

# Heartland Child Nutrition

# HORIZONS

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

September/October 2018

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## 2019 CACFP Calendar

Heartland is happy to announce that we will be distributing the 2019 CACFP Calendar, published by the National CACFP Sponsors Organization, at providers' visits from October to January. A corresponding 1-hour Learn-At-Home course has been approved by ND Growing Futures.



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

P.O. Box 1218, 521 Main St, Suite 420  
Bismarck, ND 58502-1218  
701-250-0140 or 800-366-6793  
f hcn@heartlandnutrition.org  
www.heartlandnutrition.org

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 and employer.

## Ready...Set...October 1

### No more menu warnings; deductions will start

After a full year of incorporating the new CACFP Meal Pattern, Heartland Child Nutrition providers are in good shape for the full establishment of the New Meal Pattern on October 1. **Reimbursement deductions will be required for failing to follow the meal requirements starting October 1, 2018.**

Heartland Child Nutrition has provided numerous forms of New Meal Pattern instruction this past year, including in-person trainings across the state, Learn-At-Home courses, newsletter articles, handouts, and home visit guidance from your HCN Regional Representative. This past year, each submitted menu was evaluated according to the new meal pattern and discrepancies were noted which assisted providers in correcting ongoing menu plans. Don't forget....your HCN Provider Handbook also is a very helpful guidance.

**Use the claim checklist on page 4 to review your daily menus and your claim before submitting to HCN.**

### Child Enrollment MUST be Signed By Parent

If you are using a printed enrollment sheet from KidKare to gather child enrollment information, that sheet must be reviewed and signed by the parent before submitting the enrollment to the HCN office. A signature line is not on the worksheet, however a parent/guardian signature is necessary. Unsigned enrollments will be returned to you, delaying the enrollment process.

### Arsenic in Rice: Should We Be Concerned?

You may have heard or read news reports about the levels of heavy metals, particularly arsenic, that recent FDA and Consumer Reports studies have shown to be in some rice products. Of the grain foods that were tested, rice had higher levels of inorganic arsenic than other foods, in part because the rice plant and grain tend to absorb arsenic from the ground more readily than other food crops. The arsenic is naturally occurring and cannot be removed.

The FDA has said the research findings are "concerning but not alarming." However, arsenic levels in foods served to infants are of special concern because

*Continued on page 2*



## Welcome to Heartland Child Nutrition

The following providers joined the food program this summer.

Bismarck:	Sommer Belverstone Alicia Heinart Gina Reinhardt
Bottineau:	Halie Haakenson
Dickinson:	Katherine Aragon Marta Munoz
Grafton:	Sidney Kringstad
Harvey:	Buffy Edinger
Hettinger:	Meghan Ormiston
Jamestown:	Devony Carlson
Mandan:	Jodi Dietz
New Salem:	Kylee Heins
New Town:	Janie Shroeder-Herman
Pembina:	Taylor Koland
South Heart:	Lola Hushka
Stanley:	Shellsea Garcia



Rice (continued from page 1)

rice intake, primarily through infant rice cereal, is about three times greater for infants than adults in relation to body weight. Over-exposure to inorganic arsenic is associated with neurocognitive deficits in children.

Based on the current data and scientific literature, the FDA's advice for consumers, including pregnant women, is to eat a well-balanced diet for good nutrition and to minimize potential adverse consequences from consuming an excess of any one food. Additionally, caregivers should follow the advice of the American Academy of Pediatrics and feed their infants and toddlers a variety of grains as part of a well-balanced diet.

If you are serving Infant Iron Fortified Rice Cereal to infants, it would be wise to limit the rice variety and include the other grains IFIC varieties. More information on arsenic in rice can be found on [fda.gov](http://fda.gov).

