

# Heartland Child Nutrition

# HORIZONS

A Bimonthly Newsletter for ND Child Care Providers Participating  
in the Heartland Child Nutrition USDA Food Program


September/October 2019

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 **Heartland Child Nutrition, Inc.**  
Sponsor of the USDA Child & Adult Care Food Program

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The HCN office is open 7:30 AM to 4:30 PM Monday  
through Thursday; 8:00 AM to Noon on Fridays.  
Phone messages may be left after hours and  
we will respond the following business day.

This institution is an equal  
opportunity provider.

## New Meal Patterns in Full Force October 1

As of October 1, 2019 the training period  
for the new CACFP Meal Patterns ends and  
Heartland will be required to make deductions  
if the requirements are not met. This applies to  
the menus you serve and record on October  
1st and after.

Below is a checklist of some of the meal  
pattern requirements that will now warrant a  
deduction if not followed and recorded.

**Transition  
period will end;  
deductions  
will start.**

### 1-12 year-olds

- ☐ At least 1 serving of grains per day must be whole grain-rich (WGR).
- ☐ Grain-based desserts are no longer creditable.
- ☐ 100% juice may not be served more than once per day.
- ☐ At least one vegetable serving is required at lunch and dinner.
- ☐ Whole milk must be served and recorded for 1-year-olds.
- ☐ Ready-to-eat cereals must not exceed 6 grams of sugar per dry ounce of cereal. The name of cereal should be recorded on paper claims.
- ☐ Sugar in yogurt is limited to 23 grams of sugar per 6 ounces of yogurt.
- ☐ Flavored milks are not allowed for ages 1-5 years. They are allowed for ages 6-12 years if it is flavored skim milk.
- ☐ Meat/meat alternates may be served in place of grain at a breakfast up to 3 days per week.

### Infants

- ☐ Infants in the 6-11 month age group need to have solid foods offered if developmentally ready. If the child is not yet ready to have some or all of the solids, or if the parent does not wish their child to have solids yet, reimbursement may still be received if the provider documents on the menu record of each claim the reason for not serving the solid foods.
- ☐ Infants in the 6-11 month age category need to have a fruit/vegetable and a bread served in addition to breastmilk or IFIF in a **snack**. Foods that count as a bread for an infant snack include IFIC, ready-to-eat low-sugar cereals, breads, crackers, teething biscuits, muffins/quick breads, pancakes and similar bread-like foods. Pasta, rice and cooked cereals/grains are not reimbursable for an infant snack.
- ☐ Peanut butter is not creditable for an infant meat alternate.

## Welcome to the Heartland Child Nutrition Food Program

Argusville:	Justine Cofell
Beulah:	Tammy Murphy
Casselton:	Karen Kost
Cavalier:	Bev Ritteman
Dickinson:	Candice Burgard Tara Chase
Fargo:	Martha Freeman Jade Thelen
Grand Forks:	Jessica Kamrowski
Kulm:	Paige Johnson Rhonda Tjernlund
Lincoln:	Jan Netland Christina Flink
Minot:	Carissa Hatfield
Mooreton:	Valerie Kobiela
Parshall:	Whitney Carter
Stanley:	Tina Maghakian
Taylor:	Brett Bradstreet
Tioga:	Patty Srnsky

## Coping with Infant Gag Reflex

Adult's gag reflex trigger is all the way in the back of the throat. But in babies, the gag reflex is located higher and closer to the front of the mouth causing babies to often gag while learning to eat.



By about 9-10 months, a baby's gag reflex has moved further back in their mouth allowing the baby to move food around their mouth without activating it. It takes some kids a little longer to outgrow their gag reflex.

Even though watching a child gag is scary, it is generally safe. A child is figuring out where food should go in his or her mouth. This is an important part of learning to self-feed. Try to hide your emotions, as it is your job to maintain a relaxing mealtime atmosphere.

