

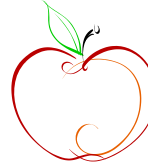
Nutrition Notes



Celebrate National Apple Month

CACFP Policy Changes

- ◆ A revised agreement must be signed and submitted to the office by **September 30, 2011**. If it is not returned, you will not be able to claim in October. This agreement was sent to you in July. If you have misplaced it and need another one, please call 842-9679 as soon as possible and one will be mailed.
- ◆ Milk requirements have changed beginning October 1, 2011. 1% or skim milk must be served to children 2 years and older ; whole milk must be served to children 1 - 2 years old.
- ◆ Facilities which participate in the CACFP are required to make drinking water available to children throughout the day. Water should be served with snacks when no other beverage is being served.
- ◆ Provider's signature must be on each page of a paper claim. Provider's who submit an electronic claim must have a signed certification agreement on file. The agreement must be updated annually and each time the provider's email address changes.



Enrollment Forms for the New CACFP Year

- Enrollments for the new year (October 2011-September 2012) must be turned in to the office before October 31st. **The sooner we have them, the sooner we can process your new file.** (See page 3 for an example)

If you are using the older enrollment forms or infant menus please stop by to pick up the latest revised forms. Thanks

CALENDAR OF EVENTS

Emotions and Eating and Division of Responsibility Feeding

Presented by: Ana Williams, Occupational Therapist

Staci Hendrickson, Dietician

Date & Time: October 5th 6:30 - 8:30 PM

Location: Lawrence Public Library Gallery
707 Vermont

2 hrs. KSDE/KDHE approved in-service

FREE

Learn about the consequences of feeding relationships and practices while gaining intervention tools to build healthy eating habits in young children. Do you find yourself rewarding or comforting children with food? Many of us fall into habits of overeating when dealing with stress or grief because of experiences we had with eating in childhood. These unhealthy habits can be avoided by forming healthy eating relationships with children when they are young. Occupational Therapist, Ana Williams and Dietitian, Staci Hendrickson will give an introduction to Elyn Satter's "Division of Responsibility in Feeding," and Irene Chatoor's article "Eating and Emotions in Obese Toddlers." Call 842-9679 to enroll in this FREE class. Registration due by September 30th.

September 2011

935 Iowa, Suite 7
Lawrence, KS 66044
785-842-9679
dccda.org
8:30 am - 4:30 pm

September 3rd

Claims due

September 30th

DCCDA Open Office
6:00 p.m. - 7:00 p.m.

Checks are available
for pick-up from
8:30 AM - 4:30 PM

Call the office if you want yours held for the evening Open Office. All others are **mailed at 3:00 PM!**

Celebrate

- ^ September 8th
International Literacy Day
- ^ September 11th
National Grandparent's Day
- ^ September 18th
National Play Doh Day
- ^ September 23rd
1st day of Autumn
- ^ National Rice Month
- ^ Better Breakfast Month
- ^ Read a New Book Month
- ^ National Courtesy Month



Themed Library Kits

- ^ Apples
- ^ Apple Gadgets
- ^ Book Appreciation
 - ^ Playdough
 - ^ Playhut Tunnel
 - ^ Fannie Farmer

Lisa's Corner

GOT LOW-FAT MILK?

USDA has recently made some changes regarding milk. Starting Oct 1, 2011 you can only serve and claim 1% or skim milk to all children 2 years and older.

Why move to low-fat milk?

1. Lower in calories.
2. Helps lower risk of heart disease and stroke.
3. Keeps bones and teeth strong and healthy.
4. Great source of calcium, protein, vitamins and minerals.



Move from whole milk to low-fat milk- the **CALCIUM** stays the same!

Move from whole milk to low-fat milk- the **VITAMIN D** stays the same!

Nutrition Facts:

1 cup of whole milk has 160 calories with 8 grams of fat.

1 cup of 1% milk has 110 calories with 2.5 grams of fat.

1 cup of skim milk has 90 calories with 0 grams of fat.

