



Golden Harvest

Program and Nutrition Update for Adult Day Care Centers

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What is "Offer versus Serve"? Applying Offer versus Serve to the Adult Day Care Meal Service

"Offer versus Serve" is an allowable CACFP meal service option available to participating adult day care centers. This meal service option allows participants the opportunity to select foods and decline foods, if desired, at each meal without affecting the CACFP reimbursement earned by the center.

What are the potential benefits of "offer versus serve"?

The "offer versus serve" option may:

- ◆ *Enhance the mealtime experience for participants.* If participants have food choices and the option to decline foods they don't wish to eat, they may be more satisfied with the meal service. Participants are not forced to accept a food item on the plate, thus reducing the potential for disappointments or

arguments at mealtime.

- ◆ *Improve the participants' food intake.* If participants are served foods they desire, they may be more likely to consume them. Offering additional choices of the required meal components can also improve intake.
- ◆ *Enable adult day care staff to better meet participants' dietary needs without affecting CACFP Reimbursement.* Many older and/or functionally impaired adults have special dietary needs. Some may need smaller portions to prevent reflux, have smaller appetites, or become overwhelmed when presented with a large meal. Others may have medically prescribed special diets or calorie controlled diets. "Offer versus serve" allows for easy meal modifications to meet some of these needs.
- ◆ *Reduce the amount of food waste.*

What are the "offer versus serve" requirements?

Programs using "offer versus serve" must offer participants all of the required meal components. However, participants may be permitted to decline the following:

- ◆ At breakfast - one of the required four food items (one serving of milk, one serving of vegetable(s) and/or fruit(s), and two servings of bread or bread alternate)
- ◆ At lunch - two of the required six food items (one serving of milk, two servings of vegetable(s) and/or fruit(s), two servings of bread or bread alternate, and one serving of meat or meat alternate)
- ◆ At supper - two of the required five food items (two servings of vegetable(s) and/or fruit(s), two servings of bread or bread alternate, and one serving of meat or meat alternate)

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- ◆ At snack, both snack components must be served.

The reimbursement earned for the meals served to the participants shall not be affected if the participants decline the allowed number of food items. If the center is using this option and a participant declines the service of more than the allowed number of items, the meal would not be eligible for reimbursement.

Some adult day care centers also offer additional choices of required meal components to increase food intake and decrease waste. For example, at lunch on a particular day, chicken and fish might be the options for the meat/meat alternate component. Participants could choose one or the other, or if desired, could

decline the component in entirety, without affecting the center's reimbursement for the participant's meal.

How do adult day care centers apply the "offer versus serve" option to the meal service?

The "offer versus serve" meal service option can be applied to any style of meal service.

- ◆ *Traditional Cafeteria-Style Line Service:* Participants can choose not to accept all items on their plates.
- ◆ *Pre-Plated Service:* Adult day care staff can introduce the meal and available choices verbally to the participants at the table and ask participants to choose what they would like to accept for their meal.

The requested meal could be plated for each participant.

- ◆ *Family-Style Service:* Participants can choose which foods to serve themselves from the selections on the table.

*** Important!!** As participants choose the items they wish to consume, the adult day care staff members have the important role to provide assistance with meal component selection to ensure well-balanced meals are provided to the participants in care.

The CACFP staff is available to answer any questions about "offer versus served" meal service. Please contact the CDPHE-CACFP office at (303) 692-2330 for further guidance.

A Valuable Resource for Adult Day Care Settings from the Colorado Department of Public Health and Environment, Healthy Aging Unit



Colorado Department
of Public Health
and Environment

With this issue of Golden Harvest, the CDPHE-CACFP has included a CD-ROM entitled, *The Colorado Action Plan for Older Adult Wellness: A Public Health Strategy*.

The Colorado Action Plan for Older Adult Wellness: A Public Health Strategy was conceived by a multi-disciplinary group of dedicated professionals in the fields of aging, physical therapy, nursing, public health, academia, research, gerontology, therapeutic recreation, community resources, family practice, exercise physiology, nutrition, and home health. Together, these professionals envision a future of older adult wellness in Colorado

that is reflected in the following statement.

To help communities implement the vision, *The Colorado Action Plan for Older Adult Wellness: A Public Health Strategy* provides information to build and sustain a continuum of care, which brings together the community's health and recreational resources to provide accessible, cost-effective services to promote wellness of older adults. Each and every Colorado community can contribute to older adult wellness through programs that offer physical activities and advice about nutrition and fall prevention - all of which bring quality of life to older adults now and in the future.

