

Monthly Update

Child and Adult Care Food Program



January 29, 2020

*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*

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

Q. Can smoothies include grain such as oatmeal and meat/meat alternates such as peanut butter to improve flavor and consistency even though such ingredients in smoothies do not contribute to meal pattern requirements?

A. Yes. Yogurt is the only creditable meat/meat alternate allowed in a smoothie. Though other (extra) ingredients in smoothies do not contribute to meal pattern requirements, all added ingredients in smoothies must be counted toward the weekly limits on calories, saturated fat, and sodium in school meals.

Q. What type of milk must be used when making smoothies?

A. The type of milk used in smoothies must be consistent with CNP guidance for each specific meal service and age group being served. For School Meal Programs and CACFP, the types of allowable milk include low-fat (1 percent milk fat or less, unflavored or flavored) or fat-free (unflavored or flavored), in accordance with age restrictions (children under age 6 may not be offered flavored milk, and children 1 year of age must be offered whole, unflavored milk). For SFSP, all types of milk are allowable (whole milk, reduced fat milk, low-fat milk and fat-free milk, flavored or unflavored). Operators may use Ultra High Temperature Milk, Acidified Milk, Cultured Milk, and Lactose Reduced Milk as long as these types meet the specific fat levels and flavor requirements allowed by Program and age groups. Non-dairy milk substitutions for CNPs must follow existing FNS guidance for milk substitutions.



Q. Can smoothies prepared by operators or purchased commercially be offered to meet the fluid milk, meat/meat alternate, vegetable, fruit, and grain components?

A. Milk may be credited toward the fluid milk requirement in smoothies to meet meal pattern requirements for all meals, including snacks. Fruits and vegetables may be credited as juice in smoothies to meet meal pattern requirements for all meals, including snacks. Whole vegetables and fruit in a smoothie may credit as a vegetable and/or fruit component. Vegetable and fruit puree in a smoothie can credit as juice and are subject to the applicable juice limitations. Yogurt may be credited as a meat alternate in smoothies for all meals, including snacks. This does not include probiotic dairy drinks, drinkable yogurt, or yogurt drinks as these are not creditable in CNPs. Yogurt in smoothies for CACFP participants must not exceed 23 grams of sugar per 6 ounces of yogurt. The CACFP Adult Meal Pattern allows six ounces by weight or $\frac{3}{4}$ cup by volume of yogurt to be used to meet the equivalent of 8 ounces of fluid milk once per day when yogurt is not served as a meat alternate in the same meal. However, grains may not be credited when served in a smoothie. As an example, a $1\frac{1}{2}$ cup blueberry, yogurt, and milk smoothie could contribute the following to meal requirements: Ingredient - 8 fl. oz fat-free milk (Credits - 1 c milk); Ingredient - $\frac{1}{2}$ c blueberry puree, prior to freezing (Credits - $\frac{1}{2}$ c fruit juice); Ingredient - 4 oz low fat yogurt (Credits - 1 oz meat alternate).

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.](#)

A Summer Mind-Set

It is time to start thinking ahead and making plans for the 2020 Summer Food Service Program. The Summer Food Service program is NOT just a school nutrition program; it is a COMMUNITY Nutrition Program and we are looking forward to working with Sponsors and partners to increase access to healthy meals during the summer for Kansas Kids. NOW is a great time to begin making plans for summer 2020 and the Child Nutrition & Wellness team is here to help! Contact Sean Hoffman for assistance at shoffman@ksde.org or 785-296-2276.

Kansas Breastfeeding Resources

The [Kansas Breastfeeding Coalition, Inc.](#) (KBC) offers a number of resources and trainings throughout the year to help improve the health and well-being of Kansans. The Kansas Breastfeeding Coalition has a section of its webpage dedicated to [Child Care Provider Education](#).



2019 Child Care Supply Demand Report Available

The **2019 Child Care Supply Demand Report-Exploring The Infant Toddler Gap** builds on the two previous reports, 2017 Child Care Supply Demand Report-Child Care Availability in Kansas and 2018 Child Care Supply Demand Report-The Landscape of Child Care in Kansas, to continue to examine the shortfall of available child care openings.

Enrollment Form Reminder

CACFP enrollment forms expire after one year from the date they are signed by the parent (does not apply to At-Risk, Outside School Hours, and Emergency Shelters). A suggested best practice is to have all enrollment forms updated with new signatures and dates at a designated time during the year (i.e. in August when schools begin their year). If all enrollment forms are updated at this time, even if they had just been signed the previous month for a new child, sponsors would not have meals disallowed for expired enrollment forms when consultants or auditors are on site for reviews.

Food Safety Tip of the Month

Proper handling of toxic substances is critical to food safety in food service establishments. Toxic substances can easily be confused as foods and beverages since the colors and textures of toxic substances are often similar to common foods and beverages. Toxic substances include products such as sanitizing solutions, cleaning chemicals, machine lubricants, pesticides, medicines, and first aid supplies. Examples of incidences involving toxic substances include a white descaling acidic powder used in place of sugar to make lemonade at a restaurant; pine sol served as apple juice at a preschool; and window cleaner served on a snow cone instead of blue raspberry syrup at a concession stand. Toxic substances must be clearly labeled and stored in a designated area away from or below foods and food-contact surfaces. Toxic substances must be used for their intended purposes and handled in accordance with the manufacturer's instructions.

