



# Bits & Bites

Volume 20, Issue 1

Spring 2008

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

## Special Diets Q & A

The CACFP requirements for special diets can be complicated. Answers to these common questions can help! Take some time to ensure the center meets the requirements for children with special diets!

### Q: When does a child need a Special Diet Statement?

**A:** A Special Diet Statement must be on file if the center intends to claim meals for a child who cannot have one or more of the CACFP Meal Pattern components for a medical reason. Special Diet Statements for children who cannot consume milk are most common because most milk substitutes (rice and soy milk) are not creditable. A Special Diet Statement is not required for lactose reduced milk, lactose free milk, or goats milk. Children who cannot consume other specific foods are generally able to consume other foods in the same component group within the CACFP Meal Pattern requirements. If the center chooses to accommodate these special diets and claim the meals for reimbursement, keep documentation on the production records regarding the creditable substitutions offered to the child.

### Q: What information is required on the Special Diet Statement?

**A:** Special Diet Statements must include:

- Identification of medical or other special dietary needs that restricts the child's diet.
- The food or foods to be omitted from the child's diet.
- The recommended substitute food(s).
- Signature and date from a recognized medical authority (physician, physician assistant, nurse practitioner, or registered dietitian).

Note: Additional information is required on the Special Diet Statement for Special Needs.

### Q: What is required of the center if a special diet is due to a disability?

**A:** If a child cannot consume a particular food item due to a disability, the center must obtain a Special Diet Statement for Special Needs, completed and signed by a licensed physician. The center must accommodate the child by purchasing the substitute and providing and claiming creditable CACFP meals for the child. If accommodations present a hardship for the center, the center may request a waiver from the CDPHE-CACFP.

### Q: Can parents provide food substitutions?

**A:** If the center intends to claim the meals for reimbursement, the center must purchase and provide all components, including any prescribed substitutions if the child is over the age of one year. If the special diet is due to a disability, as indicated on the Special Diet Statement for Disabilities, the center must accommodate the child, provide creditable meals to him/her, and claim the meals for reimbursement, unless granted a waiver from the CDPHE-CACFP.

### Q: What are the requirements for special diets that are not for medical reasons, but due to the preference of the parent/guardian?

**A:** The center may choose whether to accommodate these requests. The center may claim these meals if they meet the CACFP Meal Pattern requirements and if the center purchases the substitute food items. If a child's parents request a non-creditable milk substitute, such as rice or soy milk due to preference, the center cannot claim the child's breakfasts, lunches, or suppers for reimbursement. In these cases, the center may choose to allow the parent to provide the substitute since these meals are not

## Revised CACFP Center Manual on the Way via CD-Rom and Website

The CDPHE-CACFP has revised the Center Manual and will be mailing it on a CD-Rom in May. The manual includes all of the information necessary to operate the CACFP at participating sites. Additionally, the CACFP will include the Simplified Food Buying Guide and the Creditable Foods Guide.

The Center Manual and guides will be available on the CACFP website at: <http://www.cdphe.state.co.us/ps/cacfp/index.html>.

The CACFP recognizes that a few Institutions enter claims at their local library or do not own their own computer. If your Institution prefers a hardcopy of any manual, please contact the CACFP office at: (303) 692-2330.

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## Special Diets Q & A

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eligible for reimbursement. The center may claim creditable snacks for the child.

### Q: What are the requirements for special diets due to religious preferences?

A: Centers who choose to make meal accommodations for religious preferences can receive reimbursement for these meals if they meet the CACFP Meal Pattern requirements. If the Meal Pattern cannot be met, contact the CACFP Nutrition Consultant assigned to the center. Options may be available to accommodate these requests.

### Q: How often do centers need to obtain a new Special Diet Statement?

A: The CDPHE-CACFP requires centers to update Special Diet Statements every 12 months for children over the age of one year and every six months for infants under the age of one year.

