



# Golden Harvest

CACFP Nutrition and Program Updates for Colorado's Adult Day Care Centers

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## Accommodating Vegetarian Diets in Adult Day Care Programs

Your adult day care program may provide services for adults who consume a vegetarian diet. Or, the center may offer vegetarian meals on the menus for added variety. Vegetarian meals can easily fit within the Child and Adult Care Food Program requirements for adult day care.

Older adults may choose a vegetarian diet for a variety of reasons related to health, culture, chewing problems, ethnicity, religion, the environment, concern about animals, or simply the desire to adopt a vegetarian lifestyle.

### Types of Vegetarian Diets

**Lacto-ovo vegetarian:** Consumes eggs, dairy products, and all plant-based foods including grains, vegetables, fruits, legumes (dry beans, peas, and lentils), soy products, nuts, and seeds.

**Lacto-vegetarian:** Includes milk and dairy products as well as plant-based foods.

**Semi-vegetarian (flexitarian):** Mostly plant-based foods but may include small amounts of chicken and/or fish.

**Vegan:** Only plant-based foods.

Although participating adult day care centers can claim meals if the participant declines the meat/meat alternate component, it is important to offer vegetarian alternatives to provide optimal nutrition for these participants.

Accommodating vegetarian diets does not mean the center will have to prepare an entirely different set of meals and snacks. Instead, simple side alternatives

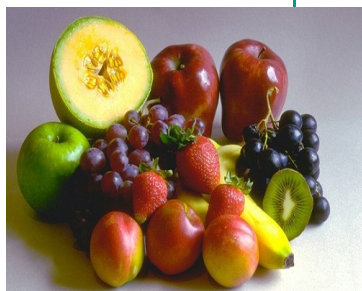
can complement a meal nicely and contribute to the required CACFP Meal Pattern components at the meal. For example, top vegetable-based soups or salads with beans, nuts, sunflower seeds, or crumbled boiled eggs. Nut butter sandwiches, baked beans, legume-based dips and spreads, cheese slices, or yogurt also make easy menu additions.

Key nutrients for people who consume vegetarian diets are protein, omega-3 fatty acids, iron, zinc, calcium, and vitamins D and B-12. With aging, recommendations for several nutrients, including calcium and vitamin D are higher. In addition, older adults tend to consume less calcium, zinc, iron, and vitamin B-12. Some older adults have difficulty with the absorption of vitamin B-12 from food, and the production of vitamin D in the skin decreases, which makes adequate intake of these nutrients even more important. Older adults can meet protein needs on a vegetarian diet if a variety of protein-rich plant foods, including legumes and soy products, are eaten daily.

CACFP offer vs. serve guidelines allow the center to receive reimbursement for a participant's meals although the participant declines one of the following:

- One of the required required four food items served at breakfast (one serving of milk, one serving of vegetable(s) and/or fruit(s), and two servings of bread or bread alternate) or
- two of the required six food items served at lunch (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).

(Continued on page 2)



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Several non-meat alternatives are creditable as the meat/meat alternate component of the CACFP Adult Meal Pattern for lunch. Others are not creditable, but can be used as a substitute if the participant has declined the meat/meat alternate component on the menu and if the participant has not declined more than one other component. Regardless, offering nutritious alternatives to provide optimal nutrition for these participants is important.

The following are vegetarian food items that could be offered at the meal. These are good sources of protein, but also supply some of the key nutrients that are important for people who consume vegetarian diets.

Alternative:	Good Source of:	Other Considerations:
Soy products (burgers and patties)	Omega-3 fatty acids, zinc	Specific documentation required to be creditable. Contact your CACFP Nutrition Consultant.
Nuts	Omega-3 fatty acids (walnuts), zinc, calcium (almonds)	A second meat alternate must also be served at lunch to be creditable.
Legumes (beans, peas, and lentils)	Iron, zinc, calcium	
Cheeses	Zinc, calcium	
Eggs	Vitamin B12	
Yogurt	Calcium	
Calcium-Set Tofu	Calcium	Not creditable as a meat alternate, but can be served if the participant declines the meat/meat alternate component as one of the two allowed declined components.

People who follow vegan diets also choose not to consume cow's milk. Others may choose not to consume cow's milk for other reasons (preference, intolerances, or allergies). For participants who follow vegan diets, vitamin B12 is especially important. Some milk alternates, such as certain fortified soy and rice milks are potential sources of vitamin B12 as well as calcium and vitamin D. Although soy and rice milks are not creditable in the CACFP without a special diet statement, they are an appropriate substitute if participants decline the milk component at breakfast (if no other component is declined) or at lunch (if not more than one other component is declined). Calcium and vitamin D fortified juices are also an option as a substitution.

Several other foods, listed below contain some of the key nutrients for people who consume vegetarian diets and should be considered when planning meals.

