



Summer 2008  
Volume 20, Issue 2

# Bits & Bites

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

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## Serve More Dry Beans and Peas for Healthier Child Care Meals

We know beans are good for us, but many people don't realize how delicious they taste! Beans are an inexpensive food that can boost the nutritional content of childcare meals. Beans are versatile, too. Whether served as a vegetarian option, or served with meats, poultry, fish and cheese, beans complement the meal. Find creative ways to add more beans to child care menus! Try savory pinto beans and salsa in a chef salad, or add red beans to rice pilaf!

Dry beans and peas are mature forms of legumes, or plants which have pods with rows of seeds inside. Some popular varieties include pinto beans, kidney beans, black beans, lentils, split peas, and garbanzo beans (chickpeas). Only a few types, such as green beans, string beans, baby green lima beans, and fresh soybeans (edamame) are not considered dry beans. Dietary fiber from dry beans and peas (legumes) as part of a healthy diet helps to lower the risk of heart disease.

Dry beans and peas...

- are excellent sources of plant protein.
- provide other nutrients such as iron, potassium, folate, and zinc.
- are naturally low in fat and sodium.
- have no saturated fat or cholesterol.

### Easy ways to follow the 2005 Dietary Guidelines for Americans Recipe for Success

- **Choose the easiest form!** Use canned, pre-cooked beans to simplify recipes (no soaking needed) and reduce cooking times.

- **Power up recipes** with more beans! Add dry-packaged or canned beans and peas when preparing casseroles, stews, and side dishes. Make chili more interesting by combining kidney and pinto beans.
- **Serve satisfying soups.** Attract children and teachers with low-sodium split pea, lentil, minestrone, or white bean soups. Use pureed beans to thicken soups and sauces.
- **Spice up your menus** with Southwest flair! Offer black bean enchiladas, low-fat refried beans, or tacos with whole pinto beans.
- **Spruce up the salad!** Offer canned garbanzo beans, red kidney beans, black beans, or a mixture of all three!
- **Try a great-tasting hummus dip** (made from pureed garbanzo beans) with vegetables or whole wheat pita bread for a delicious snack.

### Did You Know?

- MyPyramid includes dry beans and peas in both the Vegetable Group and the Meat and Beans Group. **\*\*Remember:** Beans and other legumes count as either a vegetable or as a meat alternate, but not as both in the same meal. At lunch and supper, the CACFP Meal Pattern requires 3/8 cup. cooked beans for children ages 3 through 5 and 1/2 cup. for children ages 6 through 12.
- Rinsing and draining pre-cooked canned beans reduces the sodium content. Or, soak and cook bagged dry beans without adding any salt.



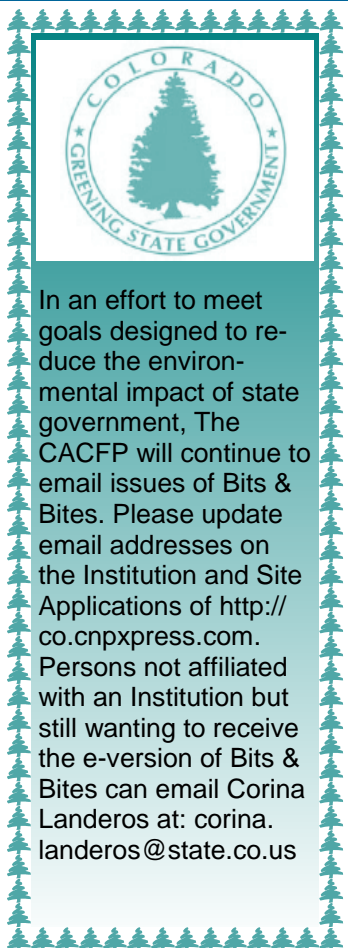
*Serve More Dry Beans and Peas for Healthier Child Care Meals*  
Continued from Page 1

- Dry beans and peas provide an excellent source of plant protein fiber, magnesium, folate, iron, and zinc. Americans often do not get enough of these nutrients.

