



Bits and Bites

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

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Are You Review Ready?

The Colorado Department of Public Health and Environment, Child and Adult Care Food Program (CDPHE-CACFP) staff has begun yet another series of reviews at participating Institutions and sites across Colorado. We look forward to a successful review year! Now is a good time to get REVIEW READY! Refresh your memory, re-train staff members, and double check CACFP operations at your participating sites.

IEF Check (not applicable for at-risk after school snack programs or homeless shelters)

Errors on Income Eligibility Forms (IEFs) can result in costly over-claims! Ask yourself the following questions as you review IEFs:

- Is an IEF on file for every child whose meals are claimed Free and Reduced on the Records of Meals Served?
- Have any IEFs expired because they are older than one year? Check for IEFs that report zero income, which expire 45 days after the parent signature date.
- Are the calculations and income eligibility classifications (Free, Reduced, Paid) correct?
- Are all required areas of the IEF complete? Check parent dates, determination information, Food Stamp Case Numbers (SNAP), household size, and names of all household members.

Menu Check

The primary goal of the Child and Adult Care Food Program is to enable Institutions to improve the nutritional quality of meals served to children. Following the CACFP Meal Pattern requirements provides the first step to achieve this goal. However, all menus have room for improvement. During CACFP reviews, the Nutrition Consultant will evaluate menu quality to ensure reimbursement is used to meet CACFP goals. Review your menus and ask yourself the following questions, which pertain to best practices in feeding young children.

Do the menus include...

- A wide variety of lunch entrees, including lean meats, poultry, fish, beans, and other healthful meats and meat alternates?
- Only a limited amount of pre-fried meat or vegetables products, such as chicken nuggets, fish sticks, and French fried potatoes, or not at all?
- Only a limited amount of processed meat products, such as hot dogs, bologna, and salami, or not at all?
- A wide variety of colorful fruits and vegetables, including seasonal and fresh and frozen-from-fresh varieties?
- Bread or bread alternates made with whole grains?
- Only a limited amount of 100% fruit juice (no more than twice a week) or not at all?
- Only a limited amount of creditable,



Inadequate purchases of milk can result in costly over-claims

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sweet grain products or not at all? Examples include granola bars, sweet breads, danishes, etc. The Colorado CACFP requires a limit of no more than twice per week.

Milk Check

During the review, the CACFP Nutrition Consultant will determine if the Institution purchased adequate quantities of milk for all meals and snacks with milk that are claimed during the claim month. Inadequate purchases of milk or lack of documentation of milk purchases can result in costly over-claims! Use the following checklist to assess compliance with milk requirements:

- Drop into classrooms to observe the meal service. If staff members pour the milk for the children, determine if they pour adequate quantities in the cups at the beginning of the meal service. If children serve milk to themselves, determine if adequate quantities of milk are in the pitchers and on the table at the beginning of the meal service for all children seated at the table. Be sure staff members discard milk that is left over in the pitchers on the tables or cups.
- Complete the milk calculations periodically to determine if the Institution purchases adequate quantities of milk as enrollment fluctuates. Download the milk worksheet at: <http://www.cdphe.state.co.us/ps/cacfp/MaterialsandForms/MilkWorksheet%20.pdf>

Receipts and Invoices Check

Receipts and invoices demonstrate that the Institution spends the CACFP reimbursement appropriately and serves the children adequate quantities of food. Be very diligent about maintaining every receipt for food, milk, and food service supplies. Missing receipts can result in major findings! Keep them organized.

Infant Records Check

The CACFP Nutrition Consultant will examine the infant menus and production records to determine if all meals claimed for infants under the age of 1 year are creditable. Review the CACFP operations for infants and ask yourself the following questions:

- Is the Institution claiming meals for infants of all ages?
- Are infant menus and production records complete for all meals claimed? Are fruits, vegetables and meats specified?
- Are infant meals creditable?
- Are foods for infants creditable, including those provided by parents?
- Is the Institution providing at least one component of the creditable meal for infants consuming more than breast milk or formula?
- Is a Formula Decision Form on file for all infants consuming formula?

Important Reminders:

** Adequate training is the key to operating the CACFP successfully. If it has been a couple of years since key staff members have attended training, it is time for a refresher! Send new staff members to training. It is the responsibility of Institution representatives to ensure that all new staff members are adequately trained. Visit the CACFP Web-based System to register staff members for training at <http://co.cnpexpress.com>.

** A sluggish economy is tough for families and business, including child care centers! Keep in mind that the CACFP reimbursement must only be used for the food service operations and menu quality is the first priority! Colorado's children need healthy meals during child care hours to help them grow and thrive!