Children that are 12-24 months still need and are required to have whole milk.



On the lighter side:

Why does a milking stool have only three legs?
Because the cow has the udder.

Sample Menus

Breakfast			
Fluid Milk	Milk	Milk	Milk
Juice, Fruit or Vegetable	Cherries	Raspberries c	Peaches a
Bread/Bread Alternate	Whole Grain Bagel	Carrot Bread	Corn Grits
Other	Egg & Tomato		
Snack			
Two Items	Honeydew Melon c	Carrot Sticks a	Strawberries c
Two Groups	Cottage Cheese	Hummus	Plain Greek Yogurt/Granola
Other	Water	Water	Water
Lunch			
Fluid Milk	Milk	Milk	Milk
2 servings Fruit/Vegetable	Baked Sweet Potato a/c Cantaloupe a/c	Tomato Slices a/c Roasted Potatoes a/c	Brussel Sprouts a/c Mixed Greens Salad a
Bread/Bread Alternate	Whole Grain Bread	Quiche Crust	Orzo
Meat/Meat Alternate	Bison Burger	Egg, Cheese & Broccoli Quiche	Grilled Chicken
Other	Cheese, Lettuce & Tomato		

In accordance with Federal law and the 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 Adjudication, 1400 Independence Ave., SW, Washington, D.C. 20250-9410, or call (866) 632-9992 (voice). Individuals who are hearing impaired or have speech disabilities may contact USDA through Federal Relay Service (800) 877-8339; or (800) 845-6136 (Spanish). USDA is an equal opportunity provider and employer.

REMINDER:

It's time for new enrollment forms for ALL children!

Yes, annual enrollment forms are required in October for:

- ❶ All children who are new in October;
- ❷ All currently enrolled children who are continuing for the "new" year;
- ❸ All new and currently attending children of providers who are claiming on-line through Minute Menu

The enrollment date should be October 1, 2011, or later if the child started after the first of October. This form enrolls the child in your food program which runs from October 1st – September 30th each year.

The entire form needs to be completed including date of birth, age, enrollment date, times of care, days of care, meals served during care, and racial & ethnicity information. If the child is under 12 months, the formula options section must be completed. A parent's signature, address and phone number is also required. Refer to the sample below. **The form must be completed by the parent.**



Douglas County Child Development Association
Child and Adult Care Food Program
 935 Iowa Street, Lawrence, KS 66044-1836
 (785) 842-9679 fax (785) 842-1412

CHILD AND ADULT CARE FOOD PROGRAM ENROLLMENT FORM

PROVIDER'S NAME: **Mary Sample**

ADDRESS: **1234 Street, Town**

###-###-####

SAMPLE

Dear Parent or Guardian:

By completion of this document, you are enrolling your child in the *Child and Adult Care Food Program* that is sponsored by DCCDA. The CACFP is a federally funded program under the United States Department of Agriculture (USDA) which extends the National School Lunch Program to children in family child care homes. Your provider has chosen to participate in this program, and agrees to follow the guidelines and regulations mandated by the program. In return, your provider is reimbursed a meal rate to help with the cost of serving nutritious meals to all children in her care.

Last Name, First Name	Date of Birth	Age	Enrollment Date	Times of Care		Regular Days of Care							Meals Child is Served During Care							
				In	Out	M	T	W	T	F	S	S	B	AmS	L	PmS	D	EvS		
Child's Name	5/1/11	5 mo.	10-1-2011	7:30	5:30	✓	✓	✓	✓	✓				✓			✓	✓		
Child's Name	2/14/07	4 yr.	10-1-2011	7:30	5:30	✓	✓	✓	✓	✓				✓			✓	✓		

Race & ethnicity information is requested by the USDA to assure compliance with Title IV. Collection is strictly for statistical reporting requirements. Please check what applies: **Ethnicity:** Hispanic or Latino Non Hispanic or Latino

Race: Asian White Hispanic/Latino American Indian/Alaska Native Black/African American Native Hawaiian/Other Pacific Islander

FORMULA OPTIONS FOR INFANTS (FILL IN ONLY IF YOU HAVE AN INFANT UNDER 12 MONTHS)

To meet CACFP requirements, the iron-fortified formula your provider serves to infants in her/his care through your infant's first year is: **Enfamil with iron**
 No Formula offered because is breastfed ONLY

You, as the parent, may choose to accept this formula, or you may choose to supply another type of iron-fortified formula and/or solid foods until your infant's 1st birthday.

