



Child Nutrition & Wellness

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CACFP UPDATE September 30, 2019

Distributed to CACFP Authorized Representatives and Home Sponsors via Listserv
As posted to www.kn-eat.org, Child and Adult Care Food Program, Updates from CNW

2020 Certification

Thank you to those Sponsors who have submitted their 2020 packets for certification in KN-CLAIM. Consultants are currently working through certification documents to approve Sponsors for the 2020 program year. If certification information has not been submitted, sponsors can find information for certification at www.kn-eat.org, CACFP, Program Certification. To participate in CACFP for the 2020 Program Year, beginning October 2019, Sponsors must complete program certification requirements as soon as possible to allow sufficient time for review by KSDE consultants. Sponsors cannot claim meals until Program Certification is complete.

October Claim Reminder – Centers Only

Centers must report the number of free, reduced price and paid participants on their October claims. The number of participants in each category is reported in the “*Center Income Eligibility Categories*” (IEC) section of the Center Claim. Sponsors are required to upload the IEC summary into KN-CLAIM in October and any other month that reported numbers are changed. A tutorial, entitled Income Eligibility Categories Summary (Form 12-C) is available at <https://learning.ksde.org> to assist sponsors in completing and uploading their IEC list. An Excel version of Form 12-C is available at www.kn-eat.org, Administrative Handbook, Claiming Reimbursement.

USDA Guidance

Final Rule: Oz Equivalents Implementation Delay

On September 25, the final rule, “[Delayed Implementation of Grains Ounce Equivalents in the Child and Adult Care Food Program](#),” was published in the Federal Register and simply delays until October 1, 2021, implementation of the requirement for crediting grains served in CACFP using ounce equivalents. The new implementation date will allow more time for USDA to develop additional technical assistance materials and for State agencies and sponsoring organizations to provide training and technical assistance to make compliance easier for day care homes and centers nationwide. The two-year extension also applies to crediting grains in infant and preschool meals in the National School Lunch and School Breakfast Programs.

Questions and Answers on the Final Rule Child Nutrition Programs: Flexibilities for Milk, Whole Grains, and Sodium Requirements (CACFP 16-2019s)

This policy memo provides Questions and Answers on the final rule Child Nutrition Programs: Flexibilities for Milk, Whole Grains, and Sodium Requirements (83 FR 63775, December 12, 2018), which provides menu planning flexibilities in the CNPs. These flexibilities went into effect July 1, 2019, for the 2019-2020 school year. [Read](#)

Smoothies Offered in the Child Nutrition Programs (CACFP 17-2019s)

This updated policy memo clarifies juice and yogurt allowances based on the childcare and preschool meal pattern updates and incorporates the meal pattern flexibilities related to flavored milk. This memorandum also changes the policy for commercially prepared smoothies. Commercially prepared smoothies can now contribute to the meat/meat alternate, fruit, vegetable, and milk components of the Federal meal requirements for all CNPs. [Read](#)

Question: Is corn, corn flour, or cornmeal that is treated with lime a creditable ingredient in the CNPs? (CACFP 15 2019s)

Answer: Yes. Through a process called “nixtamalization”, dried corn is soaked and cooked in an alkaline (slaked lime) solution. This process increases the bioavailability of certain nutrients. Nixtamalized corn is used to make hominy, corn masa, masa harina, and certain types of cornmeal. Nixtamalized corn, such as hominy, corn masa, and masa harina are considered whole grain when evaluating products for CNP meal requirements.

Ingredients labeled as hominy, corn masa, or masa harina are considered whole grains. In addition, if the ingredient label lists corn, corn flour, or cornmeal that is “nixtamalized” or “treated with lime”, these ingredients are also considered whole grain. Corn that is not “whole” or “enriched”, or is not treated with lime (nixtamalized) does not credit as a grain ingredient in the CNPs.

Crediting Vegetable Noodles and Coconut in CNPs

A recent USDA webinar provided an overview of the crediting updates resulting from the Request for Information and provided crediting technical assistance with hands-on practice specifically for vegetable noodles and coconut. The recording of the webinar is available at: <https://www.fns.usda.gov/tn/crediting-coconut-and-vegetable-noodles-child-nutrition-programs>

SFSP Sites and CACFP Afterschool Meals Program Monitoring Requirements

Sponsors that operate SFSP and CACFP At-Risk Meals may follow the CACFP monitoring schedule year-round. If sponsors choose to follow the CACFP monitoring schedule year-round, one of the three annual reviews must occur during the summer to review for SFSP requirements. This review must include the review of a meal service and be unannounced. Two reviews must occur during the school year to review for CACFP requirements. At least one must include the review of a meal service and at least one must be unannounced.

