



ROUND UP

Newsletter for
Child & Adult Care Food Programs **May Issue, 2016**

The Wait is Finally Over!

On April 25, 2016 USDA released the New CACFP Meal Pattern. The new standards were carefully designed to make significant, achievable, and cost-neutral improvements to the nutritional quality of the meals and snacks served through CACFP. USDA focused on incremental changes that balance the science behind the nutritional needs of the diverse CACFP participants and the practical abilities of participating centers and day care homes to implement these changes. By setting an implementation date of October 1, 2017, the final rule provides ample lead time for centers and day care homes to learn and understand the new meal pattern standards before they are required to be in full compliance.

North Dakota Department of Public Instruction will provide in-person trainings and is developing new resources and training materials, such as menu planning tools, new and updated recipes, and tip sheets, to ensure successful implementation of the new nutrition standards. For more information about the new meal pattern go to: <http://www.fns.usda.gov/cacfp/meals-and-snacks>.

CACFP centers and day care homes may continue to comply with the earlier meal standards as they transition to the new meal standards. However, all aspects of meals served through the CACFP must meet the new standards no later than October 1, 2017.

Watch for CACFP New Meal Pattern trainings coming up this summer!

Put Our State on Your Plate: ND Farm to School Conference

NDDPI and ND Dept. of Agriculture invite you to attend our first Farm to School and Farm to Pre-school Conference. We invite school staff, childcare staff and farmers/producers who would like to learn more about serving local foods in ND schools and childcare centers. See the links below to register for the conference in Fargo or Mandan.

May 10, 2016 in Fargo

[Register for Fargo Put Our State On Your Plate Now](#)

[Fargo Put Our State On Your Plate Now Agenda](#)

May 11, 2016 in Mandan

[Register for Mandan Put Our State On Your Plate Now](#)

[Mandan Put Our State On Your Plate Now Agenda](#)

If you have any questions, please contact Deb Egeland at degeland@nd.gov or 328-3718



CACFP Culinary Trainings Offered in May and July



CACFP participants are invited to attend culinary trainings specific for CACFPs. Two different topics will be offered. The culinary trainings in May will be the first topic: Quick and Healthy Entrées on a Budget. The second topic is Healthy Snacks/Kids in the Kitchen and this training is currently scheduled for Fargo and Mandan in July.

Each training will feature chef demonstrations, nutrition tips, and taste testing. This is also a great opportunity to network with other CACFP participants from across North Dakota. See below for specific information regarding training locations, dates, and times. Register soon! Space is limited to 20 participants per location.

CACFP Culinary Training: Topic 1 *Quick & Healthy Entrées on a Budget* –

[More Information Topic 1 *Quick & Healthy Entrées on a Budget*](#)

- ◆ Fargo on May 17, 2016 from 1:30-4:30 PM
at Dakota Medical Foundation (4141 28th Ave. S, Fargo)
[Register for the May 17th training in Fargo.](#)
- ◆ Mandan on May 24, 2016 from 1:00-4:00 PM
at Mandan Nazarene Church (4209 Old Red Trail, Mandan)
[Register for the May 24th training in Mandan.](#)
- ◆ Minot on May 25, 2016 from 9:00 AM-12:00 PM
at First Lutheran Church in the Parish Center Kitchen (120 5th Ave. NW, Minot)
[Register for the May 25th training in Minot.](#)



CACFP Culinary Training: Topic 2 *Healthy Snacks/Kids in the Kitchen* –

[More Information Topic 2 *Healthy Snacks/Kids in the Kitchen*](#)

- ◆ Fargo on July 14, 2016 from 1:30-4:30 PM
at Dakota Medical Foundation (4141 28th Ave. S, Fargo)
[Register for the July 14th training in Fargo.](#)
- ◆ Mandan on July 19, 2016 from 1:00-4:00 PM
at Mandan Nazarene Church (4209 Old Red Trail, Mandan)
[Register for the July 19th training in Mandan.](#)



Determining a Free and Reduced-Price Income Application that lists a SNAP, TANF or FDPIR number

Section 1 of the CACFP Free and Reduced-Price income application states “Enter the SNAP, TANF, or FDPIR case number for ANY household member currently receiving benefits.”
Complete one application per household.