### Q: What are the requirements for children consuming vegetarian diets?

A: With the exception of vegan diets, centers participating in the CACFP can provide vegetarian meals to vegetarian children that meet the CACFP Meal Pattern requirements and receive reimbursement for them. Generally, this involves some pre-planning to make substitutions to the regular menu where necessary. Some centers who care for one or more vege-

tarian children plan at least one creditable vegetarian meal per week on the menu for all children at the center, which adds nice variety and easier accommodations for the vegetarian children. The CACFP does not require centers to accommodate vegetarian children, since these diets are generally not prescribed for medical reasons related to disabilities; however, accommodating vegetarian children within the CACFP Meal Pattern requirements is feasible. Contact the CACFP Nutrition Consultant assigned to the center for more information about accommodating vegetarian diets.

Centers cannot claim reimbursement for breakfasts, lunches, or suppers that are served to children consuming vegan diets. This diet does not allow any animal products, including milk, which is required at these meals.

### Q. Is a Special Diet Statement required for infants consuming soy-based formula?

A: No. Iron-fortified soy-based formula is creditable for infants under the age of 12 months.

Contact the CDPHE-CACFP office at (303) 692-2330 with any further questions regarding special diets!

The Special Diet Statements are available on the web at: <http://www.cdphe.state.co.us/ps/cacfp/materialsandforms.html>

## How a Child Might Describe an Allergic Reaction

Sometimes young children will put their hands in their mouths or pull or scratch at their tongue. Also their voice might change or they may slur their words.

"This food is too spicy"

"My tongue is hot (or burning)"

"My tongue (or mouth) itches"

"It feels like something's poking my tongue"

"My mouth feels funny"

"It (my tongue) feels like there is hair on it"

"There's a frog in my throat"

"My lips feel tight"

"There's something stuck in my throat"

"My tongue feels full (or heavy)"

"It feels like there are bugs in there (itchy ears)"

"My throat feels thick"

"It feels like a bump is on the back of my tongue (throat)"

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## Greening State Government

On April 16, 2007 Governor Bill Ritter signed Executive Order D0011 07 to establish goals designed to reduce the environmental impact of state government.

The CDPHE-CACFP believes it can achieve Goal 2(C) ii: A paper use reduction of 20%.

Manuals and guidebooks will now be mailed out on CD-Rom and added to the CDPHE-CACFP Website.

The CACFP hopes to email future issues of Bits & Bites. Please update email addresses on the Institution and Site Application of <http://co.cnpexpress.com>.

Persons not affiliated with an Institution but still wanting to receive the E-version of Bits & Bites can email Corina Landeros at [corina.landeros@state.co.us](mailto:corina.landeros@state.co.us).

## Special Diet Management Resources Available!

Need some hints to better manage special diets in the childcare setting? Visit the Food Allergy and Anaphylaxis Network website at <http://www.foodallergy.org/> for downloadable training materials and opportunities, recipe ideas, and resources to develop an emergency treatment plan. Keep in mind that the information provided in this site is for reference purposes only and may not meet CACFP requirements.

# PROGRAM NEWS

## CACFP NEW CENTER TRAININGS:

You can register yourself and others for trainings using the CACFP Web-based System at: <http://co.cnpypress.com>

### **May 2, 2008 Denver**

4300 Cherry Creek Drive South  
Denver, CO 80246  
Building A, CDPHE EOC Room

### **June 10, 2008 Grand Junction**

Credit Union of Colorado  
202 Main Street  
Grand Junction, CO 81501

### **July 10, 2008 Denver**

4300 Cherry Creek Drive South  
Denver, CO 80246  
Building A, CDPHE EOC Room

### **July 11, 2008 Denver (Adult Day Care Only)**

4300 Cherry Creek Drive South  
Denver, CO 80246  
CDPHE Room C1B  
(Must check in at Bldg. A)

### **July 24, 2008 CO Spgs.**

Community Partnership for  
Child Development  
2330 Robinson St.  
Colorado Springs, CO 80904

