

Commonly Used Acronyms

CACFP – Child and Adult Care Food Program
CNS – Child Nutrition Services
FNS – Food & Nutrition Services
FNSRO-Food & Nut Services Reg. Office
USDA – U.S. Department of Agriculture
CNP – Child Nutrition Program
DEC – Department of Conservation
LEA – Local Education Authority

In accordance with Federal law and U. S. Department of Agriculture policy, this institution is prohibited from discriminating on the basis of race, color, national origin, sex, age or disability.

To file a complaint of discrimination, write USDA, Director, Office of Civil Rights, Room 326-W, Whitten Building, 1400 Independence Avenue, SW, Washington, DC 20250-9410 or call (202) 720-5964 (voice and TDD). USDA is an equal opportunity provider and employer.