## Tune into Free Webinars

USDA has a bank of recorded 30-minute webinars offering training in a variety of CACFP menu topics. You may also join in live webinars on the third Thursday of the month at 1:00 CST. Spanish versions are also available. (Webinars are not Growing Futures approved for training credit.) You may listen to the

recorded past webinars or register to participate in live webinars at: [www.fns.usda.gov/cacfp-halftime-thirty-thursdays-training-webinar-series](http://www.fns.usda.gov/cacfp-halftime-thirty-thursdays-training-webinar-series)



### Past *Thirty on Thursday* webinars available for listening:

- Choose Breakfast Cereals That Are Lower in Added Sugars
- Choose Yogurts That Are Lower in Added Sugars
- Serving Milk in the CACFP
- Meal Planning for the CACFP
- Serving Meat and Meat Alternates at Breakfast
- Methods for Healthy Cooking
- Adding Whole Grains to Your Menu
- Feeding Infants: 0-5 Months
- How to Support Breastfeeding in the CACFP
- Feeding Infants: Starting with Solids
- Identifying Whole Grain-Rich Foods for the CACFP

## Providers Questions Answered

### Why can't I claim a daycare child that is staying overnight for several days each week?

This food program is designed for an organized *non-residential* child care program for children enrolled in a home, licensed or approved as a family or group day care home, and under the auspices of a sponsoring organization. *Non-residential* means that a child is not maintained in care for more than 24 hours on a regular basis.

### Is it allowable to use a sugar-free flavoring in milk for ages 1-5 years?

Flavored milks, regardless of what sweetener is used, are not creditable for that age group. Flavored skim milk is allowable for ages 6-12 years.



### The mother of a 7-month-old in my care does not want me to serve her baby solid foods at afternoon snack because she says this causes her baby to not be as interested in nursing when they return home. What should I do?

Document the parent's request in the KidKare comment box or on the paper menu form. With documentation, you may still receive reimbursement for the snack if serving only breastmilk or IFIF.



## Whole Grain-Rich Pumpkin Bread



- 1 cup all-purpose flour
- 1 cup whole wheat flour
- 1 Tbsp. pumpkin pie spice
- 1 tsp. baking soda
- 1 tsp. baking powder
- ½ tsp. salt
- 15-oz. can pumpkin puree
- ½ cup sugar
- ¼ cup brown sugar
- ½ cup plain or vanilla greek yogurt
- 2 large eggs
- 6 Tbsp. butter, melted and cooled

1. Preheat oven to 350° F, with the rack in the center. Grease and flour a 9 x 5-inch loaf pan.
2. In a large mixing bowl, combine the flours, pumpkin pie spice, baking soda, baking powder, and salt.
3. In a medium mixing bowl, combine the pumpkin puree (don't use product labeled as pumpkin "pie filling"), sugar, honey, greek yogurt, eggs, and melted butter. Stir.
4. Transfer the pumpkin mixture into the flour mixture. Fold until combined.
5. Put the batter to the prepared loaf pan. Bake for 60 minutes, or until a wooden toothpick inserted in the center comes out with a few crumbs attached. Cool in the pan for 10 minutes before removing. Cool on a wire rack for another 10 minutes. Slice and serve.
6. Wrap bread in plastic wrap and store at room temperature for 3 days.

Credits as: ½ slice is a WGR bread serving for ages 1 to 5. 1 slice is a WGR serving for ages 6-12.

Quick breads are not creditable for infant snack but may be served as an extra food.

## Train-Themed Fun Day

Train horns and whistles seem more noticeable in the crisp autumn air. It's a great time to have a day of food and activities revolving around trains for fun and learning at your childcare.

➤ Start the morning with a breakfast of graham crackers, bananas, and milk (picture #1) easily arranged to resemble a train.

➤ Sing songs, recite poems, or learn a fingerplay. Change the words to "The Wheels on the Bus" to "The wheels on the train go clickety-clack." Continue with verses of "The engine on the train goes chug, chug, chooo" "The horn on the train goes toot, toot, toot." "The crossing gates come down, down, down."