Share Your Knowledge as an Afterschool Meals Champion

No Kid Hungry is seeking passionate individuals who will help to further the work of expanding access to afterschool meals through CACFP At-Risk Afterschool Meals. They will select champions from a variety of roles and organizations across the country with a strong preference for those with direct experience supporting or implementing the program on the ground. For more details on No Kid Hungry’s first-ever Afterschool Champions Cohort, including expectations, stipend, and the application, please visit <http://bestpractices.nokidhungry.org/afterschool-champions> or contact Carolyn Wait at cwait@strength.org. [Applications](#) are due Friday, October 11. Kansas has many amazing Afterschool Meals Champions, so please consider applying!

Training Opportunities**Jump Start for Centers**

Jump Start for Centers is required for all new authorized representatives of centers and is recommended for new support staff who assist the authorized representative. The classes are repeated through the year. The schedule and registration information is available at www.kn-eat.org, CACFP, Training. The next two classes will be on October 16 in Kansas City and November 14 in Wichita. This free training class includes sessions on CACFP Administrative Integrity and Meals Done Right.

CORE Financial Viability Online Training Now Available

The CORE Financial Viability online course will be accessible to CACFP sponsoring organizations on Wednesday September 25, 2019. This is the 1st of 3 online courses being developed under the CORE project. All online courses are designed specifically for sponsoring organizations. Each online course is animated, self-paced, interactive, and informative. CORE stands for CACFP Operational Resources and Education. CORE is a USDA funded training initiative to provide practical CACFP sponsor focused trainings and resources. Instructions on how to access the course are posted on the CORE website at <http://www.core-cacfp.com/>.

Food Safety Training

A schedule with Food Safety Basics classes for September, October and November at locations across Kansas is available at www.kn-eat.org, Child & Adult Care Food Programs, Training. All CACFP sponsors must have one employee receive approved food safety training every 3 years.

Online Professional Development Classes and Tutorials

Over 30 classes and tutorials, **including the 3-hour Food Safety Basics class** can be accessed free of charge 24/7 via the KSDE Training Portal, Child Nutrition & Wellness, Child Nutrition Programs (General Information). Create an account at <https://learning.ksde.org>. For detailed instructions on creating an account and accessing the training, go to www.kn-eat.org, Child and Adult Care Food Program, Training. A Smarter Mealtimes class is now available!

Face-to-Face Professional Development

A wide range of face-to-face, high quality, professional development opportunities are available for Child Nutrition Program personnel. Contact Cindy Johnson at cljohnson@ksde.org or call 785-296-2276 to request face-to-face professional development. A list of classes with descriptions is available at www.kn-eat.org, CACFP, Training.

CACFP Meal Pattern Training Slides Available for Download

The following presentations are available in both English and Spanish at:

<https://www.fns.usda.gov/tn/meal-pattern-training-slides-cacfp> :

- Choose Breakfast Cereals That Are Lower in Added Sugars
- Choose Yogurts That Are Lower in Added Sugars
- Serving Milk in the CACFP
- Meal Planning for the CACFP
- Serving Meat and Meat Alternates at Breakfast
- Offer Versus Serve in the CACFP
- Methods for Healthy Cooking
- Adding Whole Grains to Your CACFP Menu
- Feeding Infants: 0-5 months
- How to Support Breastfeeding in the CACFP
- Feeding Infants: Starting with Solids

Inspired by Team Nutrition's CACFP Halftime: Thirty on Thursdays Training Webinars, these ready-to-go presentation slides may be used by sponsoring organizations and others to train providers, operators, and menu planners on the Child and Adult Care Food Program (CACFP) meal patterns. Presentations are designed for interactive 30-minute trainings. Training worksheets that can be used with these slides are available for download at <https://www.fns.usda.gov/cacfp-training-tools>.

CACFP Halftime: Thirty on Thursdays: In-Grained: Easy Tools to Determine Serving Amounts

Register for the Thursday, November 14 webinar and find all recorded webinars at:

<https://www.fns.usda.gov/cacfp-halftime-thirty-thursdays-training-webinar-series>.

- 1–1:30 p.m. CST English
- 2– 2:30 p.m. CST Spanish

CACFP Trainers' Circle Webinar

"A Sneak Peek Inside the New Feeding Infants Trainer's Kit" has been rescheduled for Thursday, December 12, 2019. The English webinar will be offered at 1:00-1:30 pm and the Spanish webinar at 2:00-2:30 pm. Registration for this webinar will be available soon. For more information, and to watch recordings of previous webinars, please visit:

<https://www.fns.usda.gov/tn/trainers-circle-cacfp-webinar-series>.

Resources

Team Nutrition's USDA standardized recipes will be moving to the Institute of Child Nutrition's Child Nutrition Recipe Box!