Tammy Bishop, a licensed pediatric Occupational Therapist, recommends to give the child a spoon to play with as an exercise to help an infant to overcome their tendency to gag. The goal is for the child to put the empty spoon in his or her mouth and move it around. The more they can do this the more they should make their gag reflex less responsive.

source: feedingmykid.com

## Last week for 2019 Calendar Course

If you intended to submit your quiz answers and activity report for the 2019 CACFP Calendar Learn-At-Home course, it must be in the Heartland office by **September 30**. The 2019 course expires on that date and the 2020 Calendar course becomes effective on October 10, 2019.

## 2020 CACFP Calendar to be Delivered



Providers will receive the 2020 CACFP Calendar during October through January visits. The calendar uses a circus theme to offer tidbits of nutrition information, menu ideas, and children's activities. Heartland has received Growing Futures approval to award one-hour of training credit for completing the calendar course.

## Frightful Delightful Creditable Foods

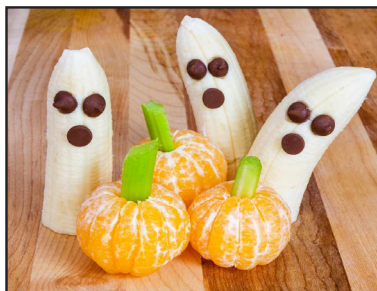


Photo Source: Pinterest



## You Made a Smart Decision to Participate in the Food Program

*The following excerpt is from Tom Copeland's website. Mr. Copeland is a nationally recognized tax accountant specializing in childcare businesses.*

You are always better off financially by being on the Food Program. Money you receive from the Food Program is taxable income (with the exception of reimbursements received for your own children; food for your own children is never tax deductible). You can deduct up to six servings a day per child as a food expense if you use the Standard Meal Allowance method to claim food expenses. (The Standard Meal Allowance is Tier I rates.)

You can deduct the same amount as a food expense whether or not you are on the Food Program. Let's say you receive \$3,000 from the Food Program and deduct \$5,000 in food expenses using the Standard Meal Allowance method. If you dropped the Food Program you would lose \$3,000 of income, but would still deduct the same \$5,000 as a food expense. In other words, you aren't losing any deductions by being on the Food Program. Therefore, why throw away \$3,000 in income and get nothing in return?



## Gain Confidence in Identifying Whole Grain-Rich Foods

Heartland Child Nutrition has a number of guides to help you with choosing whole grain-rich foods to meet the once-per-day requirement. Past materials given at visits, or appearing in newsletters, are available at our website under the *Current Provider* tab. (Password is "children".) Below, in a nutshell, are ways to determine if a food is whole grain-rich for the CACFP.

### FOOD IS LABELED AS "WHOLE WHEAT"

Beware if a label says "made with whole grain" or "made with whole wheat" it is not the same as stating "Whole Wheat..."



### RULE OF THREE

The **first** ingredient (or second after water) must be a whole grain and the next **two** grain ingredients (if any) must be whole grains, enriched grains/flours, bran or germ. This also applies to breads even though not pictured below.



Ingredients: 100% Whole Grain Wheat Flour, Organic Cane Sugar, Wheat Protein Isolate, Whole Grain Oat Flour, Dried Blueberries, Natural Flavor, Lemon Juice Powder, Baking Powder, Sea Salt.

Ingredients: Graham Flour (Whole Grain Wheat Flour), Enriched Unbleached Flour, Folic Acid, Sugar, Canola Oil, Cocoa, Cocoa .....

Ingredients: Unbleached Enriched Flour, Whole Grain Wheat Flour, Soybean Oil, Sugar, Partially Hydrogenated Cottonseed Oil, Leavening, Salt, High Fructose Corn Syrup, Soy Lecithin.

Ingredients that can be disregarded as a "grain" when reading an ingredient label are wheat gluten, wheat starch, wheat dextrin, corn starch, corn dextrin, rice starch, tapioca starch, or modified food starch. Also, any grain listed after the words "contains less than 2%..." in the ingredient list may be disregarded.