1. SNAP, TANF or FDPIR Benefits Enter the SNAP, TANF or FDPIR case number for ANY household member currently receiving benefits. _____ (Social Security, Medicaid and EBT numbers are not accepted.) In section 2, list all children in the household, indicating their center and age. Do not list any adult household member names or income information. Then go to section 3

number for ANY household member currently receiving benefits.”

How to identify a SNAP or TANF Case Number:

A valid SNAP or TANF number will automatically qualify the student(s) to be categorized as Free.

A valid SNAP or TANF case number is no more than eight (8) digits in length. The first two numbers should be 00. In some cases one or both zeroes could be dropped and the case number could be six (6) or seven (7) digits. To verify case numbers please call the county social services office.

As a reminder, Social Security (unless FDPIR), Medicaid and EBT numbers are not accepted. EBT card numbers will be 16 digits long.

How to identify an FDPIR Number:

An FDPIR case number is the Social Security number from the head of the household.

About the SNAP, TANF, FDPIR Programs:

SNAP- The Supplemental Nutrition Assistance Program (SNAP) is a Federal program that provides nutrition benefits to low-income individuals and families that are used at stores to purchase food.

TANF- The Temporary Assistance for Needy Families (TANF) program provides temporary financial assistance for pregnant women and families with one or more dependent children. TANF provides financial assistance to help pay for food, shelter, utilities, and expenses other than medical.

FDPIR- Food Distribution Program on Indian Reservations (FDPIR) provides USDA Foods to income-eligible households living on Indian reservations. Many households participate in FDPIR as an alternative to the Supplemental Nutrition Assistance Program (SNAP), because they do not have easy access to SNAP offices or authorized food stores.

New USDA Guidance and Memos

Listed below are recent policy memos issued by the United States Department of Agriculture (USDA) and a brief summary of each one. Click on the following link <http://www.fns.usda.gov/cacfp/policy> to access the complete list of USDA policy memos and to download copies.

CACFP 03-2016: Procurement Standards and Resource Management Requirements related to Franchise Agreements http://www.fns.usda.gov/sites/default/files/SP03_CACFP03_SFSP03-2016os.pdf

The FNS is aware that school food authorities and Program operators may be operating the National School Lunch Program (NSLP), School Breakfast Program (SBP), and other Child Nutrition Programs (CNP), in a way that includes offering reimbursable meals and non-program foods (a la carte sales, catering, adult meals, etc.) using foods from popular franchise restaurants through a franchise agreement. Upon review, such franchise agreements contained a number of serious flaws which are out of compliance with applicable Federal law.

Franchise agreements often have provisions that are inherently problematic for the Child Nutrition Programs because they entail having a school or sponsor essentially “buy” into an agreement with a commercial vendor for the purpose of exclusively marketing or selling that company’s good or services as opposed to having that vendor submit a bid for its products during a competitive process. While it may be possible to sell the products of a franchise, those products must be competitively procured from among competitively solicited franchises. Failure to properly compete violates competitive procurement standards as required in Program regulations and 2 CFR 200.318-326 (formerly 7 CFR Parts 3016.36 and 3019.40-48, as applicable), and for schools operating NSLP and SBP, regulations on competitive food services in 7 CFR Parts 210.11 and 220.12 and use of nonprofit food service account (NFSA) funds in 7 CFR 210.14 (a).

CACFP 01-2016: Procuring Local Meat, Poultry, Game, and Eggs for Child Nutrition Programs

http://www.fns.usda.gov/sites/default/files/cn/SP01_CACFP%2001_SFSP01-2016os.pdf

Recently, the Food and Nutrition Service (FNS) has received a number of questions related to buying local meat, poultry, game, and eggs; this memorandum seeks to clarify the regulatory requirements related to food safety and answer specific questions related to these products with a series of questions and answers.

CACFP 11-2015: Local Foods in the Child and Adult Care Food Program with Questions and Answers

<http://www.fns.usda.gov/local-foods-child-and-adult-care-food-program>

The purpose of this memorandum is to provide guidance on the incorporation of local foods and agriculture-based curriculum in early childhood education and care settings. The memorandum also clarifies policies in the recently published FNS Instruction 796-2, Revision 4, Financial Management in the Child and Adult Care Food Program (CACFP) relevant to local food production and procurement. Finally, this memorandum includes questions and answers regarding procuring local food for use in the CACFP, growing food for use in CACFP, and donations.