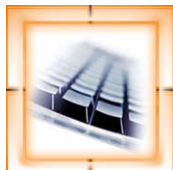
The Colorado Action Plan for Older Adult Wellness: A Public Health Strategy is dedicated to community-based professionals and the older adults they serve.

If you have questions regarding this report, please contact:

Healthy Aging Unit
Prevention Services Division
Center for Healthy Living and
Chronic Disease Prevention
Colorado Department of Public
Health and Environment
4300 Cherry Creek Drive South
Denver, CO 80246-1530
Phone: 303-692-2441
Fax: 303-691-7721



Program News...



CACFP Trainings

Join the CACFP Staff for one of the upcoming trainings! Remember: you can register yourself and others for trainings using the CACFP Web-based System at:
<http://www.co.cnpexpress.com>

- Thursday, November 1-
4330 Cherry Creek Drive
South, Bldg A, Denver Emer-
gency Operations Center on
the first floor.

- * January 10, 2008
Denver

- * February 13, 2008
Greeley

- * March 4, 2008
Denver

- * April 9, 2008
Colorado Springs

* Exact locations for the 2008 dates will be available at the time of on-line registration.

Sign-in starts at 8:15 a.m. and training is held from 8:30 a.m. - 4:30 p.m.

Bidding a Fond Farewell:

The staff of the Child and Adult Care Food Program would like to congratulate Mary McNeill, Fiscal Officer for the CACFP program. She retired August 31, 2007 after 32 years of service for the State of Colorado, all of which were served in the Prevention Services Division of the Colorado Department of Public Health and Environment.

When Mary was asked what she plans to do after retirement she replied, "I am looking forward to spending more time with family and friends. I must take care of my wanderlust and go back to school. Generally, just enjoy life and all it has to offer."

Congratulations and Good Luck Mary!



Mary McNeill

Renewals Reminder!

If the Institution you represent has successfully submitted the fiscal year 2008 renewal application, thank you for completing it timely! Be sure to visit the online application packet to determine if the CDPHE-CACFP has approved the application for participation in fiscal year 2008.

If the Institution you represent has not submitted the online fiscal year 2008 application packet and the supporting documents by mail, do so as soon as possible to prevent loss of October 2007 reimbursement!

ROMS Reminder!!

Several adult day care centers received a visit this year from a CACFP consultant. During some of these visits, the ROMS were not recorded based upon visual observation of the those participating in the meal service. Adult day care staff must record the ROMS at or near the time of the meal service, according to visual observation. Relying on memory or knowledge of who is usually eating can lead to claiming errors!

Overall, all of the adult day care centers participating in the CACFP comply with CACFP regulations very well and provide great programs! Thank you from the CACFP staff! Keep up the great work!

Souper Wheelies

A fun and easy soup for fall! Serve with a whole grain roll, a second fruit or vegetable serving, and milk for a creditable lunch.

Recipe from the Better Homes and Gardens Special Interest Publication, 2007.

- 24 ounces lean ground beef or ground turkey
- 2 small onions, chopped
- 2 14-ounce cans beef broth
- 3 cups water
- 1 ½ cups wagon wheel macaroni (rotelle pasta)
- 2 14-ounce cans Italian-style stewed tomatoes, un-drained
- 2 cups frozen whole kernel corn
- 2 cups frozen cut green beans
- 2 teaspoons dried basil, crushed
- 1 teaspoon dried oregano, crushed

1. In a large saucepan, cook meat and onion over medium-high heat until meat is no longer pink. Drain.
2. Add broth and the water to meat mixture. Bring mixture to boiling over high heat. Add macaroni. Reduce heat to medium-high. Cook for 12 minutes, stirring occasionally. Add un-drained tomatoes, corn, beans, basil, and oregano. Return to boiling; reduce heat to medium-low. Cook, covered, about 10 minutes or until vegetables are tender.

Recipe provides 2 ounces of the meat/meat alternate component, ½ of one bread/bread alternate serving, and at least 1/2 cup of one variety of the fruit/vegetable component at lunch for twelve adults. ****Note:** Add additional pasta to the recipe to complete the one bread/bread alternate serving.



Rotelle ("Little Wheels") -The cartwheel is not a classic Italian shape, but due to the variety of color and entertaining shape they are a crowd favorite. Because the spokes of the wheels are good for capturing flavor, these shapes are easy to pair. Rotelle pasta pairs nicely with meat, cream, seafood or vegetable sauces.



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Golden Harvest is published twice a year by the Colorado Department of Public Health and Environment-Child and Adult Care Food Program. Your comments and questions are encouraged.

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