



Fall 2009

# Bits and Bites

Volume 21, Issue 1

CACFP Nutrition and Program Updates for Colorado's Child Care Centers

## Inside this issue:

Ten Steps to Breastfeeding	1,2
2009 CACFP Training Dates	3
New Income Guidelines, IEFs, Reimbursement	3
Renewal Reminder	3
CACFP Welcomes Brehan Riley, Nutrition Specialist	3
Civil Rights Training Requirements	4
Super Snacks	4

## Ten Steps to Breastfeeding Friendly Centers

A Resource Kit from the Wisconsin Nutrition, Physical Activity, and Obesity Program.

For the past 500,000 years, human babies have been nourished on their mothers' milk. It is only for the past 60 years that a highly processed, artificial food, known as infant formula, has been available. Breastfed babies experience lasting health benefits including reduced risk of infectious diseases, diabetes, childhood cancers, obesity, and asthma. Women who breastfeed their children are at lower risk for breast cancer and ovarian cancer. Breastfeeding has financial benefit, considering the cost of infant formula and health care costs associated with treating diseases and conditions preventable by breastfeeding. Companies that provide time and space for women to express their milk when they must be apart from their babies have been proven to enjoy significant cost savings, including lower rates of absenteeism, lower health care costs, better retention of employees, and higher productivity and company loyalty.

The Wisconsin Nutrition, Physical Activity, and Obesity Program has developed a resource kit, entitled, *Ten Steps to Breastfeeding Friendly Child Care Centers*. This kit is intended to provide resources to assist child care center employees and owners in providing accurate and consistent lactation support to breastfeeding families whose babies are in their care. The kit provides a self appraisal tool, sample breastfeeding policy, planning worksheets, additional resources, and references supporting the

strategies presented. Visit [http://dhs.wisconsin.gov/health/physicalactivity/pdf\\_files/BreastfeedingFriendlyChildCareCenters.pdf](http://dhs.wisconsin.gov/health/physicalactivity/pdf_files/BreastfeedingFriendlyChildCareCenters.pdf) to view the resource kit and benefit from the great information and resources it offers.

The ten steps described in the resource kit are summarized below:

**Step 1 Designate an individual or group who is responsible for the development and implementation of the 10 steps.**

Gain support from management and staff, assemble a team, and assign responsibility to team members. Begin the planning process with the Self-Appraisal Questionnaire (included in the toolkit) and develop an action plan that is geared to meet the needs of the families served and the child care center's employees.

**Step 2 Establish a supportive breastfeeding policy and require all staff be aware of and follow the policy.**

A breastfeeding friendly child care center policy will address a certain standard of care, including:

- Mothers will be welcome to breastfeed in the center.
- Families will receive accurate information about breastfeeding.
- Child care center staff are trained to provide breastfeeding information and support to help mothers continue to breastfeed when they return to work or school.

(Continued on page 2)



Establish a supportive breastfeeding policy

*Breastfeeding Continued from Page 1*

**Step 3 Establish a supportive work-site policy for staff members who are breastfeeding.**

Women need access to supportive individuals and safe environments to breastfeed comfortably in common places where mothers and children go — in work and child care settings.

Women who do not breastfeed after returning to work miss more work time caring for sick children and their family health care costs are greater. Women whose breastfeeding is supported at work are happier, more productive and less likely to resign.

**Step 4 Train all staff so that they are able to carry out breastfeeding promotion and support activities.**

Training activities may include:

- Identification and promotion of the room where women can privately express milk or breastfeed.
- Safe storage and handling of human milk.
- Development and understanding of infant care plans designed to avoid large feedings prior to mothers' scheduled arrival.
- Appropriate methods to bottle-feed the breastfed baby.
- Ability to provide information to mothers regarding appropriate introduction of baby foods, including the promotion of exclusive breastfeeding until babies are about six months old with continued breastfeeding to one year and beyond.

