

# Heartland Child Nutrition

# HORIZONS

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

September/October 2017



## Thank You

Our appreciation is extended to Julie Jeske for her donation of her father Jerrold Baenen's computer to Heartland Child Nutrition. It was a very kind gesture to assist our program in this way.

 **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.

USDA is an equal opportunity provider, employer and lender.

## October 1: Follow the New Meal Pattern

Keep in mind that you have the following helpful tools from Heartland Child Nutrition for reference. Don't hesitate to contact us if you have questions; call or email your HCN Regional Representative or the Heartland office.

### CACFP Meal Pattern Tools from Heartland

- 1) CACFP Meal Pattern In-Person Training handout or the Learn-At-Home Course (available on our website under "Educational Opportunities" if you no longer have yours)
- 2) **Sugar Limits** charts for cereal and yogurt (laminated wallet size)
- 3) **Cereal Shopping Guide** (WIC qualifying sheet with pictured cereals)
- 4) **Whole Grain-Rich Products** and **Whole Grain-Rich Determination Chart** enclosed with this newsletter

## USDA Updates Since Our Initial Training

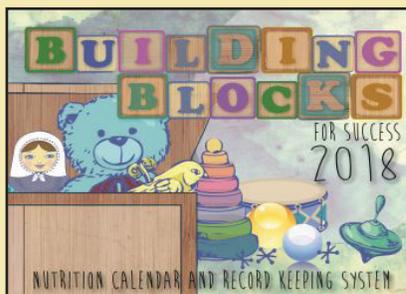
- A transition period of one year will be allowed before deductions relating to the new meal patterns need to be made. Providers should be following the new rules in good faith, but if an error is made, a warning and assistance is to be given.
- Animal crackers and graham crackers will continue to be creditable.

## KIDKARE MESSAGES

Always check if there is a message waiting for you when you open your KidKare home page. Click the envelope icon  on upper right corner of your screen. Messages may inform providers of food list changes, answer common questions, or offer tips for efficient, accurate record keeping.

## NEW MENU FORMS

Providers submitting claims on paper need to use the new Meal Count/Menu Record forms starting in October. These were either given to you by your HCN Regional Rep or mailed to you. Note that each infant needs to have their own menu record.



## 2018 CACFP Calendar with Learn-At-Home Course

Heartland is pleased to offer our providers the 2018 CACFP Calendar to be delivered at October through January visits. The one-hour Growing Futures approved CACFP Calendar correspondence course will be active until September 30, 2018.

# New Meal Pattern Review

Starting with your October menus, check if you are meeting these new requirements.

## Infants

- ◆ New age groups: Birth through 5 months; and 6 through 11 months.
- ◆ Beginning at 6 months through 11 months, solid foods may be introduced when developmentally ready and with parent permission.
- ◆ Juice is no longer allowed for infants.
- ◆ Cheese food and cheese spread are not creditable for infants.
- ◆ Whole eggs are now allowed.
- ◆ Snack for a 6-11 month old requires IFIF or BM along with 0-2 Tbsp. fruit or vegetable AND a serving of bread, cereal, crackers or IFIC when developmentally appropriate.
- ◆ Parents can supply no more than one food (such as BM or IFIF) per meal or snack, with the provider supplying all other creditable foods.
- ◆ A mother may breast feed her infant at the daycare and the provider may still be reimbursed.

## Children

- ◆ The previous fruit/vegetable component is now a separate fruit component and a separate vegetable component.
- ◆ A vegetable must be served at lunch and dinner.
- ◆ Juice is limited to no more than once a day.
- ◆ The former Grains/Breads component is now called the Grains component.
- ◆ Grain-based desserts no longer count as a grains serving. (These sweet grains were previously in the no-more-than-twice-a-week snack rule.)
- ◆ At least one serving of grains per day must be whole grain-rich and designated as such on the menu record.
- ◆ Breakfast cereals must contain no more than 6 grams of sugar per dry ounce (29-33 grams).
- ◆ Meat and meat alternates may be served in place of the entire grains component at breakfast at a maximum of three times per week.
- ◆ Deep-frying is not allowed as a way of preparing foods on-site.
- ◆ Yogurt should contain no more 23 grams of sugar per 6 ounces.
- ◆ Unflavored whole milk is to be served to 1 year olds.
- ◆ 2-5 year olds are to be served unflavored 1% or skim milk.
- ◆ 6-12 year olds may have unflavored 1% or unflavored/flavored skim milk.
- ◆ In the case of special dietary requests, no more than one food per meal or snack may be supplied by the parent or guardian.
- ◆ Lactose free/reduced milks, pasteurized goat's milk, and non-dairy milk substitutes that are nutritionally equivalent to cow's milk may be served in place of milk to children with special dietary needs without having a medical statement. A parent should write the request, and reason for it, for the HCN files.