CACFP 12-2015: Guidance on Prohibition of Separation by Gender during Child Nutrition Program Meal Service <http://www.fns.usda.gov/guidance-prohibition-separation-gender-during-cnp-meal-service>

This memorandum explains the prohibition on separation by gender during Child Nutrition Program meal service and outlines select circumstances under which gender-based separation may be permissible. This memorandum supersedes previously rescinded guidance SP 32-2012, CACFP 16-2012, as well as SFSP 12-2012, “Prohibition of Separation by Gender during Child Nutrition Program Meal Service,” originally issued May 9, 2012.

CACFP 13-2015: Statements Supporting Accommodations for Children with Disabilities in the Child Nutrition Programs <http://www.fns.usda.gov/statements-supporting-accommodations-children-disabilities-cnp>

FNS is committed to ensuring that all children have access to healthy meals that meet their dietary needs. FNS has facilitated access for children with special dietary needs through the Child Nutrition Programs (National School Lunch Program (NSLP), School Breakfast Program (SBP), Special Milk Program (SMP), Child and Adult Care Food Program (CACFP), and Summer Food Service Program (SFSP)) regulations, (NSLP 210.10(m), SBP 220.8(m), 220.23(d) CACFP 226.20(m), and SFSP 225.16(f)(4)) and guidance, which includes FNS Instruction 783.2, Meal Substitutions for Medical or Other Special Dietary Needs and Accommodating Children with Special Dietary Needs in the School Nutrition Program.

TA 01-2015: Child Nutrition Programs and Transitional Foods <http://www.fns.usda.gov/child-nutrition-programs-and-traditional-foods>

Several representatives of Native communities have inquired about serving traditional foods in Child Nutrition Programs (CNPs). In particular, Native communities are interested in knowing which traditional foods are allowed and how these foods may contribute towards a reimbursable meal.

The United States Department of Agriculture (USDA) understands the importance of serving traditional foods and encourages Indian Tribal Organizations, along with all operators of CNPs, to source locally grown and raised foods. The purpose of this memorandum is to clarify that traditional foods may be served in CNPs and to provide examples of how several traditional foods may contribute towards a reimbursable meal.

CACFP 15-2015: Allowable Costs Related to Physical Activity and limiting the Use of Electronic media in the CACFP <http://www.fns.usda.gov/allowable-costs-related-physical-activity-and-limiting-use-electronic-media-child-and-adult-care>

The purpose of this memorandum is to provide guidance on the use of Child and Adult Care Food Program (CACFP) funds for training and technical assistance related to promotion of physical activity and limiting the use of electronic media. This guidance applies to the use of sponsoring organization administrative funds, facility nonprofit food service account funds, and State Administrative Expense (SAE) funds. Attachment A includes questions and answers.

CACFP 10-2015: CN Labels copied with a Watermark Acceptable Documentation

<http://www.fns.usda.gov/cn-labels-copied-watermark-acceptable-documentation>

The purpose of this memorandum is to clarify that a Child Nutrition (CN) Label copied with a marking referred to as a “watermark” is acceptable documentation for an Administrative Review. A CN label with a watermark is used when the CN logo and contribution statement are used on product information other than the actual product carton and is presented as a separate document. Manufacturers may provide schools with a CN label with a watermark during the bidding process. (Original CN labels on product cartons will not have a watermark.)

Food Safety During Storing

The 8 steps in the foodservice process are purchasing, receiving, storing, preparing, cooking, serving and holding, cooling, and reheating. The [January 2016 RoundUp Newsletter](#) featured purchasing and receiving tips to help prevent foodborne illness. In this newsletter we will look at preventing foodborne illness during step 3: storing foods.

- Keep an appliance thermometer in each of your refrigerators and freezers. Monitor and record refrigerator and freezer temperatures to ensure they are maintained. Refrigerators should maintain a temperature between 33-41°F. The temperature of freezers should be between 0°F and –10°F.
- Use the First In First Out (FIFO) concept. Older foods should be used before the newer foods.
- Keep raw foods separate from ready-to-eat foods.
- Keep food storage areas clean, dry, and pest-free.
- In your pantry/dry storage area, keep foods at least 6 inches off the floor and 6 inches away from the walls.
- Store canned foods in a cool, dry, and clean place. Avoid direct sunlight and extreme heat or cold which can be harmful to canned goods.
- Store opened food packages properly such as in food-grade bags and air-tight containers.
- Always store chemicals and cleaning products away from food and food supplies.