The Child Nutrition Recipe Box (CNRB) provides Child Nutrition program operators with recipes to prepare healthy and delicious meals that meet meal pattern requirements. These recipes are standardized to provide meal pattern crediting information for all meal pattern components and include recipes made with legumes, whole grains, and vegetables from the vegetable subgroups including dark green, red, and/or orange vegetables. The Child Nutrition Recipe Box will be rolled out in phases.

Phase One - Available September 16

On September 16, Child Nutrition programs will be able to access a growing collection of USDA Standardized Recipes on the CNRB website. Recipes will be organized by main entrées, vegetables, fruits, and grains, as well as alphabetically for users looking for a specific recipe. Users will be able to download and print recipes as needed.

Phase Two - Available Spring 2020

The Child Nutrition Recipe Box will provide tools and resources to help program operators navigate and implement standardized recipes. These resources will include:

- Search tools to find recipes using a variety of search filters, such as USDA Program, Cooking Equipment, Recipe Categories, and Cuisine, to help users identify recipes of interest to them;
- "Build My Cookbook" where users can save their favorite recipes to make a customized cookbook;
- Shopping list feature where users can create a list of groceries from the selected recipes' ingredients; and
- Consumer-friendly features such as star ratings, recipe reviews, and options to share content on social media.

For up-to-date information on the Child Nutrition Recipe Box, please visit

<https://theicn.org/recipes/>.

Start Simple with MyPlate

Get tips, ideas and a personalized plan to meet your food group targets. Find what works for you and your family within your food preferences, health goals, and budget at

<https://www.choosemyplate.gov/start-simple-myplate>.

Healthy Eating for Preschoolers

This participant handout, available in both English and Spanish, provides healthy eating tips and provides a daily food checklist for 2-5-year old children, and can be downloaded at

<https://wicworks.fns.usda.gov/resources/healthy-eating-preschoolers>.

Food Safety Tip of the Month

Did you know...there are many ways food can become unsafe and cause illness. Causes for concern include foods that contain allergens. A food allergy is an immune system response to a specific protein in a food. When enough of the food containing the allergen is consumed, a reaction can occur in people who are sensitive to it. An allergic reaction to a food can be life threatening to a person with food allergies. Currently, there is no cure for food allergies and cooking a product does not alter the protein causing the allergic reaction. Some allergies can be outgrown, but peanut and tree nut allergies are generally lifelong. Program staff should become familiar with common food allergens and how to keep children who have allergies safe from reaction.

New Healthy Beverage Recommendations for Kids 0-5

New research shows that what young kids drink is just as important as what they eat – giving them the nutrition and hydration they need now and teaching them healthy habits as they grow. Now, there are new recommendations from some of the nation's leading health and nutrition organizations on what drinks are best for the healthy growth and development of kids ages five and under. These recommendations were developed by experts at the Academy of Nutrition and Dietetics, the American Academy of Pediatric Dentistry, the American Academy of Pediatrics, and the American Heart Association under the leadership of Healthy Eating Research and with funding from the Robert Wood Johnson Foundation. You can find the complete report, along with fun, informative materials like videos and printouts at HealthyDrinksHealthyKids.org.

Farm to Plate

Mountain Plains Crunch Off – Wednesday, October 16

Update – Kansas is currently in **second** place in the Crunch Off registrations submitted thus far for the nine-state competition during Farm to Plate Month. The state that has the most crunches into local apples or produce per capita will be crowned the Mountain Plains Region Crunch Champion. Join us on Wednesday, October 16 by crunching on a fresh apple. Register your team to participate in the Crunch Off at <https://www.surveymonkey.com/r/K8GHSSN>. Each group that registers will get a link to a toolkit with books, recipes, and outreach ideas. This Crunch event encourages healthy eating, supports local agriculture and helps students and community members gain a deeper understanding of the food system. Help Kansas win the Crunch crown by joining our Crunch event!

October is National Farm to Plate month, a time to celebrate the connections happening all over the country between children and local food. From taste tests and nutrition education activities, to farm visits and school garden harvest parties, schools, early care and education sites, farms, communities and organizations in all 50 states, Washington, D.C. and U.S. Territories join in the celebrations. The National Farm to School Celebration Toolkit is available http://www.farmtoschool.org/Resources/F2SM_CelebrationToolkit.pdf. Copy and paste the link to your browser to download. A Fact Sheet to send home to families, posters, stickers, bookmarks, coloring pages, and celebration resources are included. This is a great month to celebrate Kansas farmers and local foods by signing up for an initiative to unify the success of our farms, children and Child Nutrition Program Sponsors. There are currently 15 sponsors (and 46 sites) who have pledged to offer a meal consisting of at least two 'locally sourced' menu items at least one Friday per month at one or more serving sites in the **Kansas Farm Fresh Fridays Challenge**. Join the challenge at <https://www.surveymonkey.com/r/DTMMXKR> and receive a KS Farm Fresh Fridays Marketing kit to begin the challenge.

