

tasty times

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

Dear Child Care Provider,

October 1 marked the first day of long-awaited changes to the CACFP. The Healthy Food Program has been preparing for these changes for many months. With the new rules in effect, please take note that some adjustments have been made to some of the types of foods that can be reimbursed. This issue of *Tasty Times* covers the most important program changes and gives you tips to help you meet them. It is important that you understand and follow these changes so that you receive as many meal reimbursements as possible.—Nicolette Applebaum, UIC Dietetic Intern

CACFP Changes

Changes to the CACFP took effect on October 1.

These changes are the result of national laws passed in 2016 in an effort to promote healthy eating in children and adults. These laws affect the Healthy Food Program as well as other government programs. Recent research has shown that healthy eating habits are formed in childhood. Eating too many unhealthy foods that are high in sugar and fat can cause life-long health problems. To help young children succeed, caregivers should make sure children do not eat too many of these unhealthy foods. For providers like you, this means there are new food requirements to follow for both infants and children.

INFANTS: CHANGES TO THE PROGRAM

Major Changes

- Juice is not creditable under age 1
- You can be reimbursed if a mother breastfeeds her child on-site

Changes to Age Groups

- There are new age groups: now 0-5 months and 6-11 months
- Children 0-5 months get formula or breast milk only

- At 6 months, introduce solid foods if developmentally ready

Changes to Allowed Foods from 6-11 Months

- Low sugar requirements (see Children section for recommended brands):
 - Yogurt must contain 23 grams of sugar or less per 6 ounces
 - Cereal must contain 6 grams of sugar or less per 1 ounce
- A fruit or vegetable (baby food) must be offered with every meal and snack
- Whole eggs are creditable as a meat substitute
- Ready-to-eat breakfast cereals are creditable as a snack
- Cheese spreads and cheese foods (Cheez Whiz, Velveeta) are not creditable

CHILDREN: CHANGES TO THE PROGRAM

Grains

- A whole grain food must be offered once *per day* (not *per child*)
 - TIP: serve a WIC-approved cereal, oatmeal, or whole wheat bread/crackers
 - TIP: look for “100% whole grain” or “whole wheat” on the label

- Don't forget to specify “whole grain” on your menu!
- Cereal must have 6 grams of sugar or less per ounce
 - TIP: serve a WIC-approved cereal to automatically meet this requirement AND meet the whole grain requirement!
 - Approved cereals include Cheerios (original), Kix, Life, Chex, Bran Flakes, Scooby-Doo, Rice Krispies, Shredded Wheat, and many more
 - Don't forget to specify the brand of cereal!
- You can substitute a meat/meat alternate for a breakfast grain up to 3 times per week
 - TIP: try eggs, yogurt, or ham for breakfast instead of a grain
- Grain-based desserts are not creditable, including any kind of dough-based sweet treat
 - See the lists on the next page for foods that are allowed and not allowed
 - Foods with a star (*) can also be found in whole grain form to meet the whole grain requirement. Foods with two stars (***) are always naturally whole grain!

Continued

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CACFP Changes *continued*

NOT Creditable

Bread Pudding	Granola Bars
Breakfast Bars	Nilla Wafers
Brownies	Pie Crust
Cakes	(Sweet)
Cereal Bars	Pop-Tarts
Cinnamon Rolls	Rice Krispies
Coffee Cake	Treats
Cookies	Rice Pudding
Donuts	Pastries
Scones (Sweet)	Teddy Grahams
Fruit Cobbler	Sweet Rolls

Creditable

Animal Crackers	French Toast*
Graham Crackers	Rice Cakes*
Bagels*	Oatmeal**
Banana Bread	Tortillas*
Biscuits*	Pancakes*
Cornbread	Triscuits*
Bread*	Waffles*
Goldfish Crackers*	Crackers (Ritz, Saltine)
Croissants	Pie Crust (Savory)
Muffins	Scones (Savory)
English Muffins*	Cereals* (WIC-approved)
Raisin Bread*	

Fruits and Vegetables

- Juice can only be offered once *per day* (not *per child*)
- Only 4 ounces (1/2 cup) of juice can be given to each child when it is offered
- 2 fruits cannot be served with a meal
 - TIP: if children resist eating vegetables, start off with a sweet vegetable to help them get used to the taste
 - Try sweet potatoes, carrots, corn, squash, pea pods, beets, or bell peppers

Meat/Meat Alternates

- Whole tofu is now creditable (cubed or sliced)
- You can substitute a meat/meat alternate for a breakfast grain up to 3 times per week
 - TIP: try eggs, yogurt, or ham for breakfast instead of a grain
- Frying on-site is no longer allowed
 - TIP: deep-frying is not allowed, but air-frying and sautéing are allowed
 - Pre-fried foods, like frozen chicken and potatoes, are allowed if they are re-heated in another way (like in the oven or microwave)

- Yogurt must have 23 grams of sugar or less per 6 ounces
 - Go-Gurt and most squeezable yogurts are not allowed because they have too much sugar
 - TIP: approved brands include Yoplait (all), Dannon Danimals, Trix, Chobani Champions, and all plain yogurts
 - TIP: mix frozen fruit with plain yogurt for breakfast or a snack
 - Don't forget to specify the brand of yogurt!

Milk

- Flavored milk (chocolate, strawberry, etc.) is not allowed for children under age 6
- Age 1: Only plain whole milk is allowed
- Ages 2-5: Only plain low-fat (1%) or nonfat (skim) milk are allowed
- Age 6 and up: Plain low-fat (1%), nonfat (skim), or flavored nonfat (skim) milk are allowed
- Milk substitutes must meet strict nutrition requirements
 - Currently, the only approved brands are Silk (original flavor), 8th Continent (original flavor), and WestSoy PLUS (plain flavor)

ALERT

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, September claims are due by October **6th!**
Warning! Late claims WILL result in late payment!

Welcome New Providers

Rosa Carrizales
Pamela Humphrey
Felicia Oliver
Patricia Simpson
Annie Taylor

Healthy Food Program Number

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

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

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.



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