### CEREALS

The first ingredient must be whole grain and it is fortified with vitamins and minerals. On the Cereal Shopping Guide, given to you by Heartland Child Nutrition, the whole grain-rich cereals are marked with a ▲.



### Breakfast Menu Ideas

<ul style="list-style-type: none"> <li>• ½ cup Pear Slices</li> <li>• ½ <b>WGR</b> English Muffin with P. Butter</li> <li>• ¾ cup 1% or Skim Milk</li> </ul>	<ul style="list-style-type: none"> <li>• ½ Banana</li> <li>• ⅓ cup Rice Krispies</li> <li>• ¾ cup 1% or Skim Milk</li> </ul>	<ul style="list-style-type: none"> <li>• ½ cup Apple Slices</li> <li>• Pancake</li> <li>• ¾ cup 1% or Skim Milk</li> </ul>	<ul style="list-style-type: none"> <li>• ½ cup Grapes</li> <li>• ⅓ cup <b>WGR</b> Alpha-bits</li> <li>• ¾ cup 1% or Skim Milk</li> </ul>	<ul style="list-style-type: none"> <li>• ¼ cup Craisins</li> <li>• ¼ cup Oatmeal (<b>WGR</b>)</li> <li>• ¾ cup 1% or Skim Milk</li> </ul>
<ul style="list-style-type: none"> <li>• Tator Tots</li> <li>• Scrambled Egg</li> <li>• ¾ cup 1% or Skim Milk</li> </ul>	<ul style="list-style-type: none"> <li>• ½ cup Pineapple Tidbits</li> <li>• 1 Sausage Link</li> <li>• ¾ cup 1% or Skim Milk</li> </ul>	<ul style="list-style-type: none"> <li>• ½ cup Banana/Strawberries with yogurt</li> <li>• <b>WGR</b> Teddy Grahams</li> <li>• ¾ cup 1% or Skim Milk</li> </ul>	<ul style="list-style-type: none"> <li>• ½ cup Peaches</li> <li>• ½ slice <b>WGR</b> Toast with cinnamon sugar</li> <li>• ¾ cup 1% or Skim Milk</li> </ul>	<ul style="list-style-type: none"> <li>• ½ cup Applesauce</li> <li>• Toaster Waffle</li> <li>• ¾ cup 1% or Skim Milk</li> </ul>

### Lunch/Dinner Menu Ideas

<ul style="list-style-type: none"> <li>• HM Cheese <b>WGR</b> Pita Pizza (recipe below)</li> <li>• ¼ cup Glazed Cooked Carrots</li> <li>• ¼ cup Blueberries</li> <li>• ¾ cup 1% or Skim Milk</li> </ul>	<ul style="list-style-type: none"> <li>• Diced Ham/Cheese (Hot Dish)</li> <li>• ¼ cup Broccoli</li> <li>• Orange Wedges</li> <li>• <b>WGR</b> Shell Macaroni</li> <li>• ¾ cup 1% or Skim Milk</li> </ul>	<ul style="list-style-type: none"> <li>• Meatloaf</li> <li>• ¼ cup Mashed Potatoes</li> <li>• ¼ cup Fruit Salad</li> <li>• Dinner Roll</li> <li>• ¾ cup 1% or Skim Milk</li> </ul>	<ul style="list-style-type: none"> <li>• Deli Turkey Rolled up in a <b>WGR</b> Tortilla</li> <li>• ½ cup Tomato Soup</li> <li>• Pickle</li> <li>• ½ cup Oven Fries</li> <li>• ¾ cup 1% or Skim Milk</li> </ul>	<ul style="list-style-type: none"> <li>• Unbreaded Chicken Strips</li> <li>• ¼ cup Peas</li> <li>• ¼ cup Veg. Flour Pasta</li> <li>• ½ slice Bread</li> <li>• ¾ cup 1% or Skim Milk</li> </ul>
<ul style="list-style-type: none"> <li>• Fishsticks (+cheese in rice)</li> <li>• ¼ cup Green Beans</li> <li>• ¼ cup Grapes</li> <li>• ¼ cup Cheesy <b>WGR</b> Brown Rice (recipe below)</li> <li>• ¾ cup 1% or Skim Milk</li> </ul>	<ul style="list-style-type: none"> <li>• Ground Beef</li> <li>• ¼ cup Spaghetti Sauce</li> <li>• ¼ cup Apple Slices</li> <li>• Bread Stick/Spiral Pasta</li> <li>• ¾ cup 1% or Skim Milk</li> </ul>	<ul style="list-style-type: none"> <li>• BBQ Pork (left over from last night's dinner)</li> <li>• ¼ cup Corn</li> <li>• ¼ cup Lettuce</li> <li>• <b>WGR</b> Bun</li> <li>• ¾ cup 1% or Skim Milk</li> </ul>	<ul style="list-style-type: none"> <li>• Scrambled Eggs</li> <li>• ¼ cup Pepper Strips</li> <li>• ¼ cup Banana Slices</li> <li>• <b>WGR</b> French Toast</li> <li>• ¾ cup 1% or Skim Milk</li> </ul>	<ul style="list-style-type: none"> <li>• Baked Chicken</li> <li>• ¼ cup Sw. Potato Fries</li> <li>• 1 Clementine Orange</li> <li>• ½ slice Bread</li> <li>• ¾ cup 1% or Skim Milk</li> </ul>

