

Child and Adult Care Food Program

Welcome to the April edition of the Michigan Department of Education (MDE) Child and Adult Care Food Program (CACFP) Monthly E-Newsletter. If you need additional guidance or information between newsletters, visit the [MDE CACFP website](http://www.michigan.gov/cacfp) (www.michigan.gov/cacfp) or call the CACFP office at 517-373-7391. Please note time-sensitive information will be sent out immediately as necessary. Feel free to share any information in our newsletters with your families too!

What's New!

CACFP welcomes Ms. Terri Thelen, RDN, as our new Program Analyst. Ms. Thelen is a Registered Dietitian Nutritionist who brings her nutrition expertise to CACFP from the School Nutrition Program (SNP) where she was a Departmental Analyst overseeing school food programs across the state, including Detroit Public Schools. Ms. Thelen will be responsible for Ms. Sara Harmon's southwest Michigan territory. Ms. Harmon has taken a position as a Consultant for the Summer Food Service Program (SFSP) within the SNP. Ms. Thelen can be reached directly at 517-335-0705 and by email at ThelenT5@michigan.gov. She is a mother of three and enjoys being active outside with mountain biking and running. Please join us in welcoming Terri to CACFP!

Free Free Free - Team Nutrition Materials

Printed Team Nutrition materials are available, while supplies last, to day care centers and schools that participate in the USDA Child Nutrition Programs. Check out the new [Team Nutrition Order Form](http://pueblo.gpo.gov/TN/TNPubs.php) (http://pueblo.gpo.gov/TN/TNPubs.php) to order program specific nutrition education resources. There are materials available for afterschool and summer programs, child care, parents, and professionals. Check this site often for new additions!

New Operational Memorandum

Listed below is the recent operational memo issued by MDE CACFP with a brief summary. The complete list of operational memorandums can be accessed at the [MDE CACFP website](http://www.michigan.gov/cacfp) (www.michigan.gov/cacfp) under Operational Memorandums.

- [National Child and Adult Care Food Program Week](#) (Institutional and FDCH Memo #10). This memo announced the dates for the National CACFP week.

CACFP Trainings – Fiscal Year (FY) 2016

CACFP in-person workshops/trainings for centers are offered at various sites around the state free of charge and are designed for new staff as well as staff desiring a program refresher. Personnel responsible for ensuring program compliance may attend training to comply with corrective action from an administrative review. Certificates will be available upon completion of the training and can be used toward annual training required by the Department of Licensing and Regulatory Affairs, Bureau of Community and Health Systems, Child Care Licensing Division.

Registration for the workshops is required as seating is limited. Individuals registering for CACFP workshops/trainings must create an account on the Eventbrite website. The registration process is posted on the [MDE CACFP website](http://www.michigan.gov/cacfp) (www.michigan.gov/cacfp) under Training. Save your account information as CACFP staff will not have access to that information. You **DO NOT** have to bring your Eventbrite "ticket" to the workshop to attend.

Additionally, on-line trainings for **Recordkeeping** and **Civil Rights** are available on the [MDE CACFP website](http://www.michigan.gov/cacfp) (www.michigan.gov/cacfp) and can save you travel time. Certificates of completion are available to print. Additional on-line trainings for meal planning, infant meals, and at-risk afterschool programming are coming soon!

CACFP Common Findings - The CACFP Request for Special Dietary Needs Accommodations Form

Missing or incorrect *CACFP Request for Special Dietary Needs Accommodations* forms are a common finding during administrative reviews. Many institutions and day care homes (DCH) participating in CACFP have questions concerning milk and food substitution requests based on medical conditions or parental preference. It can be challenging to ensure substitutions are handled and documented correctly. CACFP regulations require sponsors and DCH to work with parents/guardians to accommodate participants with special dietary needs due to a documented disability. For guidance on this form, refer to the [MDE CACFP Website](http://www.michigan.gov/cacfp) (www.michigan.gov/cacfp) under FY 2015 Operational Memoranda (Institutions #24; FDCH #23) *Request for Special Dietary Needs Accommodations form – Revised*.

For substitution requests due to a disability (a life-threatening reaction when exposed to the food and/or beverage) or for requests for another medical reason that is not a disability, such as a food intolerance or a food allergy, *the CACFP Request for Special Dietary Needs Accommodations form* is required. This form must include:

- Identification of the participant's disability with an explanation as to how the disability restricts the diet and the major life activity affected by the disability (or in the case of a non-disability, the medical problem that restricts the participant's diet)
- Foods/beverages to be omitted
- Foods/beverages to be substituted
- The signature and date of the medical authority completing the form. For **disabilities**, medical authorities in Michigan include **licensed physicians (MD and DO), physician assistants (PA) and nurse practitioners (NP)**. For **non-disability medical requests**, medical authorities include the prior along with **registered dietitian nutritionists (RD and RDN) and/or speech pathologists**

The *CACFP Request for Special Dietary Needs Accommodations* form and instructions can be found on the [MDE CACFP Website](http://www.michigan.gov/cacfp) (www.michigan.gov/cacfp), under *Forms and Instructions, Menu Information* header. Questions on special dietary needs issues can be directed to the CACFP office at 517-373-7391.