Training Opportunities

Feeding Infants in the CACFP – CACFP Spring Training

Feeding Infants in the CACFP will be offered by KSDE in five regional locations. Participants will learn about the infant meal pattern, developmental readiness, hunger and fullness signs, handling and storing breastmilk and infant formula, offering solid foods, what is creditable in the infant meal pattern, and much more! All participants will leave with a hard copy of the Feeding Infants in the CACFP guide and receive 4 hours of KDHE training credit. Sponsors will receive a \$150 stipend for attending. Registration is available at www.kn-eat.org, KN-CLAIM, Training Tab.

- February 20 – Topeka, Topeka & Shawnee County Public Library, 8:30 am – 12:30 pm
- March 18 – Girard, Southeast Kansas Education Service Center (Greenbush), 1– 5:00 pm
- March 26 – Wichita, Midway Southern Baptist Church, 12:30 pm – 4:30 pm
- April 15 – Overland Park, Shawnee Mission School District Center for Academic Learning, 8:00 am – 12:00 pm
- April 22 – Salina, USD 305 District Board Office, 12:30 pm – 4:30 pm

Contracting for Meals in the CACFP Webinar – Recording Available

If you are a CACFP Sponsor who contracts for meals and missed the webinar focused on procurement and monitoring of your contract, please contact your area Child Nutrition Consultant to receive the recording.



Tasty Takes on Children's Favorites – Culinary Lab Class for CACFP Sponsors

Tasty Takes on Children's Favorites demonstrates how to prepare children's favorite foods from scratch using healthy culinary techniques. This chef taught class consists of lecture, demonstration and participation in food preparation. Registration for this free class that does count toward KDHE licensing hours. Tasty Takes on Children's Favorites is scheduled on Saturdays and holidays, making it more convenient for CACFP staff to attend. Sponsors will receive a \$200 stipend for attending in addition to 7 hours of KDHE Training credit. Classes will be held from 8:30 am – 3:30 pm at the following locations. Registration is available at www.kn-eat.org, KNCLAIM, Training Tab.

- Wichita, February 17 (waiting list only)
- Fredonia, February 29 (waiting list only)
- Topeka, February 29 (waiting list only)
- Spring Hill, April 4 (waiting list only)
- Abilene, April 18 (waiting list only)
- Garden City, April 25

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, CACFP, Training. The next class will be on February 11, 2020 in Overland Park. This free training class includes sessions on CACFP Administrative Integrity and Meals Done Right.

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, School Nutrition Programs, Training. The January management class, Kansas Procurement, was a great success! KSDE will continue the series by offering **Meal Modifications** on Thursday, February 20, 8:30 am – 3:30 pm. Face-to-face attendees should preregister by emailing Cindy Johnson at cljohnson@ksde.org and attend the class in person at the Child Nutrition & Wellness Office in Topeka. Skype webinar attendees can use this link, <https://meet.lync.com/ksde/cljohnson/F7Q1N49H> to attend the session remotely. This class counts as 6 hours of professional development.

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, CACFP, Training for dates and locations. Registration for these classes is available in KN-CLAIM.

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.



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, CACFP, Training.

Farm to Plate

Want to meet producers and learn about producer guidelines? The Kansas Department of Agriculture and K-State Research and Extension will host six regional workshops in February 2020 to assist farmers' market vendors and managers. Kansas farmers' markets not only provide a fresh food source, but also help stimulate the local economy. Registration for the February workshops is now open. The cost is \$20 per participant to cover the cost of lunch. Workshops near you can be found at www.fromthelandofkansas.com/fmworkshop or at local extension offices. Onsite registration for the workshops will open at 8:30 a.m. and the workshops will begin at 9:00 a.m. and conclude by 3:00 p.m.

Reminder - you can sign up for the **Farm Fresh Friday Challenge** anytime through June 2020. Plan now to serve at least two 'locally sourced' menu items at least once a month and join the challenge! This is an opportunity to win small equipment to enhance your Farm to Plate program. Join the challenge now at <https://www.surveymonkey.com/r/DTMMXKR> and receive a KS Farm Fresh Fridays Marketing Kit!

Share Your Child Nutrition Program Trainings & Resources on the Child Nutrition Sharing Site!

Child Nutrition Program operators can now submit their free Child Nutrition Program resources and training materials for inclusion on the Institute of Child Nutrition's (ICN) [Child Nutrition Sharing Site](https://theicn.org/cnss/) (CNSS)! Resource guides, tools, tip sheets, posters, training manuals, presentation slides, webinars, and videos are among the countless resources that can be submitted to the CNSS site using the [Child Nutrition Program Resource Submission Form](#). Just fill out the required information on the form, upload your resource or training materials, and then click the "Submit Resource" button at the bottom of the form. ICN will then review submitted resources to ensure quality and appropriateness of all resources housed in the CNSS. Visit the Child Nutrition Sharing Site at: <https://theicn.org/cnss/>.

#FuelingKSKids

Thank you for all you do to fuel Kansas kids through the CACFP! It is our goal to support your efforts in ensuring all children have access to healthy and nutritious food. Please use the **#FuelingKSKids** hashtag to showcase the great things that are happening as a part of your CACFP Sponsorship-photos, media articles and more to promote Child Nutrition Programs and share the positive impact on Kansas children.

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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