

# Monthly Update

## Child and Adult Care Food Program



February 25, 2020

*Distributed to CACFP Authorized Representatives and Home Sponsors via Listserv*

*As posted to [www.kn-eat.org](http://www.kn-eat.org), Child and Adult Care Food Program, Updates from CNW*

### **CACFP Week is Brought to You by the Letters...C-A-C-F-P!**

CACFP Week is right around the corner, March 15-21, 2020. The National CACFP Sponsors Association has a number of [free resources](#) to help with planning. CACFP Week is a national education and information campaign sponsored annually by the National CACFP Sponsors Association designed to raise awareness of how the USDA's Child and Adult Care Food Program works to combat hunger. The CACFP brings healthy foods to tables across the country for children in child care centers, homes, and afterschool as well as for adults in day care. During National CACFP Week, the Kansas State Department of Education asks you to share photos from your National CACFP Week Celebrations by using the hashtag, **#FuelingKSKids**. One lucky organization that uses the hashtag will receive an apple trophy and certificate for their participation.

### **National CACFP Conference**

The National CACFP Sponsors Association (NCA) serves as a national platform that provides education, support, and resources to organizations who administer the CACFP. The NCA hosts an annual conference that is designed for CACFP sponsors, state agency staff, federal agency staff, Headstart, Afterschool/At-Risk, and Summer Feeding staff. This year's conference will take place from April 14-16 in Atlanta, GA. [Click here for more information.](#)

### **Conference Scholarship Awarded to Kansan**

Lisa Zwiener from DCCDA/Positive Bright Start in Lawrence KS was one of 16 recipients of a scholarship to attend the Child Nutrition Conference selected from over 900 applicants! Read more about Lisa in this month's Sunflower Spotlight. Congratulations Lisa!

### **Proposed Rule: Simplifying Meal Patterns and Monitoring Requirements in the National School Lunch Program (NSLP) and School Breakfast Program (SBP)**

The purpose of this proposed rule is to provide several meal pattern flexibilities in the NSLP and SBP to make it easier for local program operators to administer the Programs and to reduce the burden for State administering agencies that are responsible for conducting administrative reviews of Sponsors. **As a part of this Proposed Rule USDA is seeking comments on whether up to 2 oz equiv. grain-based desserts per week should be allowed in the CACFP so there would be consistency between NSLP, SBP and CACFP; and/or are there other approaches that would permit grain-based desserts to credit toward the grain requirements in the CACFP and support healthy nutrition standards.** All Sponsors are encouraged to read the Proposed Rule at <https://www.regulations.gov/docket?D=FNS-2019-0007>.

Submit comments by March 23, 2020:

- *Federal eRulemaking Portal:* Go to <http://www.regulations.gov>. Follow the online instructions for submitting comments.
- *Mail:* Send comments to School Programs Branch, Policy and Program Development Division, USDA Food and Nutrition Service, P.O. Box 2885, Fairfax, VA 22031.



### CACFP 17-2019: Smoothies Offered in Child Nutrition Programs – Select Q & As

**Question:** How do commercially prepared smoothies' credit toward meal pattern requirements?

**Answer:** Commercially prepared smoothies (those not prepared by Program operators) credit toward all of the same components as those prepared in-house by Program operators. Manufacturers must adequately document how the product meets all Federal meal requirements using a PFS or CN Label. All CNP operators should thoroughly review a PFS, checking for volumes of pureed ingredients prior to freezing and documentation that any milk or yogurt included meets specific Program requirements. Commercially prepared smoothies may credit based on the creditable ingredients identified in the CN Label or PFS.

**Question:** Are smoothies containing nutritional supplements such as whey protein powder and herbal supplements such as Ginkgo biloba creditable in CNPs?

**Answer:** No. Smoothies with dietary and herbal supplements are not creditable for CNP. However, smoothies can be made with juice that has been fortified with vitamins and minerals, such as orange juice with calcium and Vitamin D added.

**Question:** Can concentrated fruit puree and concentrated fruit juice contribute to meal requirements when used in smoothies?

**Answer:** Concentrated fruit puree and concentrated juice can only be used in meeting Federal meal requirements when they are reconstituted to full-strength fruit puree or full-strength juice. Without being reconstituted to the full strength, concentrated fruit puree and concentrated juice do not contribute to Federal meal requirements for CACFP.

