

# tasty times

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



## Dear Child Care Provider,

On October 1, 2017, the new USDA meal pattern developed over a number of years by nutrition experts and food program sponsors will take effect.

The new meal pattern is designed to improve nutrition standards for children in 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 of the major changes for lunch and dinner meals will be no longer serving two pieces of fruit together to fulfill the fruit/vegetable requirement. The new meal pattern requires providers to serve a fruit and a vegetable, or two vegetables to fulfill the fruit/vegetable requirement. This is to assure that children receive an adequate amount of vitamins and minerals.

We hope this issue of *Tasty Times* will be helpful when revising your meals and menus to prepare for the new meal pattern.

—John R. Gadiant, RD/LDN, Supervisor

Remember, **January** claims are due in our office by **February 6th!**

**Warning! Late claims WILL result in late payment!**

## CACFP Meal Pattern Changes

### Why having both fruits and vegetables are important

No single fruit or vegetable provides all of the nutrients children need to be healthy. Eating both fruits and vegetables at meals gives children the complete nutrition they need daily. Eating only one or the other can lead to the child missing some key nutrients. Both fruit and vegetables provide Vitamin B6, Vitamin C, fiber, folate, potassium, some calcium and iron; but these nutrients are more commonly found in vegetables than in fruit. Vegetables also contain nutrients that fruit does not have like magnesium, chromium, Vitamin A, Vitamin B7, and Vitamin K. However, fruit does not contain any salt whereas vegetables have a small amount. By eating both fruit and vegetables at mealtime children will learn healthy eating habits for a lifetime.

### How to make these changes

Since fruit is naturally sweet, desserts can be replaced by adding more fruit into meals. Think of them as nature's candy! Fruit and vegetables are naturally low in calories and sodium and high in fiber, which will help children stay full longer while not increasing their risk of becoming overweight or obese. Fruit and vegetables are also a good substitute for "junk foods." Child care providers can also set a good example for the children by eating vegetables with meals and as snacks every day.

### Sample lunches/dinners with both fruits and vegetables

Below are changes you can make to lunch and dinner meals to add both fruits and vegetables:

1

Tuna Sandwich

Rye bread

Fries 🍷 Baby carrots

Corn 🍷 Grapefruit

Milk



2

Turkey

Whole wheat tortilla

Strawberry

Orange 🍷 Spinach leaves

Milk



3

Meatballs

Small roll

Mashed potatoes 🍷 Grapes

String beans

Milk



4

Chicken

Garlic bread

Lettuce

Carrots 🍷 Blueberries

Milk



*Continued on next page*

In accordance with Federal civil rights law and U.S. Department of Agriculture (USDA) civil rights regulations and policies, the USDA, its Agencies, offices, and employees, and institutions participating in or administering USDA programs are prohibited from discriminating based on race, color, national origin, sex, religious creed, disability, age, political beliefs, or reprisal or retaliation for prior civil rights activity in any program or activity conducted or funded by USDA. Persons with disabilities who require alternative means of communication for program information (e.g. Braille, large print, audiotape, American Sign Language, etc.), should contact the Agency (State or local) where they applied for benefits. Individuals who are deaf, hard of hearing or have speech disabilities may contact USDA through the Federal Relay Service at (800) 877-8339. Additionally, program information may be made available in languages other than English. To file a program complaint of discrimination, complete the USDA Program Discrimination Complaint Form, (AD-3027) found online at: [http://www.ascr.usda.gov/complaint\\_filing\\_cust.html](http://www.ascr.usda.gov/complaint_filing_cust.html), and at any USDA office, or write a letter addressed to USDA and provide in the letter all of the information requested in the form. To request a copy of the complaint form, call (866) 632-9992. Submit your completed form or letter to USDA by: mail to U.S. Department of Agriculture, Office of the Assistant Secretary for Civil Rights, 1400 Independence Avenue, SW, Washington, D.C. 20250-9410; fax: (202) 690-7442; or email: [program.intake@usda.gov](mailto:program.intake@usda.gov). This institution is an equal opportunity provider.





### Healthy Food Program Number

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

Call: **(773) 564-8861**

### Tips on Using Paper Scan Menus

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 type of food served.
- Do not fold scan forms.

### Welcome New Providers

- Lateshia Bass
- Sylvia Bond Robinson
- Miya Bowers
- Cecily Bursey
- Lolita Coats
- Allen Crittle
- Darlene Davis
- Catalina Herrera
- Kimberly Isaacs
- Carmen McWillis-McGhee
- Fredonia Metzler
- Rochelle Oliver-Thompson
- Danielle Timmons

### How to Use the Dropbox

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.

### CACFP Meal Pattern Changes *Continued*

#### Ways to eat more vegetables:

- Buy fresh vegetables in season when they may be less expensive and at their peak flavor.
- Stock up on frozen vegetables for quick and easy cooking in the microwave.
- Buy vegetables that are easy to prepare such as pre-washed bags of salad greens, baby carrots, grape tomatoes, and celery sticks.
- Vary your vegetable choices to keep meals interesting.
- Try crunchy vegetables, raw or lightly steamed.
- Plan some meals around a vegetable main dish, such as a vegetable stir-fry or soup.
- Keep chopped vegetables like carrots, celery sticks, green pepper strips, broccoli florets, or cucumber slices in see-through containers in the refrigerator for afternoon snacks.
- Depending on their age, children can help shop for, clean, peel, or chop vegetables.
- Children often prefer foods served separately, so, rather than mixed vegetables try serving two vegetables separately.



Illinois Action for Children,  
4753 N. Broadway, Suite 1200,  
Chicago, IL 60640  
main: 312-823-1100  
direct: 773-564-8861  
fax: 773-564-8721  
web: [www.actforchildren.org](http://www.actforchildren.org)

*This institution is an equal opportunity provider*

#### Ways to eat more fruit:

- Buy fruit in season.
- Keep a bowl of whole fruit on the table, counter, or in the refrigerator.
- Refrigerate chopped fruit in a see-through container.
- Add fruit to coleslaws like crushed pineapple, or add them salads like apples, orange, grapes, and berries.
- Make fresh fruit salads using a mix of apples, bananas, or pears with acidic fruits like oranges, pineapple. Add lemon juice to keep the fruit from turning brown.
- At breakfast try topping cereal, pancakes, or yogurt with fruit.
- Try meat dishes that incorporate fruit, such as chicken with apricots or mangoes.
- Have children try and describe different color, textures and smell of fruits.