Pita Pizza: Use a flat unopened pita for a pizza crust. Spread the crust with pizza sauce and add other toppings as desired. If each pita pizza is to feed two children, sprinkle ¾ cup shredded cheese on top so that each child has 1½ oz. meat alternate. Bake on cookie sheet at 400°F for about 4-5 minutes.

Cheesy Brown Rice: Bring 1 cup water to a boil. Add 1 cup instant brown rice and cook as directed on the package. During the last 2-3 minutes of the time, tear apart 4 slices of cheese and press into the rice to melt. When melted, stir to blend. Yield: 6 (¼ cup) servings **WGR** rice and ½ oz. meat alternate.

### Snack Menu Ideas

<ul style="list-style-type: none"> <li>• ½ cup Watermelon</li> <li>• <b>WGR</b> Fish Crackers</li> </ul>	<ul style="list-style-type: none"> <li>• <b>WGR</b> Pumpkin Bread</li> <li>• ½ cup 1% or Skim Milk</li> </ul>	<ul style="list-style-type: none"> <li>• <b>WGR</b> Choc. Mini-Wheats</li> <li>• ½ cup 1% or Skim Milk</li> </ul>	<ul style="list-style-type: none"> <li>• ¼ cup Yogurt</li> <li>• ½ cup Frozen Berries</li> <li>• Milk (made into a smoothie)</li> </ul>	<ul style="list-style-type: none"> <li>• ½ stick String Cheese</li> <li>• <b>WGR</b> Wheat Thins</li> <li>• Water</li> </ul>
<ul style="list-style-type: none"> <li>• Macaroni &amp; Cheese</li> <li>• ½ cup 1% or Skim Milk</li> </ul>	<ul style="list-style-type: none"> <li>• ½ PB Sandwich</li> <li>• ½ cup OJ</li> </ul>	<ul style="list-style-type: none"> <li>• Veggie Sticks with Dip</li> <li>• Ritz Crackers</li> <li>• Water</li> </ul>	<ul style="list-style-type: none"> <li>• ½ Apple, Sliced</li> <li>• 1 Tbsp. Peanut Butter</li> <li>• Water</li> </ul>	<ul style="list-style-type: none"> <li>• <b>WGR</b> Popcorn &amp; Pretzels</li> <li>• ½ cup Apple Juice</li> </ul>

Portion sizes are for a 3-5 year-old. Adjust portions for ages 1-2 years and 6-12 years.

