



BULLETIN:

Child and Adult Care Food Program

**Child & Adult Care Centers,
Emergency Shelters, OSHC, &
Sponsors of Family Day Care Homes**
www.education.alaska.gov/tls/cnp

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To: CACFP Agencies
CACFP Program Reviewers

Date: June 27, 2014

Bulletin: 2014-08

From: Ann-Marie Martin
CACFP Coordinator

Program changes as a result of USDA Policy Memos and Technical Assistance Memos are to be implemented immediately. Please file this bulletin for reference, guidance and compliance with the Child and Adult Care Food Program. Feel free to call the Child Nutrition Programs office if you need further clarification.

USDA Policy Memos

1. CACFP 12-2014 Disaster Response

Bulletin Topics

2. Cooperative Extension is offering a Certified Food Protection Manager (CFPM) Training
3. CACFP Annual Training Information & Registration
4. USDA Launches New Resource at ChooseMyPlate.gov
5. Let's Move Child Care Celebrates 3rd Anniversary
6. ChopChop Magazine Recipes
7. Mealtime Memo for Child Care: Nutrition Education: Why, When, Where and How

1. CACFP 12-2014 Disaster Response

The memorandum provides an overview of ways institutions can respond to situations resulting from damage or disruptions due to natural disasters such as hurricanes, tornadoes, and floods. You will receive information from the state agency if there is an evacuation from a designated disaster area and how you would determine their eligibility for meals under the CACFP.

2. Cooperative Extension is offering a Certified Food Protection Manager (CFPM) Training

A CERTIFIED FOOD MANAGER WORKSHOP will be held Wednesday, July 9, 9 a.m. to 5 p.m. See the attached flyer for class and registration information. The deadline to register is June 27. This class is available via teleconference in Fairbanks, Ketchikan, Palmer and Sitka.

3. CACFP Annual Training Information & Registration

The annual required training schedule/registration form is included with this bulletin and can be found on the CACFP Bulletin page on the Child Nutrition Programs website: <http://education.alaska.gov/tls/cnp/CACFP4.html>. Make sure you sign up for one of the CACFP trainings and if you are serving infants please sign up for one of the Infant Trainings as well.

The CACFP Training is required for administrators. At least one administrator from your agency should be in attendance. We will cover the management of CACFP, administrative updates, review trends and health and safety issues. We will be discussing meal patterns and the non-profit food service accounts.

The person attending the training is then required to train all the pertinent staff in their agency on the CACFP requirements, dependent on the duties the staff members perform. You may send more than one representative to the training if space allows.

Training registration deadline is August 5th – please be sure to send your registration documentation to Alexis Hall by that date.

4. USDA Launches New Resource at ChooseMyPlate.gov

WASHINGTON, May 27, 2014 – Today, the U.S. Department of Agriculture unveiled [Healthy Eating on a Budget](#) – the newest addition to [ChooseMyPlate.gov](#). Consumers continue to want more information about how to make better eating decisions with limited resources. To meet this need, the USDA's Center for Nutrition Policy and Promotion (CNPP) developed the new resource to include easy-to-use and insightful information about planning meals, shopping smart in the grocery store, and preparing foods that save money and time in the kitchen.

"Although healthy foods aren't always more expensive, many low-income people face time and resource challenges when it comes to putting healthy food on the table," said Agriculture Secretary Tom Vilsack. "Promoting nutritious food choices can have a positive impact on improving the health and diet quality of Americans. USDA offers a broad spectrum of strategies to empower low-income families to purchase healthier foods."

Consumers who visit the Healthy Eating on a Budget section of ChooseMyPlate.gov will learn ways to plan, purchase, and prepare healthy meals. The new web pages provide families with tips and strategies to help save money and plan a healthier diet. The new section includes the latest addition to the MyPlate 10 Tips Nutrition Education Series, [Save More at the Grocery Store](#) which emphasizes simple-to-use tips to help consumers make decisions as they walk down a supermarket aisle. Dozens of additional strategies are featured in the new section including using unit pricing, reading food labels to compare items, and checking sales on store brands. A new cookbook features 25 recipes from the Supplemental Nutrition Assistance Program (SNAP) resource page, [SNAP-Ed Nutrition Connection](#). The recipes are included in sample two-week menus based on a 2,000 calorie diet to help individuals and families plan meals. Additional grocery and pantry lists are provided to help households organize their food purchases.

"This resource not only demonstrates that it is possible to eat healthfully on a budget, but it shows how," said CNPP Deputy Director Jackie Haven. "These new pages complement our existing resources on ChooseMyPlate.gov, allowing consumers to figure out how to improve their nutrition, and how to make it affordable."

