

tasty times

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



Dear Child Care Provider,

On October 1, 2017, several changes are coming to the CACFP. These changes are the result of new laws passed down from the USDA, and were developed with the health of children in mind. A very important, but slightly confusing, change to the Healthy Food Program is that one serving of grains per day must be “whole grain rich.” To ensure you receive as many meal reimbursements as possible, make sure you offer a whole grain each day beginning October 1. This issue of *Tasty Times* will provide you with more information about the new law, as well as tips to help familiarize you with whole grains. We hope these ideas will help you easily meet the new program requirements.

—Nicolette Applebaum, UIC Dietetic Intern

CACFP Meal Pattern Changes

What are whole grains?

You may have seen the words “whole grain” or “whole wheat” on food packages, but what do these terms mean? Grains, including flour, are often refined before they are mixed into the bread, crackers, and pasta we buy at the store. This refining process removes certain parts of the grain, which eliminates many of the nutrients along with it. Whole grains are not refined, which means all parts of the grain are used. Whole grains have more nutrients, including fiber and vitamin B, and are easy to find in many store-bought products.

Why do I need to serve whole grains?

New laws require the Healthy Food Program’s rules to match those in the Dietary Guidelines for Americans. According to these guidelines, everyone should eat at least one serving of whole grain per day. This is because whole grains have more nutrients than refined grains. In an effort to provide children with as many nutri-

ents as possible, all providers will be required to offer at least one serving of whole grain per day as of October 1st.

How can I tell if a product is whole grain?

Some foods are naturally whole grain, so they will not be labeled as whole grain. Common foods that are always whole grain include oatmeal, brown rice, and quinoa. Serving any of these will meet the whole grain requirement.

Other foods are made with whole grains. When buying grains like breads, crackers, and pasta, **you must look at the label** to check if the product is whole grain rich. This chart will help you determine if a food is a whole grain rich product or an impostor.

It IS whole grain rich if the package says...

- “100% whole grain”
- “100% whole wheat”
- “Diets rich in whole grain foods and other plant foods...”
- “Whole grain” as the 1st ingredient

It is NOT whole grain rich if the package says...

- “Whole Grain”
- “Wheat”
- “Multi-Grain”
- “Made with Whole Grains”

What types of food are whole grains?

The two lists below will give you some ideas for food available in whole grain varieties.

Naturally whole grain:

- Oatmeal
- Brown Rice
- Wild Rice
- Quinoa
- Teff
- Buckwheat
- Millet

Can be purchased as whole grain:

- Bread, bagels, and biscuits
- Tortillas
- Pasta
- Crackers
- Cereal
- Pancakes and waffles
- Pizza crust

Continued

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CACFP Meal Pattern Changes *Continued*

How can I introduce whole grains to children?

Serving whole grain food to children may be a challenge at first, because the texture is slightly different than what children may be used to. Whole grain products, and especially whole wheat products, may have a more dry or dense taste at first. Here are some tips for you to help children adjust to eating whole grains:

- Mix whole wheat noodles with regular noodles when making macaroni and cheese
- Mix brown rice with white rice at a meal
- Look for pizza with whole-wheat crust
- Make sandwiches using one slice of regular and one slice of whole grain bread
- Serve a WIC-approved breakfast cereal (many breakfast cereals are now whole grain)
- Serve whole-grain crackers with peanut butter

Many crackers for children, including Triscuits, Ritz, and Goldfish, have whole-grain varieties.

What do I need to do to meet this new requirement?

To meet this new requirement, make sure that at least one serving of grains on your menu is whole grain rich for each day that you claim reimbursement. If you do not offer a whole grain, a meal or snack may be disallowed for that day.

Here are some important details to remember when planning your menus:

- **Only one serving of grains needs to be whole grain each day.** It is fine to have other grains on your menu (for example, regular pasta), as long as at least one serving is whole grain.
- It is also acceptable to serve more than one whole grain, if desired.
- **You do not need to make sure every child is offered a whole grain each day.** You only need to make sure that a whole grain is on your menu once each day. The requirement is per day, not per child.
- **If you only serve an AM or PM snack,** and you choose to include a grain component, it must be whole grain rich. Otherwise, the snack will be disallowed.
- **If you serve a meal and a snack,** be sure to include a whole grain with either the meal or the snack. If you do not offer a grain with the snack, and the meal does not contain a whole grain either, the meal will be disallowed.
- **Write “WG” (Whole Grain) or “WW” (Whole Wheat) on your menu to show that a serving is whole-grain.** If you do not write “WG,” and we cannot determine that you met the whole grain requirement, the meal or snack may be disallowed. **Be as specific as possible to make sure you will be reimbursed!**

Welcome New Providers

Marjorie Dilworth
 Jenice Escobedo
 Alejandro Fernandez
 Debra Halley-Cain
 Veronica Martinez
 Brenda McGee
 Tyonna Young

Use Separate Envelope for Food Program

Illinois Department of Human Services have issued **NEW** training requirements for all License Exempt and Licensed providers. ALL providers, licensed exempt and DCFS licensed homes, are required to take over 40 hours of training in Early Childhood Education (ECE) by September 30th or lose CCAP payments. The required training courses include: What is CCAP?, DCFS Mandated Reporter Training and CPR/First Aid **This is only for homes that have CCAP children.**

Providers can go to our website, www.actforchildren.org under the tab “For Providers” to learn how to take the trainings online with Gateways or in-person. ALL License Exempt providers must register for Gateways as soon as possible. Visit the website at www.ilgateways.com

Healthy Food Program Number



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

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



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

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April claims are due in our office by **May 5th!**
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!