Check only the options that apply:

- | | |
|---|---|
| <input type="checkbox"/> parent accepts formula provider offers | <input checked="" type="checkbox"/> parent supplies formula (please list type): Similac/Iron |
| <input checked="" type="checkbox"/> parent accepts provider's food when infant is developmentally ready | <input type="checkbox"/> parent supplies breast milk |
| | <input type="checkbox"/> parent supplies food when infant is developmentally ready |

I understand that my child/children will receive meals at no charge to me when they are in care during any of the scheduled meal services. I have received a copy of *Building for the Future* which explains the goals of the Child and Adult Care Food Program. I understand that the day care home cannot and will not discriminate for reasons of race, color, national origin, gender, age, or disability. I understand that I may be contacted by my provider's sponsor, **Douglas County Child Development Association (DCCDA)**, regarding meals she/he has claimed.

If I need to be contacted by phone to update and/or verify this information, I would prefer being called at (circle):
 home phone _____ work phone _____

Parent's name (print) _____ street address _____ city/zip+4: _____
 Parents signature: _____ Date: ____/____/____

MyPyramid is now MyPlate

In June of 2010, the USDA replaced the often confusing MyPyramid with the simplified MyPlate graphic. By replacing the food pyramid with a dinner plate icon, the hope is that children and families will be better able to visualize and serve themselves appropriate portions of healthy foods. While dairy is important, remember to also drink plenty of water! See below for the USDA advice accompanying the MyPlate tool.



Balancing Calories:

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

Foods to Increase:

- Make half of your plate fruits and vegetables
- Make at least half of your grains whole grains
- Switch to fat-free or low-fat (1%) milk (unless under age 2)

Foods to Reduce:

- Compare sodium in foods like soup, bread, and frozen meals—and choose the foods with lower numbers
- Drink water instead of sugary drinks

Activity Idea: Build A Healthy Plate

Materials:

Food magazines, paper plates, scissors, tape or glue

Lesson Plan:

1. Flip through a food magazine with your children, point out different foods and talk about the groups to which each food item belongs. Explain that we need a variety of foods from each food group every day to make us healthy. A healthy meal should include small amounts of food from at least 3 or 4 food groups.
2. Ask the children to work individually or in pairs to find magazine pictures of nutritious foods from all food groups. They will use these pictures to create a healthy meal according to the MyPlate icon. Let the children “build a healthy plate” by cutting out the pictures and taping or gluing them on a paper plate.
3. To complete the activity, hang the plates up for everyone to see and discuss. How many children included grains? How many children included fats and oils or some thing not belonging to a food group, like a cupcake? Did everyone include vegetables? What are some other vegetables we might add to the plate?
4. This might be a good activity to complete right before lunch so that children can examine their own meal and determine how many food groups, and which food groups are represented. But be sure to serve a healthy, balanced meal!



Discussion:

Talk about the meaning of the word “moderation” and how important it is to eat the right portion of each food group. Make it clear that eating larger quantities of vegetables and fruits is generally okay, while large quantities of fats and oils is very unhealthy. Make sure children understand the difference between healthy foods and unhealthy foods in the same group (for example, whole grains are healthier than refined grains) and that we need a wide variety of colors in our diet to be healthy.

Notes:

To make it easier for younger children who cannot yet use scissors, you could cut out food pictures ahead of time. Then, as a group, organize the pictures into food groups and let the youngest children build a balanced plate from there. It may be a good idea to build a plate together as a group first to use as a model.