Food Item:	Good Source of:
Dairy products	Protein, calcium, vitamin D (fortified cow's milk)
Whole grains	Protein, iron, zinc
Green leafy vegetables	Calcium, iron,
Fortified breakfast cereals	Vitamin D, iron, vitamin B-12, zinc

**Suggestion for Success...Good Communication!** Ask participants and/or their family members or guardians to provide details about dietary preferences and restrictions in writing. Discuss the menu with the participant in advance and always ask questions when unsure about a food or ingredient.

Don't forget to document alternatives served at the meal on the CACFP production records at the center!

As a CACFP participant, your Nutrition Consultant can be a resource regarding meal planning. Contact the CACFP office at (303) 692-2330 with questions!

## USDA COMMODITIES SPRING SURVEY REMINDER

All participating institutions will soon receive the spring Commodities Survey by mail. The Commodities Survey provides the opportunity for participating institutions to re-evaluate the way the CACFP provides reimbursement for meals.

The two options are to:

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

If the institution chooses to change the method of reimbursement, the survey must be returned to the CDPHE-CACFP office by May 14, 2010. The choice applies to all sponsored sites approved for participation. If no change in the method of reimbursement is desired, returning the survey to the CDPHE-CACFP is not required. If you have not received the survey, please contact the CDPHE-CACFP office at (303) 692-2330.

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## Important!! Contracts and Renewal Applications

In the upcoming months (May 2010 through August 2010), all participating institutions will receive a mailing containing three copies of new CDPHE-CACFP contracts that will be valid for CACFP participation over the next 5 years, beginning October 1, 2010 through September 30, 2015. The mailing will also include a Vendor Disclosure Statement and detailed instructions for signing the documents. Instructions will include the due date on which the signed documents must be received by the CDPHE-CACFP office. Watch the mail closely for this mailing!

As fall approaches, all institutions will also complete a renewal application effective for CACFP participation in fiscal year 2011 (October 1, 2010 through September 30, 2011). Instruction packets will be mailed in early August and the completion of the online renewal application process and submission of required documents will be due in mid-September.

Please contact the CDPHE-CACFP office at (303) 692-2330 with any questions regarding these important processes.

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Your comments and questions are encouraged.

Tracy Miller, MSPH, RD, *Editor*

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## New Income Eligibility Forms and Household Guidelines to Arrive Soon!

In April or May, the CDPHE-CACFP will mail the new IEF and USDA Household Guidelines to all participating institutions. This IEF and the guidelines will be valid beginning July 1, 2010 through June 30, 2011. Keep an eye out for this mailing. And, remember that CACFP forms are always available online at <http://www.cdphe.state.co.us/ps/cacfp/index.html>.

## Adult Center Training October 26, 2010

Once again the CDPHE-CACFP Nutrition Consultants, Jan Bodnar and Brehan Riley, will host an "Adult Day Care Only" training session. This year it will be held:

**October 26, 2010, 8:30a.m. - 4:30 p.m. at  
CDPHE-CACFP  
4300 Cherry Creek Drive South  
Denver, CO 80246**

Adult day care center staff interested in signing up for the training must have access to the CACFP application website: <http://co.cnpexpress.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 the **Training** tab and scroll down to **Enroll**. This will bring up the **Course List**. Click anywhere on the course description for the **2010 CACFP New Center/New Staff Training**. This will bring up the 2010 **Class lists**. Click on the **October 26, 2010** class and an enrollment form will appear. Please complete the form and submit it. An email confirmation will be sent to you.

All participants are asked to bring two weeks of center menus to class to use during the class.

Adult day care staff are also welcome to attend any other trainings offered by the CDPHE-CACFP. Visit the training tab at <http://co.cnpexpress.com> for a full listing of trainings.

## Crunchy Veggie Deviled Eggs

6 hard-cooked eggs, peeled and cut lengthwise  
3 to 4 tablespoons Light Mayonnaise or Salad Dressing  
1 tablespoon sweet red pepper - very finely chopped  
1 tablespoon green onion or scallions - finely chopped  
1 tablespoon celery - very finely chopped  
1 teaspoon yellow mustard  
¼ teaspoon salt  
¼ teaspoon ground black pepper  
Paprika for garnish

Remove the egg yolks from each egg to a small bowl and mash with a fork. Add the mayonnaise (begin with 3 tablespoons mayonnaise and add another ½ tablespoon at a time, if needed), red pepper, onion, celery, mustard, salt and pepper and mix thoroughly. Fill the empty egg white shells with the mixture and sprinkle lightly with paprika.

**Serves 6 adults:** One whole egg (2 deviled egg halves) meets the requirement for the meat/meat alternate component at snack and half of the meat/meat alternate component at lunch.

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