

Proposed Changes to the Child and Adult Care Food Program

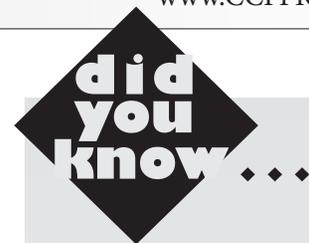
THE FOLLOWING IS A SUMMARY of proposed rule changes to the meal pattern requirements for the Child and Adult Care Food Program (CACFP). The changes being considered will better align the meal pattern with the 2010 Dietary Guidelines for Americans. Implementation of this proposed rule will serve as a step towards more nutritious meals that improve the dietary habits of children in child care programs.

All Comments are Important and will be Considered in the Final Rule

USDA, Food and Nutrition Service (FNS), encourages all participants in the CACFP to submit comments on this proposed rule. Comments may be submitted through one of the following methods only:

- **Preferred method:**
Federal rulemaking Portal at www.regulations.gov/#!documentDetail;D=FNS-2011-0029-0001
Follow the online instructions for submitting comments.
- **Mail:**
Written comments should be addressed to:
Tina Namian, Branch Chief,
Policy and Program
Development Division,
Child Nutrition Programs,
Food and Nutrition Service,
Department of Agriculture
Post Office Box 66874
St. Louis, Missouri 63166.

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March is National Nutrition Month

- ▶ National CACFP week is March 15–21, 2015.
- ▶ The Child and Adult Care Food Program meal patterns have not been significantly revised since the inception of the program in 1968.
- ▶ The World Health Organization (WHO) has issued a warning about exposure to chemicals during childhood and one of the main sources is household cleaning products.
- ▶ Lemons are nature's best bleach and disinfectant.
- ▶ Baking soda has deodorizing properties.
- ▶ White vinegar is one of the best natural cleaning products.

Sources: www.cacfp.org,
Environmental Working Group

Quotable Quotes

“If you can't feed a hundred people, then feed just one.”

– Mother Teresa



INSIDE:

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- ◆ Recipes
- ◆ Musical Bubble Shapes Activity
- ◆ Food Funny

Proposed Changes to the CACFP

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Program Purpose

The Healthy, Hunger-Free Kids Act of 2010 (HHFKA), redefined the purpose of the CACFP as a program that provides aid to child and adult care institutions and family or group day care homes for the provision of nutritious foods that contribute to the wellness, healthy growth and development of young children, and the health and wellness of older adults and chronically impaired disabled persons.



Infant Meal Pattern

Proposed Rule	Details
Revise infant age groups from three to two age groups: 0–5 months, 6–11 months	Breastmilk or formula only for infants up to 6 months, with gradual introduction of solid foods at 6 months (when developmentally appropriate)
Prohibit the serving of juice to infants through 11 months	Currently juice is optional in the program
Require fruit or vegetable in the snack meal pattern for the 6 through 11 month age group	Creates an additional requirement for the snack
Allow reimbursement for meals to infants when the mother directly breastfeeds her child at the facility	Supports breastfeeding
Allow additional grain options at snacks for older infants	Currently a grain is not required at snack for infants
Eliminate the option of serving cheese, cottage cheese, cheese food or cheese spread to infants under 1 year of age	USDA does not support the service of cow’s milk to children under the age of 1 year; therefore, the proposed rule also eliminates cow’s milk products for infants

Child Meal Pattern

Proposed Rule	Details
Divide fruits and vegetables into separate components	Amounts have not changed. For breakfast, providers may choose to serve a fruit component, a vegetable component or a combination of both. For lunch/supper, provider must serve a fruit <i>and</i> a vegetable
Require breakfast cereals meet the WIC cereal guidelines	Consistency with other Child Nutrition programs
Require at least one serving per day of whole grain or whole grain-rich foods, across all eating occasions	Whole grain food may be served at breakfast, lunch/supper or snack
Exclude grain-based desserts from counting towards the grains component	Grain-based desserts to be defined by USDA during implementation
Allow tofu to be counted as a meat/meat alternate	May be used to meet all or part of the meat/meat alternate requirement
Require unflavored whole milk for children 12 through 23 months	Currently, whole milk is recommended for this age group, not required
Disallow frying as a method of on-site preparation	Purchased foods that are pre-fried, flash-fried or par-fried by the manufacturer may be served, but must be reheated without frying; “frying” to be defined by USDA/FNS

To read the proposed meal pattern revisions in their entirety please visit:

www.fns.usda.gov/cacfp/federal-register-documents

KIDS' HEALTH & SAFETY

Safety and Household Chemicals

INDOOR AIR is actually more polluted than outdoor air. Household chemicals can be toxic to our health by making indoor air quality unhealthy to breathe, irritating the skin and eyes, harming the respiratory tract and polluting the natural environment. Children are especially vulnerable to toxins. To reduce children's exposure to toxins and keep the indoor air quality in child care environments as healthy and safe as possible, choose green cleaning products.



