

# 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 will take effect. This meal pattern has been developed over a number of years using the recommendations of nutrition experts and food program sponsors. It is designed to improve the nutrition of children enrolled in the Child and Adult Care Food Program (CACFP). It was also designed with child care providers in mind; modifying the program while not increasing the difficulty of staying within compliance. One of the major changes will be the milk requirements. The federal government has changed the type of milk offered to children of various ages in an effort to improve their overall nutritional intake. 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

**CACFP Meal Pattern Changes**

**New Milk Requirements for the CACFP**

Most children will drink milk because it resembles the formula or breast milk they received as an infant. Since milk is an excellent way for children to consume important nutrients, it has always been a required component for breakfast, lunch and dinner on the CACFP. Milk contains calcium and vitamin D which help in the development of bones, protein to help build muscle and potassium which is an important electrolyte that aids in the proper functioning of many systems in the body. All of which can be delivered to a child in a simple 4 oz. serving.

Yet the emergence of recent data on the health of American children has exposed some unfortunate truths, as many as 1/3 of American children are overweight according to CDC data from 2012. The



cause of this is thought to be a decrease in physical activity and increase in consumed calories. Although milk is a good source of nutrients, depending on the type of milk it can also be a source of excess calories, sugar and fat, all factors

which can increase the chances of obesity in young children. For this reason, the USDA has updated the milk requirements for the CACFP in an effort to combat childhood obesity.

Effective October 1, 2017, children 2 years of age and older must be given 1% milk or skim milk. This change was made in an effort to trim the amount of dietary fat children consume throughout the day. In addition, flavored milk is no longer allowed for

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**New Milk Requirements:**

- Unflavored whole milk must be served to 1 year olds.
- Unflavored low-fat or fat-free milk must be served to children ages 2-5.
- Unflavored low-fat, unflavored fat-free or flavored fat-free milk must be served to children 6 years old and up.
- Non-dairy milk substitutes that are nutritionally equivalent to milk may be served without a medical statement (statement from guardian is acceptable).
- Non-dairy milk substitutes that are NOT nutritionally equivalent to milk require a medical statement

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### New Milk Requirements for the CACFP *Continued*

children ages 1-5 years. Children ages 6 years and older are allowed flavored milk (e.g. Chocolate milk) and children ages 1-2 years of age must receive whole milk.

Some children do not drink milk, either due to medical conditions or other factors. The new CACFP rules allow for this. A statement from a medical professional is not required for a substitution that is



nutritionally equivalent to milk. For example, if a child is raised in a household in which a vegan diet (no consumption of any animal-based products) is followed, only a note from the

parent of the child is required for the substitution to be allowed. If a child is not receiving milk due to a medical condition and NOT receiving a nutritionally equivalent substitute, than a note from a medical professional IS required.

These new rules for serving milk on the CACFP are just some of the changes made to improve the health of American children. The USDA realizes that childhood is an important time to help children develop positive eating and activity habits, and continues to take steps to improve the quality in the programs they administer. Their hope is that children learn healthy habits in child care they will keep for a lifetime.

#### In Summary:

- Unflavored whole milk must be served to 1 year olds.
- Unflavored low-fat or fat-free milk must be served to children ages 2-5.
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### Put All Food Program Documents in One Separate Envelope

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.



#### Healthy Food Program Number

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

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

**February** claims are due in our office by March **6th!**

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

#### New Provider:

Tammie Chaffin

### Using Paper Scan Menus

Please pay attention using paper scan menus or you may lose your 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.

### Variety Is Key in Meal Planning

It is not recommended that you serve the same meal for lunch and dinner. Variety is the key to nutrition. You must change at least the vegetable/fruit component.

### Be Sure to Report 'Out of School Days' to Ensure Payment

Tell us when the children are out of school. It is important to either state on your CIF (Claim Information Form) or enter into the computer school days off in your calendar. You will not get reimbursed for children in your care for "out of school days" if you don't provide that information.



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