**Step 5 Create a culturally appropriate breastfeeding friendly environment.**

Child care centers can create a culturally appropriate breastfeeding friendly environment by:

- Emphasizing breastfeeding first in all written and verbal communication when educating families.
- Limiting the visibility of infant formula and related materials.
- Displaying posters and pictures of racially and ethnically diverse breastfeeding families.
- Using culturally diverse breastfeeding educational materials.

**Step 6 Inform expectant and new families and visitors about the center's breastfeeding friendly policies.**

Present a clear message that breastfeeding is a normal and accepted way of feeding infants.

- Include information on the center's supportive breastfeeding policies in informational handouts for prospective families.
- During tours, point out supports for breastfeeding, such as a comfortable chair for nursing, refrigerator space for storing milk and a listing of local breastfeeding resources.



Provide a comfortable place for mothers to breastfeed or express their milk in privacy, if desired.

Make available information on local (city, county and state) laws protecting the rights of mothers to breastfeed in public in the center.

**Step 7 Stimulate participatory learning experiences with the children, related to breastfeeding.**

Exposing children to breastfeeding women is an important way to teach about natural infant feeding. Provide appropriate learning activities for children to learn about breastfeeding, including how mammals provide species-specific milk for their young.

**Step 8 Provide a comfortable place for mothers to breastfeed or express their milk in privacy, if desired.**

Educate families and staff that a mother may breastfeed her child wherever they have a legal right to be.

**Step 9 Establish and maintain connections with a local breastfeeding coalition or community breastfeeding resources.**

Join breastfeeding advocacy groups, coalitions, councils, or networks. Support legislation, fund raising projects, and health fairs to further breastfeeding education of the general public.

**Step 10 Maintain an updated resource file of community breastfeeding services and resources kept in an accessible area for families.**

**BREASTMILK ON THE CACFP:** Breast milk is a creditable component of the CACFP Infant Meal Pattern. Meals consisting of only breast milk served to young infants who do not yet consume other foods are eligible for reimbursement. Meals consisting of breast milk and other foods provided by the center according to the Infant Meal Pattern are also eligible for reimbursement. At least one component of the creditable meal must be provided by the center.

# PROGRAM NEWS



## 2009 CACFP Center Training Dates

August 6, 2009 Colorado Springs:  
Community Partnership For Child  
Development Center  
2330 Robinson St.  
Colorado Springs CO 80904

### September 23, 2009 DATE CHANGED

CDPHE Lab Services,  
LARS Training Room  
8100 Lowry  
Denver, CO 80246

### October 14, 2009 Pueblo DATE CHANGED

Wingate Hotel  
4711 N Elizabeth St  
Pueblo, CO 81008

### November 13, 2009 DATE CHANGED

CDPHE Lab Services  
LARS Training Room  
8100 Lowry  
LARS Training Room  
Denver, CO 80246

December 4, 2009  
CDPHE Lab Services  
LARS Training Room  
8100 Lowry  
Denver, CO 80246

## New Income Guidelines, IEFs, Reimbursement Rates

The new 2009-2010 Household Eligibility Guidelines, Income Eligibility Form (IEF), IEF Letter, and Rates of Reimbursement have been mailed to all participating Institutions. If the Institution you represent did not receive these mailings or have misplaced the forms, access them on the CACFP website at: <http://www.cdphe.state.co.us/ps/cacfp/materialsandforms.html>

These forms and rates are effective July 1, 2009 through June 30, 2010. The center must use the current Household Income Guidelines to determine participants' eligibility for Free, Reduced, or

Paid meals on the IEFs. Since the income ceilings for the Free and Reduced categories usually increase each year, obtaining new IEFs and using the newest guidelines will allow the center to claim the maximum number of meals in each of these categories.

Be sure to toss your old master forms and file these new master forms.

*Remember! Keep all IEFs and other CACFP records for the current fiscal year and an additional 3 1/3 years! Do not use the chart on the back of the new IEF Letter to determine the eligibility of participants! This is not a complete chart.*

## Renewal Reminder

The CDPHE- CACFP office has mailed the manila CACFP Renewal Instructions Packet to all participating Institutions. To continue participation in the CACFP during Fiscal year 2010 (Oct.1, 2009 through Sept. 30, 2010), please remember to complete your online application and return any supporting documents to the CDPHE-CACFP office by September 15, 2009.

