

# tasty times

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



## Dear Child Care Provider,

The new school year is upon us, which means new changes to the Healthy Food Program. **Starting October 1st, there will be changes to the types of food allowed on the CACFP.** These changes were implemented by the USDA to ensure children are provided with the nutrients they need to succeed. Healthier eating doesn't need to be expensive and this issue of *Tasty Times* will give you tips for serving delicious and nutritious foods that meet the new program guidelines, even on a limited budget.

—Nicolette Applebaum,  
UIC Dietetic Intern

## Healthy Food Program Number

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



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

## Healthy Eating, Even on a Limited Budget

With the start of the new school year comes a perfect opportunity to show children the importance of healthy eating. Research has shown that nutritious meals help kids to put their best foot forward at school and learn all day long. Some say that eating healthy is expensive, but if you know what to look for, you can easily find the healthiest and most affordable items in a store.

### SHOPPING TIPS

- **Shop around the edges.** Most of the “junk food” in a store is located in the middle aisles. These snack foods are usually high in salt, sugar, and fat, and don't have a lot of nutrients. Healthier items like fruits, vegetables, and dairy, are usually found against the walls.
- **Stick with simple.** Try to buy the plain or original version of pastas, bread, crackers, and canned foods. These are usually less expensive and more nutritious, and you can add your own seasonings to taste when preparing the food.
- **Buy the store brand.** These items are cheaper because the store doesn't need to pay for advertising. When shopping, look for a simple-looking label, or ask for the name of the store brand.
- **Don't fear sales.** Foods that are on sale have nothing wrong with them! Just beware of large amounts of added salt, sugar, or fat. Look

at the Nutrition Facts label and avoid items that have more than 30% of the daily requirement for fat or salt.

- **Buy in bulk.** “Bulk” means the item comes in a larger package. Bulk items do cost more money up front, but they are almost always a better value. This is because the company does not need to spend as much money on packaging. If you can, buy the largest whole package of an item. This works well for frozen foods or shelf-stable items like pasta, rice, and canned vegetables.



- **Watch out for units.** Some fresh items, including fruits and vegetables, are sold as a price “per each,” and some items are sold “per pound.” Buying produce by the pound is usually cheaper.

### FRUITS & VEGETABLES

- **Look for in-season produce.** It will be the least expensive.
- **Fruits that are usually low-cost** are apples, bananas, pears, and grapes.
- **Vegetables that are usually low-cost** are carrots, potatoes, squash, tomatoes, and cucumbers.

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### Unannounced child care home reviews

Reminder: The Illinois State Board of Education will be conducting unannounced child care home reviews during meal times this fall and winter. If you receive a visit, always check for identification and feel free to call us if you are doubtful of the person at your door. You or your assistant cannot ask the ISBE monitor to come back later; you or your assistant must conduct the review. The purpose of the ISBE review is to monitor Illinois Action for Children's Healthy Food Program. ISBE is required to do this for all food programs by the United States Department of Agriculture. Be sure to call us if you are going to be closed or away during a meal time, and we will inform the ISBE monitor if he or she is at your door and you do not answer.

### Welcome New Providers

- Nikita Bailey
- Cathy Bond
- Chandia Cobb
- Pamela Green
- Joyce Sneed
- Venesta Topps

### 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.

Remember, **August** claims are due **September 5th!**  
**Warning! Late claims WILL result in late payment!**

### Healthy Eating, Even on a Limited Budget *Continued*

- **Frozen fruits and vegetables** are inexpensive and last for months in the freezer. For frozen fruit, the label must say "no sugar added."
- **Canned fruits** are also a less expensive option. For fruit, look for "no sugar added" on the label. Do not buy items that have "canned in syrup" or "canned in juice" on the label.
- **Canned vegetables** are affordable as well. Look for "low sodium" on the label, and buy the plain version of each vegetable (avoid cream-style corn or spinach).



### MILK

- **The store brand** is cheapest, and just as nutritious.
- **Plain milk** is the least expensive, and must be given to children age 5 and under. Chocolate milk usually costs more, and can only be given to children age 6 and up.
- **Milk substitutes** like almond or soy are not necessarily healthier than regular milk. Plus, most brands are not approved under the new program requirements.

### GRAINS

- **Starting October 1st, you'll need to serve one whole grain each day.** Whole grain foods are slightly more expensive, but there are ways to save money on them.
- **WIC-approved breakfast cereals** are affordable and meet both the whole grain requirement and the new low-sugar cereal requirement.
- **Oatmeal** is inexpensive, easy to prepare, and meets the whole grain requirement.



- **Buy whole-wheat bread** in bulk. Bread, tortillas, bagels, and buns freeze well and will last for weeks in the freezer.
- **Boxed pasta and rice** inexpensive and last for months on the shelf. Brown rice and whole-wheat pasta meet the whole grain requirement.
- **When purchasing frozen pizza**, look for one with vegetable toppings. These cost less than sausage or pepperoni, and are healthier, too.

### MEAT/MEAT ALTERNATES

- **Buy yogurt in bulk**, but remember to check that it has 23 grams of sugar or less per 6 ounces.
- **Cheese** can be purchased in bulk and lasts for a couple of weeks in the refrigerator.
- **Canned beans** are very inexpensive and useful in many dishes. Look for "low sodium" on the label, and add some to tacos, rice, or soup!
- **The least expensive meats** are usually chicken, pork, and ground turkey. Tilapia and cod are two affordable types of fish. Look in the frozen section for more options.
- **Don't be fooled** into spending extra on "natural" or "free range" eggs. These terms have no real meaning!



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