### Reminder – KSDE Approval of Alternate and Electronic Forms

Sponsors may create their own enrollment, meal count roster, or meal documentation forms, etc. in lieu of using the KSDE prototype, but must submit to KSDE for approval in advance of using for approval. The approved forms must be uploaded in KN-CLAIM. If using an electronic enrollment form with parent signatures, the process for obtaining KSDE approval must be followed. Refer to CACFP Administrative Handbook Chapter 3, Page 2 at [www.kn-eat.org](http://www.kn-eat.org), CACFP.

### At-Risk Afterschool Meals and Snacks Reminders

**Daily Attendance and Meal Counts:** Sponsors serving At-Risk afterschool meals and snacks must maintain daily attendance rosters or sign in sheets in addition to accurate daily meal count records showing the number of meals served at each snack and/or meal service. Meals and snacks must be served after the end of the school day, on weekends, holidays or school breaks.

### Sponsor Monitoring Requirements:

- Sponsors must review each of their sites three times per year.
- At least two of the reviews must be unannounced with one of those unannounced reviews including an observation of meal service.
- At least one review must be during each new facility's first four weeks of operation.
- No more than 6 months may elapse between reviews.
- Sponsors that operate both SFSP and CACFP At-Risk Meals must conduct one of the three annual reviews during the summer, review for SFSP requirements, include the review of a meal service and be unannounced; two reviews must occur during the school year, review for CACFP requirements, at least one must include the review of a meal service and at least one must be unannounced.



The USDA [At-Risk Afterschool Meals Guide](#) is an excellent resource for sponsors serving At-Risk Meals.

### **At-Risk Q&A's**

**Question:** If an At-Risk Afterschool Program includes a sports team that travels to other schools or locations for games “Away Game”, can the meals be reimbursed if the students on the team take the meals with them to the “Away Location”?

**Answer:** Yes, as long as the team or program supervisors can assure safe handling of food and appropriate transportation procedures, then they are allowed to take the meals with them and the sponsor may claim reimbursement. All meal component requirements must still be met. The enrichment activity and meal at the originally approved meal service site must remain open after the team leaves for the away game.

**Question:** Can children take food components off-site?

**Answer:** At-Risk Afterschool sites may allow children to take one vegetable, fruit or grain item off-site to eat as a later time. The food item a child takes off-site must be from the child’s own meal or from a share table.

**Question:** Can grain-based desserts be served to meet the grains requirement in an At-Risk meal or snack?

**Answer:** No, grain-based desserts are not creditable in the CACFP.

### **Summer Food Service Program**

Organizations that serve At-Risk Afterschool Meals during the school year may become sponsors in the USDA Summer Food Service Program (SFSP) in order to serve meals year-round. Summer Program eligibility is based on the same criteria as At-Risk Afterschool Meals eligibility. For more information about the SFSP and year-round meal service, contact Jill Ladd at [jladd@ksde.org](mailto:jladd@ksde.org) or call 785-296-2276.

### **Training Opportunities**

#### **Feeding Infants in the CACFP**

The Feeding Infants in the CACFP class will be offered in regional locations during Spring 2020. Registration information is available at [www.kn-eat.org](http://www.kn-eat.org), Child & Adult Care Food Program, Training. Plan to attend a location near you:

- March 18 in Girard
- March 26 in Wichita
- April 15 in Overland Park
- April 22 in Salina

#### **Jump Start for Centers**

This training is required for all new Authorized Representatives of centers and recommended for new support staff who provide assistance to the Authorized Representative. The classes are repeated throughout the year. The schedule and registration information are available at [www.kn-eat.org](http://www.kn-eat.org), CACFP, Training. The next class will be on March 19 in Wichita. This free training class includes sessions on CACFP Administrative Integrity and Meals Done Right.

#### **Food Safety Basics Professional Development**

Food Safety Basics classes will be taught face to face in February, March, and April at locations across Kansas. Go to [www.kn-eat.org](http://www.kn-eat.org), CACFP, Training for dates and locations. Registration for these classes is available in KN-CLAIM.