If you have not received your manila packet or have questions, please call (303) 692-2330.

## The CDPHE-CACFP Welcomes Brehan Riley, Nutrition Specialist!!

The Colorado CACFP staff welcomes Brehan Riley to the CACFP team! Bre recently began working in the CACFP office as a Nutrition Specialist. Bre will be completing CACFP reviews at child care centers across Colorado and providing technical assistance to ensure success in the CACFP. Bre brings a wealth of knowledge and experience in both food service and nutrition. Prior to joining the CACFP, Bre completed a dietetic internship to become a registered dietitian, as well as a Master's degree in Nutrition. She has also worked in various food service settings. In her spare time, Bre enjoys horseback riding, hiking, mountain biking, and snowboarding. Bre is very excited about working for CACFP and looks forward to meeting everyone participating in the program. Please join us in welcoming Bre!



**Child and Adult Care  
Food Program  
(PSD-CAC-6411)  
4300 Cherry Creek Dr S  
Denver, Colorado 80246**



**Colorado Department  
of Public Health  
and Environment**

**We are on the  
web at:**

[http://  
www.cdph.state.co.us/ps/cacfp/  
index.html](http://www.cdph.state.co.us/ps/cacfp/index.html)

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**Bits and Bites** is published three times a year by the Colorado Department of Public Health and Environment—Child and Adult Care Food Program. Your comments and questions are encouraged. Tracy Miller, MSPH, RD, *Editor*  
Corina Landeros, *Desktop Publishing Editor*

## Civil Rights Training Requirements

All participating Institutions must ensure that frontline staff and managers of frontline staff be trained annually on civil rights requirements. Frontline staff are those persons who interact with families of children in care. Topics selected for civil rights training should be applicable to the duties and skill level of the staff members. These topics include:

- Annual collection and use of civil rights data (reported race and ethnicity)
- The Institution's method of informing participants of CACFP availability, rights and responsibilities, nondiscrimination policy, and the procedure for filing a complaint
- Procedure for filing a complaint for discrimination
- Required reasonable accommodations of persons with disabilities
- The Institution's methods of providing language assistance when needed
- Conflict resolution
- Customer service

When completing annual CACFP training requirements for staff members, be sure to include civil rights training for applicable staff members. Document all training conducted for staff members and maintain those records for review purposes.

Please contact the CDPHE-CACFP office at (303) 692-2330 with any questions related to civil rights requirements.

### Super Snacks

If you have been to the CACFP training lately, you might remember putting your mind to the test to create nutritious snack ideas. The CACFP training staff has compiled all of the great snack ideas provided by training attendees. The following snacks are a few of those creative ideas! Enjoy!

#### **Super Snack #1: Hummus with Vegetables, Cucumber, or Pita bread.**

If the children prefer hummus with vegetables, the hummus would contribute to the meat/meat alternate component. If pita bread is chosen to go with the hummus, the hummus could contribute to the snack as a vegetable or meat/meat alternate. Use whole grain pita bread to enhance the fiber and nutrient content of this snack.

#### **Super Snack #2: Mango Chunks and Turkey Slices**

Choosing frozen mango pieces might be a time saver.

#### **Super Snack #3: Fruit Kabobs and Peanut Butter Rolled in Cereal**

Pineapple, berries, apples, bananas, kiwi, melons... Make it colorful to maximize the nutrient content of this snack. Be sure the quantities of at least two of the components (fruit, peanut butter, or cereal) meet the CACFP Meal Pattern requirement for snack.

#### **Super Snack #4: Eggplant, tomato, and mozzarella cheese, sliced, stacked, and baked**

This is a creative way to introduce eggplant to the children. The quantities of eggplant and tomato can be combined to meet the minimum required quantity of the vegetable component.