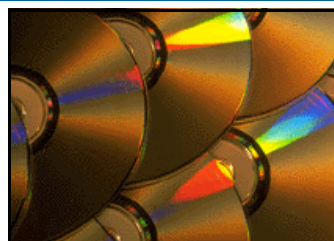
\*\*The information in this article was adapted from the USDA Team Nutrition Dietary Guidelines Fact-sheets for Healthier School Meals. Visit the USDA Team Nutrition website at <http://www.fns.usda.gov/tn/> for more 2005 Dietary Guidelines information.

### Beans by the USDA Commodity Food Program

Order dry beans and peas uncooked in sealed bags or pre-cooked in cans through the USDA Commodity Food Program. USDA will offer low-sodium (140 mg/serving) canned dry beans and peas in School Year 2009. Check the list of available foods at <http://www.fns.usda.gov/fdd/schfacts/>. Choose the link for *Single Fact Sheets Alphabetically by Food Category*. Several types of beans will display. By clicking the link for any of these beans, a fact sheet will appear, which includes preparation and storage instructions for that particular product.



In an effort to meet goals designed to reduce the environmental impact of state government, The CACFP will continue to email issues of Bits & Bites. Please update email addresses on the Institution and Site Applications 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)



### CACFP Manuals Now on CD

In June of 2008, the CDPHE-CACFP office mailed a CD to all participating child care Institutions, which contains the **new CACFP Manual**, the CACFP Creditable Foods Guide, and the CACFP Simplified Food Buying Guide. The new CACFP Manual contains all of the CACFP regulations, policies and information necessary to successfully operate the CACFP. The files are searchable and handy for your computer desktop! Enjoy!

### CACFP Welcomes its Newest Staff Member, Tammy Abad

The Colorado CACFP staff welcomes Tammy Abad to the CACFP team! Tammy recently began working in the CACFP office as an Accounting Technician. Tammy will be processing claims for reimbursement, assisting the nutrition consultants with reviews, and taking charge of many other CACFP accounting tasks. Tammy brings a wealth of knowledge and experience in administration and accounting. She has been employed by the State of Colorado for 20 years, in three other State Departments in addition to CDPHE. Most recently, Tammy worked for the Department of Regulatory Agencies in accounting. She looks forward to learning about the CACFP and assisting Program participants. In her spare time, Tammy enjoys spending time with her family, reading, baking, and cooking. Tammy is married, with two children, three step-children, and two precious grandbabies. Please join us in welcoming Tammy!



Tammy Abad, Accounting Technician

### How to Tell When Food Has Gone Bad

Visit the new video section of the International Food Information Council (IFIC) website at <http://www.ific.org/videos/askanexpert/bruhn.cfm> to view "how-to" videos online of Dr. Christine Bruhn from the University of California, Davis. Dr. Bruhn provides helpful and practical tips on how to tell if food has gone bad, and includes; frozen foods, produce, and even pantry foods. Food safety is for everyone and it is important that we all know how to prepare and store food properly. By following the recommended consumer tips and guidelines as well as remembering to clean, separate, cook, and chill, you will be on your way to help reduce the risk of any unwanted foodborne illness.

# PROGRAM NEWS

## CACFP Center Training

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

### September 5, 2008 Denver

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

### October 8, 2008 Pueblo

Pueblo Wingate Hotel  
4711 N Elizabeth St  
Pueblo, CO 81008  
Conference Room

### 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

**All class times:**  
8:30 a.m.— 4:30 p.m.



## New Requirements for Reporting Civil Rights Data

In the 2009 Institution Application, the civil rights question (Question #11) has a new look! To comply with USDA civil rights requirements, the Institution Application now requests all Institutions to report the following:

- Ethnicity and race percentages for the area served by the Institution.
- Actual number of children enrolled at the site(s) sponsored by the Institution by race and ethnicity.

The new 2008-2009 Income Eligibility Form (IEF) includes the option for parents, or guardians to identify the ethnicity and race of the children. If the IEF does not reflect the race and ethnicity of the enrolled child, an Institution or site representative must make the de-

termination and inform the parent, or guardian that a visual identification will be made and recorded, and that the collection of this information has no effect on the determination of eligibility to receive Program benefits. Data reporting of ethnicity and race of enrolled children is intended for USDA statistical reporting purposes.