Happy 2010 from the Colorado CACFP Staff

The Colorado CACFP staff wishes all CACFP participants a happy, healthy, and prosperous 2010! We look forward to working with you throughout the coming year.

Thank you for completing your application to renew participation in the CACFP and for your dedication to the health and well-being of Colorado's children!

WIC Helps...

WIC, the Special Supplemental Nutrition Program for Women, Infants, and Children, is a nutrition program funded by the United States Department of Agriculture. WIC provides nutrition education, healthful foods, and health referrals for women, infants, and children who qualify.

Annually, the CACFP distributes information about the WIC program to participating centers and sponsors of centers. Please print this newsletter and make copies of the WIC handout for distribution to parents. CACFP staff will ask if this has been distributed during your next review.



What is WIC?

WIC is the Special Supplemental Nutrition Program for Women, Infants, and Children. This is a federally-funded nutrition program that provides nutrition education, healthful foods, breastfeeding support, and health referrals to women, infants, and children who qualify.

Who is eligible for WIC?

Pregnant women
Breastfeeding women
Postpartum women (up to 6 months after delivery)
Infants and children up to age 5 years

Other eligibility criteria include:

Nutrition Risk: Applicants receive an initial screening to determine nutritional risk.

Income: Families who receive Medicaid, Food Stamps, and/or TANF are automatically income-eligible for WIC. Others must fall within the guidelines listed on the back of this flyer.

Residence: Participants must live in the county where they receive services. Participants do not have to be United States citizens.

Why get WIC?

Nutrition Education: Participants receive personal counseling about the nutritional needs for themselves and their family.

Breastfeeding Support: Participants receive encouragement and instruction in breastfeeding methods.

WIC Foods: Participants receive checks for a variety of foods that may include fresh and frozen fruits and vegetables, milk, cheese, tofu, soy beverage, eggs, cereals, whole grain bread, brown rice, soft corn tortillas, peanut butter, beans, juices, baby foods, and infant formula. Exclusively breastfeeding moms also receive canned fish.

Referrals: WIC refers to a variety of health, food, and social service programs.

Where can I get WIC?

Colorado has 107 WIC clinics throughout the state. To find the WIC clinic nearest to you, call toll free: **1-800-688-7777**.

Income Guidelines for WIC Eligibility

Family Size	ANNUAL	MONTHLY	WEEKLY
1	20,036	1,670	386
2	26,955	2,247	519
3	33,874	2,823	652
4	40,793	3,400	785
5	47,712	3,976	918
6	54,631	4,553	1,051
7	61,550	5,130	1,184
8	68,469	5,706	1,317
For each additional family member add....	+6,919	+577	+134

A pregnant woman counts as 2 family members
(these income guidelines are effective July 2009 and will increase in July 2010)

Program Description - The Special Supplemental Nutrition Program for Women, Infants and Children (WIC) is a health and nutrition program with a successful record of improving the diet of infants, children, and pregnant, postpartum, and breastfeeding women who are at risk for nutrition-related illness. The main focus of the WIC Program is to educate participants on the best nutrition for their families.

WIC promotes a better quality of life for Colorado's most vulnerable children by providing healthful foods, nutrition education for parents, support for mothers who breastfeed, and medical and social service referrals.

WIC services are short-term and offer special assistance to families with babies and young children.

WIC creates significant savings in the Medicaid Program by promoting better nutrition among low-income pregnant women and infants. A study released in January 1991 showed that for every dollar invested in the WIC Program for pregnant women, Medicaid Program savings ranged from \$1.77 to \$3.13.

WIC foods are a "prescription" for the nutritional needs of participants. WIC foods are rich in protein, iron, vitamins C and A, and calcium, which are vital for healthy development during pregnancy and early

childhood. WIC foods are fresh and frozen fruits and vegetables, milk, cheese, tofu, soy beverage, eggs, iron-fortified cereals, whole grain bread, brown rice, soft corn tortillas, 100% juice, beans, peanut butter, and baby foods. Exclusively breastfeeding women also receive canned fish. Babies who are not breastfed receive iron-fortified formula.

Benefits are available in all 64 Colorado counties through contracting agencies that include city/county health departments and nursing services. There are 107 WIC clinics in Colorado.

WIC dramatically lowers infant mortality according to a national study released in May 1993. Infant mortality was reduced by approximately one-quarter to two-thirds among Medicaid beneficiaries who participated in WIC when compared to Medicaid beneficiaries who did not participate in WIC.

WIC moms give birth to fewer low birth weight babies. Several studies have shown that women who participate in WIC give birth to fewer low birth weight (less than 5½ pounds) infants. Low birth weight is a leading cause of death in the United States. A low birth weight infant is twenty times more likely to die than a normal birth weight infant.