Nondiscrimination Statement Updated

All informational materials and resources, including websites, used by local agencies or other sub-recipients to inform the public about the USDA FNS programs such as the CACFP must contain a nondiscrimination statement. It is not required that the nondiscrimination statement be included on every page of the program information website but must, at a minimum, be included on the home page of the program information. Local agencies and their sub-recipients must post the following nondiscrimination statement. This statement must be posted in all local agency, or sub recipient offices (by posting the “*And Justice For All*” poster) and be included, in full, on all materials regarding FNS programs that are produced by the recipients for public information, public education, or public distribution. The authorized statement below cannot be modified. The authorized statement follows:

“In accordance with Federal civil rights law and U.S. Department of Agriculture (USDA) civil rights regulations and policies, the USDA, its Agencies, offices, and employees, and institutions participating in or administering USDA programs are prohibited from discriminating based on race, color, national origin, sex, disability, age, or reprisal or retaliation for prior civil rights activity in any program or activity conducted or funded by USDA. Persons with disabilities who require alternative means of communication for program information (e.g. Braille, large print, audiotape, American Sign Language, etc.), should contact the Agency (State or local) where they applied for benefits. Individuals who are deaf, hard of hearing or have speech disabilities may contact USDA through the Federal Relay Service at (800) 877-8339. Additionally, program information may be made available in languages other than English.

To file a program complaint of discrimination, complete the USDA Program Discrimination Complaint Form, (AD-3027) found online at: http://www.ascr.usda.gov/complaint_filing_cust.html, and at any USDA office, or write a letter addressed to USDA and provide in the letter all of the information requested in the form. To request a copy of the complaint form, call (866) 632-9992. Submit your completed form or letter to USDA by:

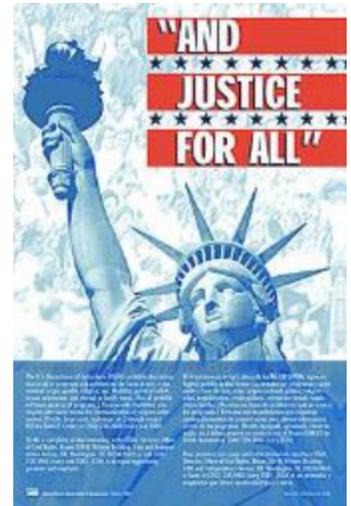
(1) mail: U.S. Department of Agriculture
Office of the Assistant Secretary for Civil Rights
1400 Independence Avenue, SW
Washington, D.C. 20250-9410;

(2) fax: (202) 690-7442; or

(3) email: program.intake@usda.gov.

This institution is an equal opportunity provider.”

If the material is too small to permit the full statement to be included, the material must at a minimum include the statement, in print size no smaller than the text that, “This institution is an equal opportunity provider.” As your agency updates its program materials, please assure that the nondiscrimination statement described above is updated to reflect the current version and is included wherever the CACFP or USDA is mentioned.



Supporting Breastfeeding Moms at Child Care Centers

New moms who choose to continue to breastfeed their baby when returning to work often need support and encouragement. Child care centers can have a significant positive impact on a mother's commitment to breastfeed. Here are some ways child care centers can support breastfeeding mothers.

- Be supportive and praise the breastfeeding mom for her dedication to providing the best nutrition to her baby.
- Create a quiet, comfortable place for nursing moms. A mother may choose to come to your child care and breastfeed her baby during her breaks. A breastfeeding mom may choose to feed her baby when they arrive to your child care center and before they go home. Be sure to provide a private and peaceful place, other than the bathroom.
- Display the international breastfeeding symbol to communicate to expectant and nursing mothers that your child care center supports breastfeeding and has a designated area for mothers to breastfeed. The international breastfeeding symbol is shown to the right and is available to download to your use by [clicking here](#).
- Keep open communication with the mother about the amount the baby consumed while in your care and the number of wet and soiled diapers.
- Communicate to the mother about the amount of her frozen breastmilk you have on hand so she can bring more to the child care center as needed.