## Two Vegetables May Equal One Serving

A minimum serving of 1/4 cup vegetable needs to be offered at lunch and dinner for ages 2-5 (1/2 cup for ages 6-12). If necessary, two separate vegetables may be used to meet 1/4 cup. Example: 1/8 cup pizza sauce + 1/8 cup red pepper sticks = 1 vegetable serving of 1/4 cup.

## Homemade Granola - Will It Count?

Granola is considered a cereal in the food program so needs to follow the cereal sugar limitations. Prepare and then weigh your recipe yield. Then determine the weight of the total sugars in the recipe. Divide the sugar grams by the granola ounces. The result must be .21 grams sugar or less per ounce of cereal.

1 cup sugar = 200 g

1 cup honey = 339 g

1 cup brown sugar (packed) = 220 g

1 cup syrup = 315 g

## Welcome to Heartland Child Nutrition

Beulah: Heather Schmit  
Michelle Schmit  
Sheila Glass

Dickinson: Ivy Gonzalez  
Ashley Martin  
Wendy Mathiason

Edgeley: Misty Miller

Hazen: Kathaleen Busche

Jamestown: Julie Chorzepa



## WHOLE GRAIN-RICH PRODUCTS

Heartland read ingredient labels at grocery stores in Bismarck and Fargo, Target, Walmart, Sam's Club, and Amazon. Below is a list of products that we found to be "whole grain-rich" (WGR) to meet the CACFP once-a-day requirement. The list does NOT INCLUDE ALL possible products; read ingredient labels to find additional WGR foods where you shop.

### BREADS - LOAVES AND BUNS

- ▶ Albertsons - 100% Whole Wheat (WW) Bread
- ▶ Arnold's - 12 Grain Bread, WW Pocket Thins, WW Sandwich Thins
- ▶ Brownberry - 100% Whole Grain Breads, WW Sandwich Thins
- ▶ Country Hearth - 100% WW Bread
- ▶ Earth Grains - 12 Grain Bread
- ▶ Essential Everyday - 100% WW Bread
- ▶ Family Choice - 100% WW Bread
- ▶ Food Club - 100% WW Bread
- ▶ Great Value - 100% WW, 100% WW Buns
- ▶ Joseph's Flax, Oat Bran and Whole Wheat Pita
- ▶ Market Pantry (Target) - 100% WW Bread
- ▶ Nature's Harvest - 100% WW Bread
- ▶ Nature's Own - 100% WW, 100% WW Buns
- ▶ Oroweat - Steel Cut Oats & Honey, WW Hamburger Buns, 100% WW Sandwich Thin Rolls
- ▶ Our Family - 100% WW Bread
- ▶ Pepperidge Farm - Stone Ground 100% WW Bread, Thin Sliced Soft 100% WW, Whole Grain Rye, 100% WW buns
- ▶ Rhodes Frozen Dough - 100% WW Loaves & Rolls
- ▶ Sara Lee - Soft and Smooth WW & 100% WW Bread
- ▶ Village Hearth - 100% WW Bread & Buns, WW Round Sandwich Thins
- ▶ Wonder - Soft 100% WW



### ENGLISH MUFFINS, BAGELS

- ▶ Country Hearth - 100% WW English Muffins, WW Bagels
- ▶ Lenders - WW Bagels
- ▶ Pepperidge Farm - 100% WW Mini Bagels
- ▶ Thomas - 100% WW English Muffins, WW Bagels



### TACO SHELLS, TORTILLAS, WRAPS

Corn masa (flour) & "limed corn" are not a whole grain in the CACFP. Ortega - whole corn taco shells, WW taco shells (Ortega was the only brand of hard shells we found made with whole grain.) Tortillas and Wraps - Many WGR varieties available. Read ingredient labels.

### WHOLE GRAIN CHIPS

- ▶ Chi-Chi's Yellow Corn Tortilla Chips
- ▶ Mission Restaurant Style Thin and Crispy Tortilla Chips
- ▶ SunChips - all varieties
- ▶ Wheat Thins Multigrain Toasted Chips

### PASTA

Barilla, DaVinci, Essential Everyday, Great Value, Full Circle, Hodgson Mill, Market Pantry, Our Family, Simply Balanced, Shurfine, Ronco, Ronzoni

### OTHER

- ▶ Lundberg Brown Rice Cakes - non-sweet varieties
- ▶ Mama Mary's (2 pk.) Whole Grain Pizza Crusts
- ▶ Boboli 100% Whole Grain Pizza Crusts



### CRACKERS - PLAIN & SAVORY

The following meet the criteria of the having whole grain as their first ingredient and any other listed grains/flours being whole grain or enriched.