Healthy Eating on a Budget supports other initiatives in progress at USDA to encourage healthy eating among more Americans. Examples include:

- [ChooseMyPlate.gov](#) provides practical information to individuals, health professionals, nutrition educators, and the food industry to help consumers build healthier diets with resources and tools for dietary assessment, nutrition education, and other user-friendly nutrition information. As Americans are experiencing epidemic rates of overweight and obesity, the

online resources and tools can empower people to make healthier food choices for themselves, their families, and their children.

With so many food options available, it is often difficult for consumers to determine the best foods to put on their plates when the budget is tight. Healthy Eating on a Budget provides practical information to help more Americans understand their options and supports USDA initiatives to help families make healthy eating a priority in their daily lives.

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5. Let's Move Child Care Celebrates 3rd Anniversary



Let's Move! Child Care Celebrates 3rd Anniversary

In a few weeks, *Let's Move! Child Care* (LMCC) (<http://www.healthykidshealthyfuture.org/>) will celebrate its 3rd anniversary. Part of First Lady Michelle Obama's *Let's Move!* Initiative to raise a generation of healthier kids, LMCC is a voluntary effort to empower early care and education providers to instill healthy choices from the start. One in five children is overweight or obese by age 6. With about 12 million babies and young children in child care and 1 million in Head Start nationwide, child care and Head Start providers have an important opportunity to prevent childhood obesity by supporting the following LMCC goals:

1) **Increase Physical Activity**

Provide 1–2 hours of physical activity throughout the day, including outside play when possible. The summer months are an especially fun time to get active outside. To stay safe, remember to keep babies younger than 6 months out of direct sunlight. For children older than 6 months, try to limit sun exposure when UV rays are strongest, dress children in protective sun hats and shatter-resistant sunglasses with UV protection, and apply sunscreen.

2) **Reduce Screen Time**

No screen time for children under 2 years. For children age 2 and older, strive to limit screen time to no more than 30 minutes per week during child care and work with parents and caregivers to ensure children have no more than 1–2 hours of quality screen time per day (as recommended by the American Academy of Pediatrics).

3) **Improve Food Choices**

Serve fruits or vegetables at every meal, eat meals family style whenever possible, and don't serve fried foods.

4) **Provide Healthy Beverages**

Provide access to water during meals and throughout the day, and don't serve sugar-sweetened drinks. For children age 2 and older, serve low-fat (1%) or nonfat milk and no more than one 4- to 6-ounce serving of 100% juice per day.

5) **Support Breastfeeding**

For mothers who want to continue breastfeeding, provide their milk to their infants and welcome them to breastfeed during the child care day. Support all new parents' decisions about infant feeding.

LMCC salutes the more than 12,500 Head Start and child care providers who have already committed to working toward the Initiative's best practices for healthy nutrition, physical activity, breastfeeding support, and screen time!

6. ChopChop Magazine Recipes

Summer is here at last! Which means farmers markets and grocery stores are brimming with fresh produce. There's no better time to invite your kids into the kitchen to cook up some favorite farm-to-table dishes such as our Cold Cucumber and Avocado Soup or Zucchini Ribbons. Looking for healthy snacks to fuel kids as they go from one summer activity to another? Check out ChopChop Magazine's tips and recipes.

Zuchinni Ribbons



Ingredients

- 4 small zucchini, ends trimmed and cut in half to make two short columns
- 2 teaspoons olive oil
- 1/4 cup water

Instructions

Wash your hands with soap and water, then gather all your kitchen gear and ingredients and put them on a clean counter.

1. With the help of your adult, using a peeler or a small knife, cut the zucchini into ribbons.
2. Put the zucchini, oil and water in large skillet and bring to a boil over high heat. Stir well and cook until the zucchini is tender, about 2 minutes.
3. Serve at room temperature.

Notes Sprinkle with crumbled feta cheese or finely grated parmesan cheese just before serving.

See more at: <http://www.chopchopmag.org/content/zucchini-ribbons#sthash.98uO1cld.dpuf>

7. Mealtime Memo for Child Care: Nutrition Education: Why, When, Where, and How

Child care providers can be influential in introducing healthy foods and habits to the children in care and to their families. This Mealtime Memo includes information on the importance of giving children nutrition education at an early age. This issue also provides information on the Fruit of the Month, Nutrition Tip, and Nutrition Fact. You can find the memo in English and Spanish at the following website: <http://www.nfsmi.org/ResourceOverview.aspx?ID=87>

You can also find the PDF included with this bulletin on the Child Nutrition Program website: <http://education.alaska.gov/tls/cnp/CACFP4.html>

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Commonly Used Acronyms

CACFP – Child and Adult Care Food Program
CNP – Child Nutrition Programs
FNS – Food & Nutrition Services
FNSRO-Food & Nut Services Reg. Office
USDA – U.S. Department of Agriculture
LEA – Local Education Authority
DEC – Department of Conservation

All attachments for this bulletin can be found on the State of Alaska Child Nutrition Programs, CACFP Bulletins page: <http://education.alaska.gov/tls/cnp/CACFP4.html>.

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