Aerosols

Aerosol sprays such as carpet cleaners, furniture polish, air fresheners, deodorant and hair spray spew invisible droplets of chemicals into the air which can be inhaled. Inhaled aerosols can trigger asthma and allergies.

Paints and Finishes

For years after paints and finishes are applied, low-level toxic fumes can be released into the air. Volatile Organic Compounds (VOC's) are the source of these toxic emissions. Low-VOC and zero-VOC paints are now produced and available. Do not use old paint on indoor projects or where children are present.

Bleach and Bleach Alternatives

Chlorine bleach is highly caustic and after it leaves your drain it can release organochlorines into the environment. Organochlorines are suspected carcinogens, as well as neurological, reproductive and immune system toxins. Safe, effective alternatives to chlorine bleach are peroxide-based bleach, quaternary ammonia or borax. Use EPA-registered products only and follow manufacturer's instructions for use.

Green cleaning products are less-toxic, environmentally safe and are not more expensive than conventional cleaners. To help you find less toxic cleaning products that are biodegradable and environmentally friendly visit www.greenseal.org and www.ecologo.org. Both of these non-profit companies can help you choose safer products and verify whether the products you are currently using are safe to use around children.

Homemade Cleaning Recipes:

Air Freshener

Mix a few drops of an essential oil with water in a spray bottle and spray around the room as needed.

Mix 10–20 drops of an essential oil into a box of baking soda. Place the open box in the room and replace every three months.

Carpet Spot Remover

Blot spot immediately with water.

Sprinkle with baking soda, cornstarch or borax. Let dry and vacuum. Rinse with club soda.

All Purpose Cleaner

- ¼ cup white vinegar
- 2 tsp borax
- 3½ cups hot water
- 20 drops antibacterial essential oil (lemon, eucalyptus or peppermint)
- ¼ cup liquid dish soap

Mix all ingredients in a 32 ounce spray bottle, adding dish soap last.

Window Cleaner

- ¼ cup white vinegar
- ½ tsp. liquid soap or detergent
- 2 cups water

Mix in a spray bottle.

Mold and Mildew Cleaner

Mix equal parts water and vinegar in a spray bottle.

— Adapted from: *Eco-Healthy Child Care*

Leprechaun Pancakes

Milk	1 cup	Salt	½ tsp
White vinegar	2 Tbsp	Butter, melted	2 Tbsp
All-purpose flour	1¼ cup	Egg, beaten	1
Sugar	2 Tbsp	Vanilla	½ tsp
Baking soda	1 tsp	Green food coloring	
Baking powder	1 tsp		

1. In a small bowl combine milk and vinegar. Set aside for a few minutes. In a large bowl combine dry ingredients.
2. Whisk butter, egg and vanilla into the milk. Add food coloring, a few drops at a time, until batter is the desired color. Combine with flour mixture and stir until smooth.
3. Pour batter onto a preheated, greased griddle. Cook on one side until bubbles begin to pop, and then flip to the other side. Cook just until golden brown.

Serve with kiwi slices and milk mixed with a few drops of green food coloring!

Yield: 10 servings

Meets requirement for grains/breads

— *iheartnaptime.net*

Colcannon

Potatoes, peeled	1 pound
Cabbage (or kale)	1 pound
Leeks, chopped	2
Milk	1 cup
Butter, melted	½ cup
Mace, ground	1 pinch
Salt and pepper	to taste

1. In a large pot boil potatoes until tender, drain and keep warm. Cut cabbage into wedges and boil until tender, drain and chop. Simmer leeks until soft, in just enough milk to cover.
2. Mash and season potatoes. Stir in cooked leeks, milk and butter. Blend in the cabbage or kale until you have a pale green fluff.

Yield: 12 servings

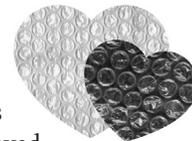
Meets requirement for fruit/vegetable

— *Allrecipes.com*

Activity Corner

MUSICAL BUBBLE SHAPES

Musical Bubbles is a fun and exciting game for young children. Children walk, jump or dance across bubble wrap as music is played.



Materials: Large bubble wrap (save large pieces as you come across them until you have enough for this game), duct tape and music.

Directions: Cut the bubble wrap into two or more shapes, at least 2–3 feet in size, for example, a square, diamond, circle or triangle. Position the bubble wrap on the floor and apply duct tape to secure the wrap from moving or slipping. Discuss the different types of shapes included in this activity with the children.

Demonstrate the activity by walking, jumping, hopping or dancing across the bubble wrap, from shape to shape, while the music is playing. When the music stops, stop and tell what shape you are standing on. Repeat the activity and ask the children to join in as you play the music.

— *Adapted from The University of Mississippi*

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Food Funny Q: What did the teddy bear say when he was offered dessert?
A: No thanks, I'm stuffed!