

Program Reminders

*2017 Mandatory Online Annual Nutrition Training *

Providers must participate in and complete the **Mandatory Online Annual CACFP Training** in order to continue participation according to CACFP regulations (7CFR226.16 (1) (2) (viii) and 226.18(b) (2)).

This years online training will be on the **Updated Meal Pattern for Infants and Children** which go into effect **October 1, 2017**.



The training will be available on the CACFP webpage at www.choices4children.org starting June 5th.

There will be 2 parts to the training:

1. Updated Meal Pattern
2. Compliance Training

Both parts must be completed no later than **September 5, 2017**.

Policy Updates

2017—2018 Meal Benefit Form Renewals for Providers and Parents Coming up in July

If you are a Tier 1 provider by income or have children that qualify Tier 1 by their parents income, you will be mailed the appropriate **Meal Benefit Form** with instructions by July 1, 2017.



Meal Benefit Forms are due back with any necessary supporting documentation no later than **July 21, 2017** and if approved, will be effective July 1, 2017—June 30, 2018.

Holidays and Closures:
Tuesday, July 4th



May Claim Deadlines

Web Kids: Submit by June 1st

Scan Forms: Must Be Received by **June 5th**
(Late Scan Forms will not be accepted!)

Enrollment Forms: Received by June 5th

Continuing Development, Inc. (Choices for Children) is an equal opportunity provider.

Nutrition News

Dairy

Dairy

June is National Dairy Month

The Dairy Group includes milk, yogurt, cheese and fortified soymilk. These foods provide calcium, vitamin D, potassium, protein, and other nutrients needed for good health throughout life. Choices should be low-fat or fat-free to cut calories and saturated fat.

1. “Skim” the fat

Drink fat-free (skim) or low-fat (1%) milk. Switching to lower fat milk cuts saturated fat and calories but doesn’t reduce calcium or other essential nutrients.

2. Boost potassium and vitamin D, and cut sodium and fat

Choose fat-free or low-fat milk or yogurt more often than cheese. Milk and yogurt have more potassium and less sodium and fat than most cheeses. Also, almost all milk and many yogurts are fortified with vitamin D.

4. Choose cheeses with less fat

Many cheeses are high in saturated fat. Look for “reduced-fat” or “low-fat” on the label. Try different brands or types to find the one that you like.



5. What about cream cheese?

Cream cheese, cream, and butter are not part of the dairy food group. They are high in saturated fat and have little or no calcium, which is why these items are not reimbursable on the CCFP.

6. Switch ingredients

When recipes such as dips call for sour cream, substitute plain yogurt. Use fat-free evaporated milk instead of cream, and try low-fat or fat-free ricotta cheese as a substitute for cream cheese.

8. Can’t drink milk?

If you are lactose intolerant, try yogurt, lactose-free milk, or soymilk that is nutritionally equivalent to milk to get your calcium. Calcium in some leafy greens is well absorbed, but eating several cups each day to meet calcium needs may be unrealistic.

9. What about almond milk and coconut milk?

Almond and Coconut milk are often fortified with vitamin D but have zero or very little protein compared to cow’s milk and fortified soy milk which is why they are not reimbursable as non-dairy milk substitutes on the CCFP.

Adapted from: www.choosemyplate.gov

Fluid Milk Requirements: Current versus Updated Meal Pattern (effective October 1, 2017)

Current Meal Pattern:

Breastmilk reimbursable if provider serves expressed milk to infant

Whole milk recommended for 1 year olds

Fat free (0%) or low fat (1%) required for 2 years and older

Parent request for non dairy milk substitute must be nutritionally equivalent to milk

Updated Meal Pattern:

Breastmilk reimbursable if provider serves expressed milk or mom breast-feeds on site

Whole milk required for 1 year olds

Fat free (0%) or low fat (1%) required for 2 years and older




Parent request for non dairy milk substitute must be nutritionally equivalent to milk