CACFP Procedure Memo 08-02, sent by mail to all Institutions in May 2008 and July 2008, contains definitions of the ethnicity and race categories to assist Institution representatives in completing question #11 of the Institution Application. Please refer to this memo. If the Institution did not receive or misplaced this memo, please contact the CACFP office at (303) 692-2330 for assistance.

## Significant Changes for Head Start

Public Law 110-134 amends the Richard B. Russell National School Lunch Act to expand eligibility for Free meals to all children enrolled in Head Start without the need for further application (Income Eligibility Forms) or eligibility determination, effective December 12, 2007. Institutions sponsoring Head Start sites or childcare sites with Head Start classrooms may claim all reimbursable meals served to children enrolled in Head Start at the Free rate. If the Institution you represent did not receive CDPHE-CACFP Procedure Memo 08-03 regarding this change or questions arise regarding revising claims, contact the CDPHE-CACFP office at (303) 692-2330.

## New Guidelines, Rates, and IEFs have been mailed!

In May, the CDPHE-CACFP mailed the 2008-2009 Income Eligibility Forms (IEFs), IEF Letter, and Household Guidelines, effective July 1, 2008 through June 30, 2009.

In July, the CDPHE-CACFP mailed the new rates, also effective July 1, 2008 through June 30, 2009.

If the Institution you represent did not receive these mailings, contact the CDPHE-CACFP office at (303) 692-2330 or visit the CACFP website at: <http://www.cdph.state.co.us/ps/cacfp/index.html>.

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.cdphe.state.co.us/ps/cacfp/index.html>

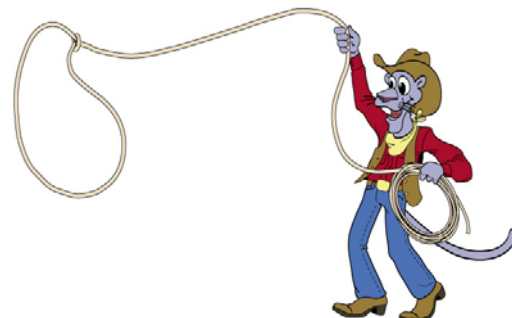
In accordance with Federal law and U.S. Department of Agriculture policy, this institution is prohibited from discriminating on the basis of race, color, national origin, sex, age, or disability. To file a complaint of discrimination, write USDA, Director, Office of Civil Rights, 1400 Independence Avenue, SW, Washington, D.C. 20250-9410 or call (800) 795-3572 (voice) or (202) 720-6382 (TDD). USDA is an equal opportunity provider and employer.

## Fiscal Year 2009 Renewal Reminder!!

The instructions to complete the Fiscal Year 2009 renewal application for CACFP participation from October 1, 2008 through September 30, 2009 will be mailed to all participating Institutions in early August. This year, **the deadline for the renewal application is Monday, September 15, 2008.** All Institutions must submit the 2009 online Application Packet and mail all supporting paper documents by this date.

The Colorado Department of Public Health and Environment-Child and Adult Care Food Program staff looks forward to working with your organization throughout the upcoming year. Please contact the CDPHE-CACFP office at (303) 692-2330 with any questions or concerns regarding the renewal application process!

## Ranch Beans



Food costs are rising!  
 Balance the cost of your menus  
 using this tasty and easy bean side dish!

Green pepper, chopped	½ cup
Canned Great Northern beans, drained	3 ½ cups
Canned kidney beans, red, drained	3 ½ cups
Catsup	¼ cup
Molasses	¼ cup
Dried onion	1 teaspoon

Conventional Method: Place all ingredients in a large saucepan and heat thoroughly, about 10-15 minutes.

Microwave Method: Place all ingredients in a microwave-safe bowl. Cover with waxed paper. Cook on high; stirring every 2 minutes; cook about 5-10 minutes.

Serves 18: Recipe meets the CACFP Meal Pattern requirement for the meat/meat alternate component or one variety of the fruit/vegetable component at lunch for 18 children, ages 3 through 5.