### **September 5, 2008 Denver**

4300 Cherry Creek Drive South  
Denver, CO 80246  
Building A, CDPHE EOC Room

### **October 8, 2008 Pueblo**

Location TBD

### **November 6, 2008 Denver**

4300 Cherry Creek Drive South  
Denver, CO 80246  
Building A, CDPHE EOC Room

### **December 10, 2008 Denver**

4300 Cherry Creek Drive South  
Denver, CO 80246

## Funding Opportunity to Increase Participation in After School and Summer Nutrition Programs

From March 10-May 30, 2008, Share Our Strength will be accepting grant applications from current sponsors of summer and after school meal programs, including those participating in the CACFP. Grants from Share Our Strength's Great American Bake Sale will support efforts to increase participation among low-income school-age children in after school and summer meal programs. Nonprofit organizations that work to increase the number of children that receive nutritious after school and summer meals may be eligible to apply for funds raised through Share Our Strength's Great American Bake Sale. Grant awards will range from \$1,000 to \$10,000.

Grants will only be awarded to nonprofit 501(c)(3) organizations, schools with a valid NCES code, or local government entities that work to ensure children have access to after school and summer meal programs. To be eligible to apply for a grant from this program, organizations must also do at least ONE (1) of the following:

1. Sponsor USDA-reimbursed after school and/or summer meal programs for school-age children.
2. Work to increase participation in USDA-reimbursed after school and summer meal programs through outreach and advocacy.

For more information about this grant opportunity and to access the application, please visit [www.greatamericanbakesale.org/grants](http://www.greatamericanbakesale.org/grants)

## Commodities Survey

In March all participating Institutions received the Commodities Survey by mail. The Commodities Survey provides the opportunity to change the way the CACFP reimburses the Institution for meals.

The two options are:

1. Receive commodity foods plus cash, or
2. Receive additional cash-in-lieu of commodity food.

Institutions only need to return the survey if the selection will change. The form must be returned to the CACFP office by May 19, 2008. The change will take effect on October 1, 2008.

If the Institution you represent did not receive a copy of the commodities survey, contact the CDPHE-CACFP office at (303) 692-2330.



## Colorado Department of Public Health and Environment

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

We are on the  
web at:  
[http://www.  
cdphe.state.  
co.us/ps/  
cacfp/index.  
html](http://www.cdphe.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*

## Learn More About Commodities!!

Representatives of the USDA Commodity Foods Distribution Program will join the CACFP staff at the New Center/Staff Training on May 2, 2008, which will be held at the Colorado Department of Public Health and Environment in the EOC Room of Building A (4300 Cherry Creek Dr. S. Denver, CO). The first portion of the training (8:45 a.m.-9:30 a.m.) will be devoted to their presentation about the benefits and use of commodity foods in the CACFP. Registration for this portion of the training is not required. All are welcome to attend! Please contact the CDPHE-CACFP office at (303) 692-2330 with questions!

## Tasty Lunch Wraps

The children will enjoy this fun sandwich alternative for spring and summer.



- 1/3 cup ranch dressing, chipotle dressing, Dijon honey mustard, or other preferred sauce or dressing
- 10 (8-inch) whole wheat flour tortillas
- 8 ounces shredded cheddar-jack cheese
- 1 pound oven-roasted turkey breast or honey ham, chopped
- 1 1/2 cups shredded carrots
- 1 cup diced tomatoes
- 10 romaine lettuce leaves, washed and torn into bite-size pieces

1. In a large bowl mix the cheese, turkey, carrots, tomatoes, lettuce, and sauce.
2. Divide mixture evenly and spoon onto 10 tortillas.
3. Roll up tortilla and cut in half.

**Serves 10:** One whole wrap meets the CACFP requirement for the bread/bread alternate component, the meat/meat alternate component, and one variety of the fruit/vegetable component at lunch for children ages 3-12.