CONGRATULATIONS!
Providers of the Month
KRISTINA & KOURI PENN
DEBBIE FELT

Minute Menu Magic



<i>All Day with</i>		BREAKFAST		<i>All Day with</i>	
KRISTINA & KOURI PENN	Yogurt			DEBBIE FELT	Sunflower Seed Butter
Strawberries (34)	Blueberries (06)	Dates (12) & Raisins		Passion Fruit (30)	Star Fruit (42)
Low-Fat Granola(157)	*Blueberry Lemon Muffins (68)	100% Bran Flakes (140)		Cream of Wheat (231)	Cinnamon-Raisin English Muffin (23)
1% Milk (6)	1% Milk (6)	1% Milk (6)		1% Milk (6)	1% Milk (6)
SNACK					
Whole Grain Chips (260)	Green Salad (155)	Sliced Pears (32) & Brie Cheese		Chicken Wings (40)	Boysenberries (07)
Avocado (154)	Wh. Grain Crackers (257)	French Baguette (25)		Vermicelli Noodles (112)	1% Milk (06)
LUNCH/DINNER					
Cheddar Cheese (134)	Grilled Steak (20)	(Pork) Pozole' (64)		Turkey Breast (100)	*Manhattan Cod Chowder (70)
Vegetable Soup (275)	*Broiled Asparagus Spears with Lemon (153)	Corn (176), Radishes & Onion		Carrots (170)	Potatoes (224), Tomatoes & Celery
Grapes (18)	Grilled Pineapple (34)	Fresh Peas (218)		Broccoli (164)	Cauliflower (171)
Rolls (46)	Texas Toast (55)	Corn Tortillas (130)		Wild Rice (125)	Oyster Crackers (251)
1% Milk (6)	1% Milk (6)	1% Milk (6)		1% Milk (6)	1% Milk (6)

W E E K L Y G R O C E R Y L I S T	Refrigerated 1% Milk Cheddar Cheese Brie Cheese Greek Yogurt		*Blueberry Lemon Muffins 1 1/4 C Wh. Wheat Pastry Flour 1/2 C quick Oats 2 tsp. Baking Powder 1/4 C Sugar 2 Eggs 1 C Greek Lemon Yogurt 1/4 C Vegetable Oil 1 C fresh Blueberries, rinsed and drained Preheat oven to 375°. Line a muffin pan with 12 paper liners. Mix oats, flour, baking powder, and sugar in a large bowl. In another bowl, beat eggs and mix in yogurt and oil. Stir into dry ingredients and mix lightly; fold in berries. Bake 18-20 minutes until browned. Serves 24, 3-5 years <i>Source: http://nutritionforkids.com</i>	
	Meat Beef Steak Pork Shoulder Turkey Breast Cod Chicken Wings	Canned/Bottled Tomato Paste Diced Tomatoes Sunflower Seed Butter Corn	*Manhattan Cod Chowder 2 T Olive Oil 1 C chopped Onion 1 C chopped Celery 2 cloves Garlic, minced 2 T Tomato Paste 1 1/2 tsp. dried Thyme 3 C Broth 1 C Water 1 14oz. Can Diced Tomatoes 3 C diced Potatoes 1 1/4 lb. Cod, cut into bite-sized pieces 1/2 tsp. Pepper 1/4 tsp. Salt Heat oil in a large skillet over med-high heat. Add onion, celery, garlic, tomato paste and thyme and cook, stirring, until veggies just start to brown. Add broth, water, tomatoes and potatoes; bring to a simmer over high heat. Simmer until potatoes are tender, about 12 min. Add cod and cook, gently stirring occasionally, just until cooked, about 5 min. Season with pepper and salt. Serves , 3-5 years. <i>Source: www.eatingwell.com</i>	
Produce Potatoes Celery Garlic Cauliflower Carrots Peas Broccoli Blueberries Lettuce Greens Avocado Onions Radishes Pears Pineapple Grapes Passion Fruit Star Fruit Blueberries Boysenberries	Packaged Dates Raisins Quick Oats Wild Rice Wh. Grain Tortilla Chips Vermicelli Cinnamon-Raisin English Muffins Whole Grain Crackers Corn Tortillas Whole Wheat Pastry Flour Rolls Texas Toast Cream of Wheat 100% Bran Flakes Oyster Crackers French Baguette Low-Fat Granola	*Broiled Asparagus Spears with Lemon 2 med. Lemons, thinly sliced (about 8 slices each) 1 lb. Asparagus spears (about 24), trimmed 2 tsp. Olive Oil 1/4 tsp. salt 1/8 tsp. pepper Preheat broiler. Line a broiler pan with foil. Arrange lemon slices close together in a single layer in the pan. Arrange the asparagus spears in a single layer on the lemon slices. Lightly spray asparagus with cooking spray. Broil about 4" from the heat for 6 minutes, or until tender-crisp. Transfer asparagus to a serving plate. Drizzle the oil over the asparagus. Sprinkle with salt and pepper. Drizzle with any accumulated juices from the broiler pan. Place the lemon slices on or around the asparagus. Serves , 3-5 years. <i>Source: © American Heart Association</i>		