

tasty times

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



Dear Child Care Provider,

Changes are coming to the CACFP starting October 1st. New USDA regulations have made some types of food not allowed for reimbursement. One new rule is that providers can no longer serve certain fried food. To make sure you receive all of your meal reimbursements, do not deep-fry any food you serve to children. This issue of *Tasty Times* will give more details about this change and provide you with ideas for other cooking methods. We hope these tips will help you prepare healthy and tasty meals for the children in your care.

—Nicolette Applebaum, UIC Dietetic Intern

Frying Foods Is Not Allowed as of October 1

Food that is fried on-site will not be reimbursed as of October 1st. This program change is the result of new USDA rules that better reflects the Dietary Guidelines for Americans. According to research used to develop the guidelines, most Americans have too much fat in their diets, and eating too much fat can lead to dangerous health problems like heart disease and obesity. Since healthy eating habits begin early in childhood, it is important to provide children with nutritious meals.

Facts about fats and frying

Frying is a cooking method that uses a large amount of oil resulting in food that is high in calories and fat. Common frying methods include deep frying (submerging food in hot oil) and frying food in more oil than what is needed to coat the pan.

On-site frying vs. commercial frying: which is allowed?

With the new program change, food that is fried on-site will not be reimbursed. This means any food you prepare in the home cannot be fried. This also applies if your kitchen is located on another

floor or in a separate part of your building. However, pre-packaged fried food like frozen fried chicken, frozen hash browns, and frozen hush puppies, can still be served. Keep in mind store-bought and prepared frozen food still need to be cooked or heated using a method other than re-frying at home.

Tasty and healthy ways to cook without frying

Cooking with an air-fryer is acceptable because food cooked this way uses very little or no oil. Air-fryers are also called “oil-less” fryers, which keep the texture of food similar to traditional frying.

Sautéing and pan-frying are cooking techniques that are allowed under the new guidelines, and a great way to cook both meat and vegetables. With these methods, the heat from the pan cooks the food, rather than the hot oil cooking it. To sauté or pan-fry, use a very small amount of oil to prevent food from sticking to the pan. A good rule of thumb to use, is cooking with just enough oil to lightly coat the bottom of the pan.

Baking or roasting food in an oven is another acceptable cook-

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Cooking methods that use oil:

Deep frying (Not allowed)	Food is submerged in a pot of hot oil. The hot oil cooks the food.
Frying (Not allowed)	Food is cooked in a pan of oil on the stove, with more than enough oil to cover the bottom of the pan. The hot oil cooks the food.
Pan-frying or sautéing (Not allowed)	Food is cooked in a pan on the stove, with just enough oil to lightly coat the bottom of the pan. The heat cooks the food.
Air-frying (Allowed)	Using a special “air fryer” machine, food is cooked in hot air with little or no oil. The heat cooks the food.
Baking or roasting (Not allowed)	Food is lightly coated with oil, and then cooked in the oven. The heat cooks the food.

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New IDHS Training Requirements

Illinois Department of Human Services have issued **NEW** training requirements for all License Exempt and Licensed providers. It requires all providers, licensed exempt, and DCFS licensed homes to take over 20 hours of training in Early Childhood Education (ECE), What is CCAP?, DCFS Mandated Reporter Training and CPR/First Aid by September 30th or lose CCAP payments. **This is only for homes that have CCAP children.**

Providers can go to our website (actforchildren.org) under the tab "For Providers" to learn how to take the training on-line with Gateways or in-person. **ALL** License Exempt providers must register for Gateways as soon as possible. Visit the web site at ilgateways.com.

Welcome New Providers

Julisa Delgado
Rosita Diaz
Keith Hallom
Lorenia Rodriguez
Blondell Traylor

The New KidKare System

The Webkids internet platform for recording and submitting menus will be discontinued effective October 1, 2017. All Healthy Food Program providers must switch over to the new KidKare system by that date. To access the Kidkare platform, go to kidkare.com and log in using the same username and password. The website is accessible on Mac or PC platforms, and will work with any web browser (Firefox, Google Chrome, etc.). Please contact the Healthy Food Program office at (773) 564-8861 with any questions.

Frying foods is not allowed as of October 1 (Continued)

ing method and it also brings out a delicious flavor in meat and a sweeter taste in vegetables. Nearly any meat or vegetable can be roasted by lightly coating the food with oil or cooking spray and then baking or roasting it in the oven. These cooking methods take a few extra minutes, but do not require any special equipment and allow you to do other things while the food is cooking.

You may also want to consider these other cooking methods: steaming, microwaving, grilling, pressure-cooking, or slow-cooking in a Crock Pot.

Alternatives to frying:

Chicken

Roast, pan-fry, air-fry, grill, or slow-cook

Potatoes

Roast, bake, microwave, sauté, or boil

Hush puppies

Bake or microwave

Eggs

Boil, pan-fry, or microwave

Crispy Chicken and Potatoes

This recipe is a great alternative to fried chicken and potatoes, and uses items you may already have on-hand. Serves 4 adults or about 8 children.

INGREDIENTS

- 4 chicken breasts
- ¼ cup milk
- ¾ cup flour
- ¼ cup bread crumbs (try Panko)
- ½ teaspoon salt
- ½ teaspoon pepper
- Other spices if desired (paprika, parsley, oregano, thyme)
- ¼ cup oil (olive, vegetable, or canola)
- 2 pounds of potatoes, chopped into 1-inch pieces

PREPARATION

1. Preheat oven to 425 degrees.
2. Cut each chicken breast into 3 long strips.
3. Combine the flour, bread crumbs, salt, and pepper in a bowl.
4. Put the milk in another bowl.
5. Dunk each piece of chicken in the milk, then coat it with the flour mixture and place it on a lightly greased baking sheet or pan.
6. Coat the potatoes with the oil and sprinkle with salt and pepper. Place potatoes on a separate baking sheet or pan.
7. Bake everything in the oven for 10 minutes.
8. After 10 minutes, shake the potatoes lightly to flip them, and flip each piece of chicken over with tongs.
9. Bake for another 10-12 minutes.
10. Remove chicken when it has reached a safe temperature of 165 degrees, and remove potatoes when the edges are brown and crispy.

Healthy Food Program Number



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

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

Remember, **July** claims are due in our office by **August 7th!**

Warning! Late claims WILL result in late payment!



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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