

tasty times

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



Dear Child Care Provider,

Changes to the food program (CACFP) meal patterns will begin on October 1, 2017. These changes are the result of new requirements from the USDA, and were developed with the health of children in mind. A new major regulation is that “grain-based desserts” can no longer be served. To ensure you receive as many meal reimbursements as possible, make sure you do not serve grain-based desserts as of October 1st. This issue of *Tasty Times* will provide you with information about grain-based desserts and give you some ideas for substitutions. We hope these tips will help you plan the healthiest possible meals for the children in your care.

—Nicolette Applebaum, UIC Dietetic Intern

CACFP Meal Pattern Changes

What are grain-based desserts?

“Grain-based desserts” is a food category that includes any type of sweet bread or flour-based product. Grain-based desserts are typical sweet desserts like cakes, cookies, and brownies as well as some foods you may not think of as dessert, like animal crackers and Graham crackers. It also includes some foods you may think of as breakfast instead of dessert, like donuts, sweet rolls, coffee cake, and granola bars. Although the flour and grains in these foods are healthy, foods in this group also have a lot of added sugar and fat. This makes them unhealthy for children. **Starting October 1, none of these grain-based desserts will be reimbursed.** If you serve them, the entire meal may be disallowed. However, bread products that are *not* sweet can still be served.

Why did the USDA make this change?

New regulations, beginning October 1, require the USDA to change their rules so they match the current Dietary Guidelines for Americans. Under these guidelines, grain-based desserts have too much added sugar and saturated fat to be considered healthy for children. Eating too much sugar and fat can cause health problems like obesity and diabetes. These health problems can occur in adults who eat too much sugar and fat, and are even more likely to happen to adults who start eating a lot of sugar and fat at a young age. To encourage better eating habits that start in early childhood, grain-based desserts will no longer be reimbursed. By replacing grain-based desserts with a healthier type of grain, the children in your care will eat more of the nutrients they need to grow healthy and strong.

What can I still serve?

Keep in mind that bread products that are not sweet or that are slightly sweet can still be served. This is because there are more healthy grains in the product and less sugar or fat. These include: waffles, pancakes, French toast, cornbread, bagels, bread, biscuits, and breakfast cereal. Some sweet “quick breads,” including banana bread and muffins, can still be served too. Even though these are sweet bread products, they are still considered healthy for children.

However, these are the only sweet bread products that are allowed. When in doubt, do not offer it! If you do, the whole meal may be disallowed.

What else should I keep in mind?

Other changes coming to the program starting October 1, is one serving of grains must be “whole grain rich” every day. By serving a whole grain rich product instead of a grain-based dessert, you can meet both requirements at once! Try serving a whole-grain breakfast cereal instead of a cinnamon roll in the morning, or serving whole-wheat crackers with peanut butter instead of animal crackers as a snack.



Continued

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CACFP Meal Pattern Changes *(continued)*

Welcome New Providers

- Adriana Alarcon
- Yolanda Kemp
- Deborah Lewis
- Margarita Moreno
- Darlene Seals
- LaJuana Townsend
- Kenya Walker
- John White

March claims are due in our office by **April 6th!**
Warning! Late claims WILL result in late payment!

‘Out of School Days’

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.

Submitting Menus

DO NOT bend, fold or staple your menus. Stained menus cannot be processed.

It is important to send in your menus flat so that they can be read properly and ensure you do not lose money!

Use Separate Envelope for Food Program

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.

Re-enroll Children Annually

Providers are required to re-enroll the children annually. If you have children in your care and have received a re-enrollment worksheet, please send it in.

What is no longer allowed and what can I serve instead?

NO:

Foods that are not allowed starting October 1

- Animal Crackers
- Bread Pudding
- Brownies
- Cake
- Cereal Bars
- Cinnamon Rolls
- Coffee Cake
- Cookies
- Donuts
- Fruit Cobbler
- Graham Crackers
- Granola Bars
- Nilla Wafers
- Pie (crust)
- Pop-Tarts (toaster pastries)
- Rice Krispies Treats
- Teddy Grahams
- Sweet Rolls
- Cereal/Breakfast Bars

YES:

Foods that are still allowed as of October 1

- Bagels
- Banana Bread
- Biscuits
- Bread
- Cereals (that are WIC-approved)
- Cornbread
- Crackers
- Croissants
- English Muffins
- French toast
- Muffins
- Oatmeal
- Pancakes
- Raisin Bread
- Rice Cakes (whole grain)
- Rolls (plain or whole wheat)
- Tortillas
- Waffles

Sample Breakfasts	Sample Lunches/Dinners	Sample Snacks
Milk Whole-grain waffle Banana slices	Milk Whole-wheat bread Turkey Lettuce Grapes	Whole-wheat crackers Peanut butter
Milk Cheerios Apple slices	Milk Whole-grain bagel Peanut butter Corn Canned peaches	Muffin Baby carrots
Milk Oatmeal Orange slices	Milk Pancakes Eggs Potatoes Blueberries	Milk Cornbread

Healthy Food Program Number

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

Call:
(773)
564-8861



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