

tasty times

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



Dear Child Care Provider,

Childhood obesity is serious business, and should you care about protecting the children in your care from this disease. But some actions that seem like solutions are more complicated than you might think. “Fat-free” might sound like the healthiest option, but some fats are essential to our health, especially for children. This *Tasty Times* gives you the run down on saturated vs. unsaturated fat, trans fats, and information about what foods have the best fats for kids. We hope this will help you continue to provide healthy, well-balanced choices for the children in your care.

—The Healthy Food Program

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

Welcome New Providers

Jose Cuecha
 Evelyn Diaz-Naut
 Itedal Hassan
 Leonara McClelland-Sandridge
 Aubrey McGraw
 Betty Wilson

Healthy Food Program Number

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



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

Why Are Fats Important?

Fats serve many purposes in our bodies. They protect our organs, store energy, and insulate us. Some vitamins, such as A, D, E, and potassium, are called “fat-soluble.” These are stored in the liver and fatty tissues. This means that we need fat in order for our bodies to store these essential vitamins. Fat is especially important for children. It helps their brains develop and aids their growth. However, not all fats are helpful, and it is important to limit the amount of fat in a child’s diet to the age-appropriate amount. Children over 4 should get about 25-35% of their daily calories from fat. Children between 1-3 years old should get about 30-40% of their calories from fat.

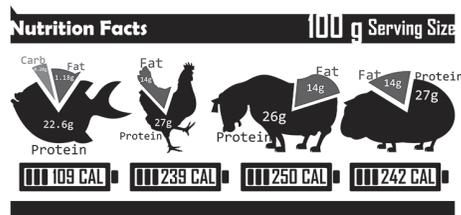
Saturated vs. Unsaturated Fats

These are the fats we hear the most about, but what exactly is the difference between them? It has to do with their chemical structure—saturated fat molecules are “saturated” with hydrogen. The main difference that we can observe is that saturated fats are solids at room temperature (think butter) while unsaturated fats are liquid at room temperature (like olive or canola oil). Saturated fats have

been linked to heart disease and high cholesterol.

Most foods contain a mixture of both saturated and unsaturated fats, but it is best to eat foods that have more unsaturated fats. As a general rule, animal fats are mostly saturated, and plant fats are mostly unsaturated. There are, of course, some exceptions to this. Coconut and palm kernel oils are plant fats that have more saturated than unsaturated fat. Fatty fish, such as salmon, herring, and tuna, contain omega-3 fatty acids which are a type of unsaturated fat that are important for preventing heart disease. Other sources of omega-3s are walnuts and seeds.

Sources of Saturated Fats



- Animal meat including beef, pork, and the skin of poultry
- Dairy products including cheese, milk, and butter

Continued

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Why Are Fats Important?

Continued

- Processed meats like bologna, bacon, hot dogs, and sausage
- Prepackaged snacks
- Coconut and palm kernel oil

Sources of Unsaturated Fats



- Avocados
- Olives
- Tuna, salmon, lake trout, and herring
- Nuts
- Olive oil, canola oil, peanut oil

Trans Fats

Trans fats are the worst for our health, with clear links to heart disease. Some foods naturally have small amounts of trans fats, but the majority of trans fats come from an artificial process. Most of the time trans fats are added to processed foods through partially hydrogenated oils, which are vegetable oils that were altered to be solid at room temperature instead of liquid. Essentially, the process takes unsaturated fats and turns them into something even unhealthy than saturated fats. Luckily, the federal Food and Drug Administration has banned most food manufacturers from using partially hydrogenated oils in food. This rule took effect in June, with many companies required to eliminate all partially hydrogenated oils by 2020. Check foods for trans fats by looking at the nutrition facts label, which will tell you how many grams of trans fat are in a product, or at



the ingredients list— if it includes partially hydrogenated oils, leave it on the shelf!

Sources of Trans Fats:

- Fast food
- Some margarines and peanut butter
- Pre-prepared cake frosting
- Commercially baked goods and snack foods

'Fat-Free' Foods

Typically speaking, processed foods that are “fat-free” are higher in sugar. This means that they are not automatically a healthier choice. It is important to consider how the foods you serve children balance together. Check nutrition labels to see if a fat-free food contains a large amount of sugar. Selecting minimally processed foods, as well as opting for homemade baked goods, can help limit unhealthy fats without increasing the amount sugar that your kids are eating. As always, moderation is key!

Attention Providers! New Change— Reduced Number of Infant Groups

Effective October 1st, 2017, the new CACFP meal pattern went into effect for the Healthy Food Program. As part of these changes, the USDA has reduced the number of infant groups from 3 (0-3 months, 4-7 months, and 8-11 months) to 2 (0-5 months and 6-11 months). Infants 6-11 months are expected to receive foods from all food groups at meals and snacks once the child is developmentally ready to receive them.

It is the expectation that children 8 months and older are developmentally ready to receive all foods. If you have a child that is not developmentally ready or a child whose parents do not believe is developmentally ready at 8 months of age, please notify the Healthy Food Program.

Call Us, Please!

We know your day is busy and thanks for all you are doing for our children in Cook County, but...

Remember that you must notify the Healthy Food Program in advance if you are closed, away from your child care home during meal times or if your children are not present for a meal. If you are not at home when we come to your door, the meal will be deducted.

Remember if a Nutrition Advocate or an ISBE monitor comes to your door during a meal time and you are too busy to allow us to complete a review, the USDA requires the Healthy Food Program to deduct **all the meals** served during the month from the beginning of the month through the day we are present. Always allow Nutrition Advocates or ISBE monitors to complete a review.

Save yourself any unnecessary headaches and call our Out of Home Voicemail at (773) 564-8861.

Tips on Submitting Your 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!



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