➤ Provide train cars to color on heavy paper. Then use 1-inch sections of cardboard tubes, with a slit cut into each, to insert the cut-out engine and cars. (picture #2)

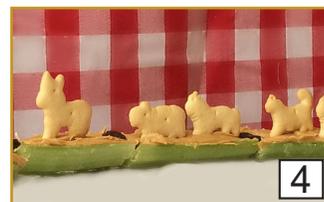
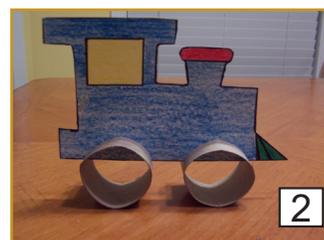
➤ Place masking tape on the floor in a train track formation or draw tracks with chalk on the driveway. Have the children pretend to choo-choo along the tracks, moving their bent arms in a train motion. Try doing the same in reverse while staying on the tracks. (#3)

➤ Make a celery train that carries animal crackers. Fill the celery sticks with peanut butter to hold the assortment of animals. (#4)

➤ Read *The Little Engine That Could* or another train-themed book.

➤ A Google search will yield a train load of other ideas for your fun day. Your Train Day could be one day in a week of transportation-themed activities.

Photo sources: Pinterest



## It's Fresh Pear Season

Pears rank in sweetness starting from Very Sweet to Sweet:

1. Comice 2. Barlett 3. Red Barlett 4. Anjou 5. Bosc

Pears rank in texture from Soft/Juicy to Firm:

1 & 2. Barlett (yellow and red) 3. Comice 4. Anjou 5. Bosc.

Bosc pears are typically used only for baking.



Source: usapears.com

# CACFP Claim Checklist

Use this handy tool to review your menus for each day and before you submit your claim.

## Ages 1-12 Years Checklist

### New CACFP Meal Pattern

- Juice is limited to no more than once per day.
- A vegetable is served at lunch/dinner.
- At least one grains serving per day is whole grain-rich.
- Breakfast cereals contain no more than 6 grams of sugar per ounce. (See list of WIC approved cereals or use the chart given to you by HCN.) Breakfast cereals should be recorded by name on manual claims. (Cheerios, Kix, etc.)
- Grain-based desserts are not claimed as a required component. (See HCN Provider Handbook for list.)
- The appropriate type of milk is served to age groups.  
Age 1: Unflavored whole milk  
Age 2-5: Unflavored 1% or skim  
Age 6-12: Unflavored 1% or skim, flavored skim
- Meat or meat alternates may replace the entire grain component at breakfast a maximum of 3X a week.
- Foods are not deep-fat fried on site.
- Yogurt contains no more than 23 grams of sugar per 6 oz. (Use the sugar limits chart, given to you by HCN, to determine if creditable).

## Infant Claim Checklist

### New CACFP Meal Pattern

- Each infant has their own menu form.
- Starting at 6 months, if infant is not yet ready for any or some of the solid food requirements or if parent does not want solid foods to be served, the reason is documented on the menu form. The documentation needs to appear once during the month.
- Starting at 6 months, a small serving of fruit/vegetable and crackers/bread/IFIC/ready-to-eat cereal are served at snack along with IFIF or breastmilk. Non-creditable grains for infants include quick breads, muffins, pretzels/chips, pancakes/waffles and sweet grain desserts.
- Juice and cheese food/cheese spread are not claimed as a meal or snack component.
- Parents or guardians are not providing more than one required food per meal/snack for their infant. This includes breastmilk and infant formula.

## General Checklist

- All children have been enrolled; previous enrollments have not expired.
- Days, times and meals entered by parent on the enrollment match what is claimed.
- Days (including holidays), times, and meals match what the provider has indicated on their annual CACFP Agreement.
- No more than 2 meals/1 snack or 1 meal/2 snacks are claimed per child per day.
- Claimed no more children than licensed/certification capacity.
- If a Provider Review home visit was done during the month, the children and food claimed by the provider matches what was observed.
- If approved to claim own children, claimed own only when daycare children are claimed.
- Complete menus are recorded for every meal and snack claimed.
- All required components of the meal or snack are recorded. Only reimbursable foods are claimed.
- The combination of two or more fruits/vegetables in one menu item is only counted as one serving.
- Trail mix or snack mix is recorded as the specific creditable food(s) that is in it.
- Second protein is served when convenience foods such as chicken patties/nuggets, fishsticks, pizza, and similar foods, as well as peanut butter sandwiches, when served at lunch/dinner.
- Two different food groups are served at snack.
- A special diet statement is on file for a child receiving meal pattern substitutes.