Kick-off the Summer with Farm to Head Start and Early Care and Education Webinar Recording and Resources

On June 18, 2019, USDA's Food and Nutrition Service, HHS Office of Head Start, and the National Farm to School Network held the webinar, Kick-off the Summer with Farm to Head Start and Early Care and Education! Farm to early care and education (ECE) includes the use of local foods in meals and snacks, gardening opportunities, and food, nutrition, and agriculture learning activities to promote health and wellness and enhance the quality of ECE settings. This webinar provided an overview of how a Farm to Head Start/ECE partnership can help Head Starts and any ECE program serve fresh, local food, incorporate garden-based curriculum, and the importance of nutrition in the youngest learners. Learn how it works through presentations from national experts and Head Start program examples. The recording of the webinar is available at: <https://www.youtube.com/watch?v=RSO17SeDtCk&feature=youtu.be>.

Sunflower Spotlights

The following childcare centers and daycare home providers are being recognized as Healthier CACFP Award winners! This award, established by the USDA, Food and Nutrition Services, Mountain Plains Region, serves to recognize the outstanding efforts that are made by childcare providers participating in the Child and Adult Care Food Program (CACFP). The sites being awarded are implementing practices which demonstrate their focus on overall wellness of children in their care as well as a commitment to the health of our nation's children.

- **Heartland Early Education Center** in Salina has been awarded the Honors level in the Menus category
- **The Tot Spot Home Daycare** (owner Mandi Osborn) in Scott City has been awarded the High Honors level in the Menus category and Highest Honors level in the Professional Development category.
- **Katie's Home Daycare** (owner Katie Osner) in Hutchinson has been awarded the High Honors level in the Nutrition & Wellness Environment category.
- **Desiree's Childcare** (owner Desiree Streight) in Kingman has been awarded the High Honors level in the Infant Care category and Honors level in the Nutrition & Wellness Environment category.
- **Kenzie's Kiddie Cove Home Daycare** (owner McKenzie Shapland) in Deerfield has been awarded the Highest Honors level in the Physical Activity category and High Honors level in the Infant Care category.
- **Wren's Nest Childcare** (owner Tosha Wren) in Caney has been awarded the Honors level in the Professional Development category.
- **Susie Tull Day Care Home** (owner Susie Tull) in Independence has been awarded the Honors level in the Menus category.
- **Ashley's Daycare** (owner Ashley Myers) in Altamont has been awarded the Highest Honors level in the Professional Development category, High Honors level in the Infant Care category, and Honors level in the Menus category.
- **BooBoo's Daycare Den** (owner Rebecca Smith) in Independence has been awarded the High Honors level in the Menus category.
- **Melander Daycare** (owner Sharon Melander) in Caney has been awarded the Honors level in the Menus category.

Brooke Wolf, Quality Care Services, shared a Team Nutrition gardening grant success story from Day Care Home Provider **Rachel Pickering** of **Miss Rachel's Baby School** in Wichita. Rachel has a passion for fresh fruits and vegetables and explained, "The little ones and I have grown a variety of produce over the years, in a variety of ways. Container gardening is my favorite method. We tend to have more control over the environment in containers than with ground gardening. This year we have successfully grown celery, cabbage, cherry tomatoes, blackberries, blueberries, watermelon, cucumber, chives, rosemary, parsley, basil, strawberries, snap peas, green peppers, romaine lettuce, radicchio, and spinach. We love to add what we've harvested fresh to our plate as a side, in salads, smoothies, or as a snack. Our favorite smoothie, contains about 4 cups of spinach before blending! Smoothies are a great way to get in those greens. Our little garden, has inspired four of our neighbors to grow a little something of their own. It is a privilege to literally have food growing at our front door."

Barbara Olivas, American GI Forum of KS Education Fund, has worked with the Child and Adult Care Food Program since 1975 when she started her child care career as a Child Care Center Director. She was the first Sponsor of Homes in Kansas when she sponsored homes for migrant children before the option was available to all day care homes. Congratulations to Barbara as she retires after 44 years of service. Thank you for your caring commitment to providing nutrition education and healthy food to children and for the tireless support and guidance offered to the Day Care Home Providers that were part of your Sponsoring Organization. You will be missed!

Fall Thoughts – LOOKING Forward to 2020

As the 2019 CACFP program year draws to a close, the Child Nutrition & Wellness team would like to say thank you to each of you for your efforts to create healthy habits through the Child and Adult Care Food Program. We LOOK forward to working with you in the new program year.

As always, if you have questions or concerns please call or email us or your area Child Nutrition Consultant.