CACFP – April Nutrition Bite

The new CACFP meal patterns are coming soon so it's a good time to reflect on how you're planning your menus and how you could make improvements! The new CACFP meal patterns are based upon the recommendations of the 2015-2020 Dietary Guidelines for Americans. In January 2016, the U.S. Department of Health & Human Services (HHS) and the U.S. Department of Agriculture (USDA) released the 2015-2020 Dietary Guidelines for Americans, which provides recommendations to help Americans adopt healthier eating patterns. The Dietary Guidelines recognizes that healthy eating patterns are adaptable and can be tailored based on personal, cultural, and traditional preferences.

Healthy eating patterns consists of a variety of nutritious foods including vegetables, fruits, grains, low-fat and fat-free dairy products such as milk, yogurt, and cheese, lean meats and other protein foods and oils. A healthy eating pattern limits saturated fats (butter, lard, vegetable shortening), added sugars, and sodium. The Guidelines provide three examples of healthy eating patterns:

- **Healthy U.S.-style:** Based on a 2,000-calorie diet, people following the Healthy U.S.-style eating pattern consume 2.5 cups of vegetables, 2 cups of fruit, 6 ounces of grain, 3 cups of dairy, and 5.5 ounces of protein each day.
- **Healthy Mediterranean:** Compared to the Healthy U.S.-style eating pattern, the Healthy Mediterranean eating pattern includes more protein and fruits and less dairy. People following the Mediterranean pattern of 2,000 calories a day consume 6.5 ounces of protein, 2.5 cups of fruit, and 2 cups of dairy. The Mediterranean and U.S.-style patterns both suggest 2.5 cups of vegetables and 6 ounces of grain per day.
- **Healthy Vegetarian:** Compared to the Healthy U.S.-style eating pattern, the Healthy Vegetarian eating pattern includes more legumes (beans and peas), soy products, nuts and seeds, and whole grains. It contains no meats, poultry, or seafood, and only recommends 3.5 ounces a day of protein for a 2,000-calorie diet — which still meets the recommended daily amount.

Learn more and review the detailed recommendations in the [2015–2020 Dietary Guidelines for Americans](http://health.gov/dietaryguidelines/2015/guidelines/) (<http://health.gov/dietaryguidelines/2015/guidelines/>).

Farm to Early Childhood Updates

2015 USDA Farm to School Census:

Results from the 2015 USDA Farm to School Census are available online at the [Farm to School Census website](https://farmtoschoolcensus.fns.usda.gov/) (<https://farmtoschoolcensus.fns.usda.gov/>). More than 12,500 public, private, and charter school districts responded and reported almost \$800 MILLION in local food spending. Compare that to the \$385 in local food purchasing reported in 2011-2012 and it's clear – Farm to School is growing!

What does that mean for Michigan? According to the survey, **43% of Michigan school districts are participating, impacting 702,896 students.** On average, schools responding reported spending 20% of their budgets on local products, or a **total of 19 MILLION invested in the Michigan economy through purchasing local food.** Some of our Michigan All Stars who are beating the state average with regard to local purchasing include **Greenville Public Schools, Kalamazoo Public Schools, and Montague Area Public Schools.**

The USDA is running a contest through April 15, 2016, for school districts to win its coveted **“One in a Melon”** award. If you are a school currently participating, tell the USDA about the great farm to school activities you are involved with and enter for a chance to win the award. School districts from each state with the most nominations will win. Winners will be announced before the end of the school year, so apply now.

Check out all the [Michigan Statistics](https://farmtoschoolcensus.fns.usda.gov/find-your-school-district) (<https://farmtoschoolcensus.fns.usda.gov/find-your-school-district>), look at school districts up close, and vote for your favorite in the One in a Melon Contest.

CACFP Grant Opportunities!

- Visit the [T&L Foundation website](http://www.tlfcci.org/mini-grants-2016.html) (<http://www.tlfcci.org/mini-grants-2016.html>) for a specific opportunity for licensed Child and Adult Care Food Program (CACFP) Family Child Care Providers and CACFP Sponsor Organizations to use grant funding to “create a healthier environment for children in child care.” Deadline is April 13, 2016.

- Mini Seed-Grants Available through Northwest Michigan Food and Farming Network
(https://docs.google.com/forms/d/1zKaDIcJrhbVOIUSLcIzm8mi2a5j4oA8IYRV0v9yJnU/viewform?c=0&w=1&usp=send_form). Deadline is May 18, 2016.
 - These mini grants are designed to provide NW Michigan Food and Farming Network participants with an opportunity to support creative projects that help the network accomplish its goals.
- Healthy Eating Research Grants Available
(<http://healthyeatingresearch.org/funding/current-call-for-proposals/>) – *Robert Wood Johnson Foundation*. Deadline is May 11, 2016.
 - Grant funding is available for research around healthy eating in different childhood environments, with awards available up to \$190,000 for up to 18 months.

Upcoming Training Opportunities and Conferences

The Association for Child Development (ACD) will hold their 5th Annual Training Conference, *Better Care, Brighter Futures*, on Saturday, May 21, 2016, at the Kellogg Hotel and Conference Center, East Lansing, Michigan. For additional information, visit the [ACD website](http://www.acdkids.org) (www.acdkids.org), under Events.

The 2016 Michigan Good Food Summit will be held on October 28, 2016, at the Kellogg Hotel and Conference Center, East Lansing, Michigan. For questions on registration, sponsorship, and exhibiting, please contact: Diane Drago, Diversified Management Services, at ddrago@dmsevents.com, 734-747-2746, or 734-661-1919 (fax).

The next School Nutrition Association of Michigan annual meeting is scheduled for October 28-30, 2016, in Dearborn, Michigan.