For more information, contact the Colorado Department of Public Health and Environment, WIC Program, 4300 Cherry Creek Drive South, Denver, Colorado 80246-1530, (303) 692-2400.

WIC is an equal opportunity program. "In accordance with Federal law and U.S. Department of Agriculture policy, the WIC Program 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 Adjudication and Compliance, 1400 Independence Avenue, SW, Washington, D.C. 20250-9410 or call (800) 795-3272 (voice) or (202) 720-6382 (TTY)." USDA is an equal opportunity provider and employee.

PROGRAM NEWS

2010 CACFP NEW CENTER TRAININGS:

Below you will find the scheduled training classes for staff members who have CACFP duties. To register on-line for the class you must have access to the CACFP application website: <http://co.cnpxpress.com>. You may register yourself or an authorized representative can register for you.



When you enter the website you will click on **Child/Adult Care**. Then click on **Training** and scroll down to **Enroll**. This will bring up the Course List. Click anywhere on the **Course Description for the course, 2010 CACFP New Center/New Staff Training**. This will bring up the 2010 Classes. Click on the **Class** you wish to attend. This will produce the Enrollment Form. Please complete the form and submit it. An email confirmation will be sent to you. Due to limited space availability, 3 people per center may attend. **"ALL PARTICIPANTS ARE ASKED TO BRING TWO WEEKS OF CENTER MENUS TO CLASS TO USE DURING THE CLASS."**

January 14, 2010

LARS-CDPHE Training Room,
8100 Lowry Blvd
Denver, CO 80230

February 18, 2010

Longmont BOCES
830 South Lincoln Street
Longmont, CO 80501

March 10, 2010

Colorado Dept of Public Health & Environment
4300 Cherry Creek Drive South
Denver, CO 80246

April 14, 2010 - Colorado Springs

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

May 14, 2010

Colorado Dept of Public Health & Environment
4300 Cherry Creek Drive South
Denver, CO 80246

June 22, 2010

Mesa County Health Dept.
Community Services Building
510 - 29½ Road;
Grand Junction, Colorado 81504

July 20, 2010

La Plata County Fairgrounds & Events Center
2500 Main Avenue
Durango, CO 81301

August 12, 2010

Colorado Dept of Public Health & Environment
4300 Cherry Creek Drive South
Denver, CO 80246

September 9, 2010

LARS-CDPHE Training Room
8100 Lowry Blvd
Denver, CO 80230

October 13, 2010 - Pueblo Location To Be Determined

November 19, 2010 Denver

Colorado Dept of Public Health & Environment
4300 Cherry Creek Drive South
Denver, CO 80246

November 30, 2010 Denver

Colorado Dept of Public Health & Environment
4300 Cherry Creek Drive South
Denver, CO 80246

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/](http://www.cdphe.state.co.us/ps/cacfp/)

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) 795-3272 (voice) or (202) 720-6382 (TDD). USDA is an equal opportunity provider and employer.

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*

Resources to Explore

Family Newsletters

Many child care centers in Colorado provide a collection of resources on a variety of topics for parents to choose from. The Iowa Department of Public Health has developed new *Pick A Better Snack* and *ACT* resources, including parent newsletters that would be a great addition to any parent resource corner in child care centers. Visit the following website to access these newsletters!

<http://www.idph.state.ia.us/Pickabetersnack/newsletters.asp>

Family-Style Meal Service Safety

Ensuring safety when children serve themselves during meal service is one of the most important and often challenging aspects of family-style meal service. However, safety can be achieved and children can benefit from family-style meals all at the same time! The December 2009-January 2010 issue of *Healthy Child Care* includes an article entitled, *Pass the Peas, Not the Germs: Safe Family-Style Meals*. This article provides great information to help centers implement or fine-tune a safe, healthy, and positive family-style meal experience. Visit the following link to view this article!

http://www.healthychild.net/NutritionAction.php?article_id=510

Ole Frijoles Dip with Vegetables

- 2 cups low fat refried beans
- 1/2 cup mild taco sauce or salsa
- 1/3 cup shredded cheddar cheese

1. In microwave-safe medium bowl, combine beans, taco sauce, and cheese. Mix gently.
2. Heat 1 minute in the microwave or until cheese melts.

Serve warm or cold with carrots or celery.

Dip recipe meets the meat/meat alternate requirement at snack for 16 children, ages 3 through 5. Serve each child ½ cup equivalent of carrots or celery for dipping to make a creditable snack.

Recipe from *Kids in the Kitchen*, Family Nutrition Education Program, Outreach and Extension, University of Missouri, Lincoln University.