- ▶ Carr's WW Crackers
- ▶ CrunchMaster Crackers - Multi-Grain, Multi-Seed, Ancient Grains
- ▶ Pepperidge Farm Goldfish - Whole Grain Pretzels, Whole Grain Cheddar & Xtra Cheddar, Whole Grain Multi-Colored
- ▶ Triscuits
- ▶ Wheat Thins (not the pita chip version)
- ▶ Lance Whole Grain Cracker Sandwiches



### CRACKERS - GRAHAM

- ▶ BelVita Biscuits (Nabisco)
- ▶ Gerber Graduates Cinnamon Graham Crackers (Whole grain requirement doesn't apply to infants.)
- ▶ Pepperidge Farm Goldfish - Whole Grain Cinnamon Grahams, Whole Grain Honey Grahams
- ▶ Teddy Grahams (Nabisco) - all varieties
- ▶ Scooby-Doo Graham Sticks (Keebler) - Cinnamon variety only
- ▶ Finding Dori Graham Snacks (Keebler)



### CEREALS

Other cereals with 6 grams sugar or less per ounce may be claimed. Those below meet the sugar limitations and are also WGR. Check store-brands labels for additional options. Also see HCN's "CACFP Cereal Shopping Guide" for a pictorial list.

- ▶ Alpha-Bits (Post)
- ▶ Cheerios - Plain, Multi-Grain
- ▶ Chex - Rice, Wheat, Corn
- ▶ Cream of Whole Wheat
- ▶ Dora the Explorer
- ▶ Kashi - Honey, Whole Grain Puffs, Cinnamon
- ▶ Kix - Plain, Honey, Berry Berry
- ▶ Life - Original
- ▶ Oatmeal - Old fashion, Quick cooking
- ▶ Oatmeal Squares (Quaker)
- ▶ Shredded Wheat, Mini Wheats, Mini Spooners
- ▶ Wheaties

### PANCAKES, MUFFIN MIXES, WAFFLES

- ▶ Aunt Jemima WW Blend Pancake/Muffin Mix
- ▶ Hodgson Mill WW Blueberry Muffin Mix
- ▶ Martha White Whole Grain Cornbread Mix
- ▶ Kodiak Power Cakes - Flapjack & Waffle Mix
- ▶ Vans 8-Grain Waffles (frozen)
- ▶ Our Family Whole Wheat Waffles (frozen)



# Helpful Chart to Use in Determining WGR Foods

Follow the steps below to determine if a purchased grain product is whole grain-rich (WGR).

*A sweet grain dessert or a cereal with over 6 grams of sugar per ounce cannot be credited in a CACFP meal or snack.*



Product label says **100% Whole Grain** or **100% Whole Wheat**  
**OR**  
 Product is a whole grain: brown rice, quinoa, oatmeal, etc.



**NO**

**YES**

**The product is WGR!**

## Read the product's ingredient list.

A whole grain is the first ingredient.\*  
 (or the second ingredient after water)

**Ingredients:** Whole-wheat flour, water, enriched unbleached wheat flour, yeast, sugar, wheat gluten

**AND**

There are no other grains or flours listed **OR**

If there are other grains listed, they are enriched or whole grain.

(You can ignore wheat gluten, bran, and wheat germ as they do not have to be enriched or whole grain)

**NO**

**YES**

**The product is WGR!**

The first ingredient is not a whole grain or water **BUT** multiple whole grains are listed lower in the ingredient list.

**Ingredients:** Water, ENRICHED WHEAT FLOUR (flour, malted barley flour, reduced iron, niacin, thiamin mononitrate, riboflavin, folic acid), WHOLE-WHEAT FLOUR, ROLLED OATS, sugar, wheat gluten, yeast, soybean oil, salt, calcium propionate.

**Whole Grain Stamps** may not be used to determine if a product is WGR. These products may contain non-enriched refined flour.



**YES**

Obtain a *Product Formulation Statement* from the manufacturer by calling or emailing the contact number on the package. If the weight of the combined whole grain ingredients is 50% or more of the total grain ingredients, it is whole grain-rich.

**NO**

If the first grain ingredient is enriched, the item is creditable and may be served, but **IS NOT** counted as a WGR food because the weight of the enriched grain is more than the whole grain.

\* If the product is a combination food, the first grain ingredient listed would need to be a whole grain. Breading on convenience foods continues to be non-creditable in the CACFP, with the exception of corn dogs.