### **Child Nutrition Management Classes in 2020**

Child Nutrition Management Classes offer a path for aspiring managers and directors to obtain a Kansas Certificate in Child Nutrition Management. To make management level classes available to more Child Nutrition Program personnel, KSDE is offering management-level classes in both face-to-face and electronic delivery formats. The schedule for Child Nutrition Management Classes in 2020 is posted at [www.kn-eat.org](http://www.kn-eat.org), School Nutrition Programs, Training. The January management class, Kansas Procurement, was a great success! KSDE will continue the series by offering Recipes 101 on Thursday, April 16, 2020, 8:30 am – 3:30 pm. Face-to-face attendees should preregister by emailing Cindy Johnson at [cljohnson@ksde.org](mailto:cljohnson@ksde.org) and attend the class in person at the Child Nutrition & Wellness Office in Topeka. Zoom attendees can use this link, <https://ksde.zoom.us/j/611437499>, to attend the session remotely. This class counts as 6 hours of professional development.

### **Save-the-Dates for Child Nutrition Professional Development Summer 2020**

Face-to-face professional development opportunities will be available in May, June, and July 2020 at six regional locations across the State. Three tracks of classes will include Kansas Nutrition 101, Culinary Champions chef taught culinary classes, and a series of one and two hour classes including How to Use the Food Buying Guide. Plan now to attend one, two, or three days of classes in a location near you! Class selections and registration information will be made available in March.

- May 26-28 in Haysville
- May 26-28 in Topeka
- May 26-28 in Hays
- June 2-4 in Garden City
- July 28-30 in Chanute
- July 28-30 in Salina

### **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](mailto:cljohnson@ksde.org) or call 785-296-2276 to request face-to-face professional development.

### **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. 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](http://www.kn-eat.org), CACFP, Training.

### **Food Safety Tip of the Month**

Contamination from physical contaminants is something that can and has occurred in child nutrition programs. When physical contaminants, such as plastic pieces or metal shavings, get into a food or beverage and are served to children, it can lead to a foodborne illness incident. An incident involving a plastic bread clip, almost swallowed by a child, could have had tragic results to the child's digestive system.

Physical contaminants can include glass fragments, metal shavings, stones, bones, plastic pieces, rodent droppings, insects, packing material, and machine parts. Physical contaminants can also involve personal items, such as hair accessories, fingernails, nail polish, jewelry, bandages, contact lens, chewed gum, and office supplies. The list is endless!

Every effort must be made to prevent objects from getting into foods. To reduce the chances of objects getting into foods, programs must ensure food preparation surfaces are clutter free. It is also important to check the condition of kitchen equipment to ensure there are no loose pieces.



## Sunflower Spotlight – Celebrating Successes in Kansas Child Nutrition Programs

Additional Information can be found at [www.kn-eat.org](http://www.kn-eat.org), CACFP, Recognition.

Lisa Zwiener, Claims Specialist for Positive Bright Start, is the recipient of a National CACFP conference scholarship. She was one of sixteen from a pool of 900 applicants awarded this coveted scholarship. The CACFP has been a part of Lisa's life for over 20 years. She joined the agency in 2004 and has been working claims every month since then. Prior to that, she was a home provider on the CACFP for 5 years. Lisa's contribution for the CACFP extends well beyond processing claims each month. She is the only trainer for Positive Bright Start. In addition to developing and presenting six trainings each year, she develops informational packets to distribute to each of the providers on each home visit. Each packet is built around a theme with meal planning ideas, suggestions for adding more fruits and veggies to the meals and encouraging variety. She never forgets the kids and always includes activities for them to do, centered on healthy eating. Nor, are the parents left out. They get information about the importance of good nutrition for their children. In addition, Lisa plans and prepares lunches each day for the two preschool classrooms, making sure twenty-two children have credible, fun meals each day.

### It's Time to Celebrate!

We look forward to seeing how you celebrate National CACFP week! Use the #FuelingKSKids hashtag as you increase **C: Community A: Awareness** of the healthy meals and snacks that benefit Kansas **C: Children** because of the **F: Food Program** and encourage others to **P: Participate** to combat hunger!

As always, if you have questions or if we can assist in any way, please call or email your area Child Nutrition Consultant or the Topeka office staff.

### Cheryl, Jill and Julie



For more information, contact:

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