Breastfed babies also benefit child care centers! Breastfed babies usually:

- Get sick less often
- Spit up less often
- Have less constipation and diarrhea
- Have less odor in stools
- Transition to the taste of solid foods more readily than formula fed babies

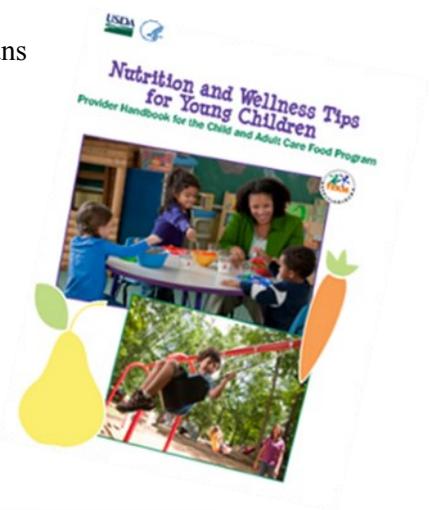
Remember, breast milk is free for the child care center and breastmilk served by the child care provider are reimbursable in the CACFP meal pattern.

Looking for more great information? [Click here for a video overview of how child care providers can support breastfeeding mothers and infants.](#)

Now Available in Spanish!

Nutrition and Wellness Tips for Young Children: Provider Handbook for the Child and Adult Care Food Program is available on the USDA Team Nutrition website and it is now available in Spanish and English! [Click here to view the *Nutrition and Wellness Tips for Young Children* handbook.](#) This resource includes resources for child care providers on:

- Building a healthy plate with fruits, vegetables, whole grains, and beans
- Encouraging physical activity and active play
- Limited screen time
- Food safety
- And much more!



FREE MyPlate E-Books from Team Nutrition

The *Two Bite Club* and *Discover MyPlate: Emergent Reader Mini Books* are now available as e-books! Each e-book features audio narration that highlights the text as it reads aloud. The books teach young children about

the MyPlate food groups and include interactive features to test comprehension and make learning fun. [Click here to visit the Team Nutrition MyPlate eBooks webpage.](#) The *Discover MyPlate: Emergent Reader Mini Books* are also available for PDF download. [Click here to learn more about the *Discover MyPlate* PDF download.](#)



Pineapple Dipping Sauce

- 1 can pineapple
- 1/2 yellow onion
- 1 medium carrot
- 1 stalk of celery
- 2-4 cloves garlic
- 1/4 C sweet chili sauce
- 1 T olive oil/butter
- 2 bay leaves

Dice onion, carrot, celery, smash and peel garlic. Heat oil/butter over medium heat in 2 quart pot and sauté vegetables until soft. Add pineapple, sweet chili sauce and bay leaf. Simmer for 1 hour or so. Blend up sauce in mixer or robot coupe until smooth. Add more pineapple juice and as much salt as needed to taste. Serve as a dunker for chicken nuggets, fish sticks, or on steamed vegetables.

USDA Notice of Nondiscrimination

In accordance with Federal civil rights law and U.S. Department of Agriculture (USDA) civil rights regulations and policies, the USDA, its Agencies, offices, and employees, and institutions participating in or administering USDA programs are prohibited from discriminating based on race, color, national origin, religion, sex, gender identity (including gender expression), sexual orientation, disability, age, marital status, family/parental status, income derived from a public assistance program, political beliefs, or reprisal or retaliation for prior civil rights activity, in any program or activity conducted or funded by USDA (not all bases apply to all programs). Remedies and complaint filing deadlines vary by program or incident.

Persons with disabilities who require alternative means of communication for program information (e.g., Braille, large print, audiotape, American Sign Language, etc.) should contact the responsible Agency or USDA's TARGET Center at (202) 720-2600 (voice and TTY) or contact USDA through the Federal Relay Service at (800) 877-8339. Additionally, program information may be made available in languages other than English.

To file a program discrimination complaint, complete the [USDA Program Discrimination Complaint Form](#), AD-3027, found online at http://www.ascr.usda.gov/complaint_filing_cust.html and at any USDA office or write a letter addressed to USDA and provide in the letter all of the information requested in the form. To request a copy of the complaint form, call (866) 632-9992. Submit your completed form or letter to USDA by:

- (1) mail: U.S. Department of Agriculture
Office of the Assistant Secretary for Civil Rights
1400 Independence Avenue, SW
Washington, D.C. 20250-9410;
- (2) fax: (202) 690-7442; or
- (3) email: program.intake@usda.gov.

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