

tasty times

important updates for success and more resources from the child care healthy food program



Dear Child Care Provider,

The new USDA meal pattern developed by nutrition experts and food program sponsors will take effect on October 1, 2017. The new meal pattern is designed to improve nutrition standards for the Child and Adult Care Food Program (CACFP) and has also been modified with child care providers in mind, so that the changes do not increase the difficulty of staying in compliance. One major change is the increased role of whole grains in the diet. When the new rules are fully implemented, 2 servings of whole grain-rich food will be required each day. In preparation for the changes, this issue of *Tasty Times* will review whole grains, where they can be found and what makes a serving. We hope this will be helpful when revising your menus to prepare for the new meal pattern.

John R. Gadiant, RD/LDN, Supervisor

Welcome New Providers

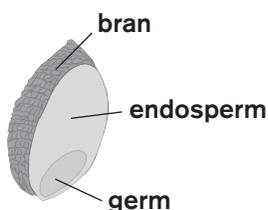
Frances Delatorre
Shonte Hall
Trevon McFerrin
Frank Moseley
Roslyn V. Pittman
Ruby Thomas

Remember, **November** claims are due **December 5th!**

Warning! Late claims WILL result in late payment!

What Are Whole Grains?

A food that is made from **wheat, rice, oats, cornmeal, or barley** is a grain product. A **whole grain** product is made with the entire grain kernel—the **bran, germ** and **endosperm**.



The **bran** is the outer layer of the kernel. This portion of the grain contains antioxidants, Vitamin B and fiber, and acts as a protectant from sunlight, water, pests and disease.

The **germ** is the embryo of the seed and will sprout into a new plant if the seed is fertilized. It also contains Vitamin B as well as some protein, minerals and healthy fat.

The **endosperm** is the germ's food supply. It provides the energy to the young plant so it can send roots down into the soil for water and nutrients as well as sending sprouts up for sunlight. It is the largest portion of the kernel and contains starchy carbohydrates, proteins and some vitamins and minerals.

When a food is made from refined grain (like white bread) the bran and the germ are removed from the grain, leaving only the endosperm, which lessens the nutrient value of the grain. Removal of the bran and germ means about 25 percent of the protein is lost as well as several key nutrients. A process called enrichment can add in some vitamins and minerals but it cannot add back all of the nutrients that have been removed.

Eating **3 servings of whole grains per day** can result in a reduced risk of a stroke, the development of Type 2 Diabetes, heart disease, and lowers the risk of many other chronic diseases. Studies also suggest that consuming whole grains regularly decreases the chances of asthma, colorectal cancer, and



Continued



Wheat



Rice



Oats



Corn



Barley

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Please pay attention using paper scan menus or you may lose reimbursement:

- You must sign each sheet that is being submitted for reimbursement.
- Be sure not to write in the area of the menu shaded blue.
- Stay within the space given to write the types of food served.
- Do not fold scan forms.

How to Use the Drop Box

When using the Illinois Action for Children Drop Box for Healthy Food Program documents, please put all food program documents in a separate envelope and label the outside of the envelope "Healthy Food Program" to ensure our office receives your paperwork on time.



Illinois Action for Children,
4753 N. Broadway, Suite 1200,
Chicago, IL 60640
main: 312-823-1100
direct: 773-564-8861
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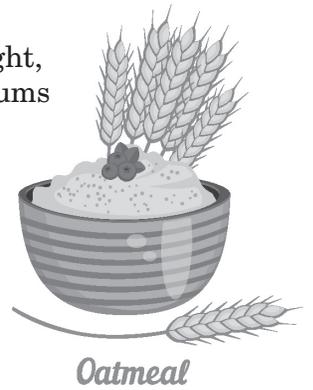
What Are Whole Grains? *Continued*

improves the ability to maintain a healthy weight, healthy blood pressure, and having healthier gums and teeth.

According to the USDA's Dietary Guidelines, adults should consume 3-5 servings of whole grains per day and children should receive 2-3 servings.

One serving could be a slice of bread or a bowl of breakfast cereal. By eating a sandwich with two slices of bread, an adult would be halfway to their daily goal in one meal! But despite the ease of incorporating whole grains, consumption remains very low and studies show that 40 percent of Americans do not eat any whole grains.

Sometimes finding whole grains in the store can be difficult because the language manufacturers use makes it hard to distinguish whether the product is made with only whole grains, with some whole grains, or with none at all.



Oatmeal



HERE IS A HELPFUL GUIDE TO IDENTIFY WHAT IS REAL AND WHAT IS AN IMPOSTER.



Whole grains:

- whole grain (name of grain)
- whole wheat
- whole (other grain)
- stoneground whole (grain)
- brown rice
- oats, oatmeal
- wheatberries

Maybe, and maybe not:

- wheat, or wheat flour
- semolina
- durum wheat
- organic flour
- stoneground
- multigrain

Not a whole grain:

- enriched flour
- de-germinated (on corn meal)
- bran
- wheat germ

As child care providers, you know children are hesitant to try new things, but you can slowly introduce whole grains into their diet with a few simple tricks:

1. Add ¼ cup of uncooked oats for each pound of ground beef or turkey when you make meatballs, meatloaf or burgers.
2. Look for breakfast cereals made with whole grains
3. Buy whole grain pasta and mix half and half with regular pasta when cooking meals.
4. Try using whole wheat bread for sandwiches
5. Add whole grain flour or oatmeal when making cookies or other baked treats.



Healthy Food Program Number

For the Out of Home voicemail, payment information or to speak to a customer service representative:

Call: (773) 564-8861

