Child and Adult Care Food Program

Welcome to the June 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 (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!

New Operational Memorandum

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

- Registration Process for Application Training
  (Operational Memorandum #13 - for Centers only). This operational memorandum lists the dates for application and budget training workshops and the details the process to enroll. Additional information on the trainings is listed below.

- The New Updated Meal Standards for the CACFP
  (Operational Memorandum #14 – Centers; #13 - FDCH). This operational memorandum introduces the new meal standards for the CACFP and provides information on the timeline for implementation and resources available. Additional information is also provided in this newsletter under the What's New section.

CACFP Trainings

The CACFP Application and Budget worksheet training schedule has been released and posted on the MDE CACFP website (www.michigan.gov/cacfp) under Training. If you would like hands-on in-person assistance from CACFP staff while working on the re-certification of your CACFP application and budget worksheet, these sessions are for you! It is recommended you bring any documentation you may need to work on your budget worksheet and/or application. You are welcome to bring your laptop. Please register for a session near you. Registration is required as seating is limited for these workshops.

Individuals registering for CACFP workshops/trainings must create an account on the Eventbrite website. The registration process is posted on the MDE CACFP website (www.michigan.gov/cacfp) under Training. Remember to save your account information for future use as CACFP staff will not have access to this information. You are not required to bring your Eventbrite "ticket" to the workshop to attend. *CACFP RESERVES THE RIGHT TO CANCEL WORKSHOPS DUE TO LOW ENROLLMENT.*

Please note: Schools participating in CACFP that were operating a successful National School Lunch Program in Fiscal Year (FY) 2016 **are not required** to complete budget worksheets and the full management plan for FY 2017 as part of their CACFP application. These schools, therefore, ***do not*** need to attend the CACFP budget workshop.

Other trainings are also listed on the MDE CACFP website (www.michigan.gov/cacfp). You can find upcoming dates for Recordkeeping training sessions or access on-line trainings as well.

CACFP What's New: The CACFP Meal Pattern Final Rule Released
The CACFP Meal Pattern Final Rule was published on April 25, 2016. The new meal pattern takes effect on October 1, 2017 (Fiscal Year 2018). During the implementation period, CACFP centers and family day care homes may continue to comply with the meal standards currently in effect and begin transitioning to the new meal standards. All aspects of meals and snacks served through the CACFP, however, must meet the new standards beginning October 1, 2017.

Healthier New CACFP Meal Pattern: Resources available
One page summaries, meal pattern charts of the new standards for infant, child, and adult meal patterns, and the regulations of the new rule are available on the USDA CACFP Nutrition Standards webpage (http://www.fns.usda.gov/cacfp/meals-and-snacks). On this webpage you can also find a Best Practices Summary Sheet which provides information on how centers and family day care homes can further improve the nutritional quality of the food they serve each day.

The Food Research and Action Center (FRAC) also has CACFP resources relating to the new meal pattern available at no cost. You can watch their archived webinar, the "New Healthier CACFP Meal Patterns: What You Need to Know," originally shown on May 9, 2016, on the FRAC website (http://frac.org/federal-foodnutrition-programs/child-and-adult-care-program/).

Technical assistance and training materials will be provided by USDA and MDE in the coming months to assist institutions transition to the new meal patterns. Additional resources to support the one page summaries and meal pattern charts such as the Food Buying Guide, the CACFP Crediting Handbook, the Feeding Infants Guide, and Team Nutrition educational materials are being updated to reflect the new meal pattern and will be made available.

June Nutrition Bite: Added Sugar
The CACFP new meal pattern has been updated to ensure children and adults have access to healthy balanced meals while in care. Under CACFP, meals served will have less added sugar - especially in breakfast cereal, yogurt, and flavored milk for children age five and older. Sugar is a simple carbohydrate that provides calories your body uses for energy. It has no other nutritive value. "Added sugars" are sugars and syrups added to foods or beverages during processing but do not include naturally occurring sugars such as those found in whole, unprocessed foods such as milk, vegetables, some grains, and fruit.

The major food and beverage sources of added sugar include:
- Regular soda, energy, and sports drinks
- Fruit drinks, such as lemonade and fruit punch
- Candy and grain-based dessert items, such as cake, cookies, pies, doughnuts
- Dairy desserts, such as ice cream

Reading the ingredient label on processed foods can help identify added sugars. Names for added sugars listed in a food's ingredient list include (not inclusive):
- Dextrose, fructose, maltose, lactose
- Corn syrup, corn syrup solids
- Nectar

To learn more about added sugars, visit the ChooseMyPlate.gov/what are added sugars webpage (http://www.choosemyplate.gov/what-are-added-sugars). To learn more about how to identify added sugars on the Nutrition Facts label, read the update below.

The Nutrition Facts Label – Updated!

The Food and Drug Administration (FDA) has just finalized a new, updated **Nutrition Facts label** for packaged and processed foods. Manufacturers have until July 26, 2018, to comply. Visit the FDA website (http://www.fda.gov/NewsEvents/Newsroom/PressAnnouncements/ucm502182.htm) to get additional details, including what's new about the label, what is being deleted, what is being added, what is being emphasized, and timelines for when food and beverage manufacturers will have to start using the new format. Key updates include:

- An updated design to highlight "calories" and "servings" to help individuals make informed food choices
- Updating serving sizes to better reflect amounts of food/beverages people currently eat and drink
- Including "Added Sugars" in grams and percent daily value (%DV) to help consumers know how much sugar has been added to the product through processing verses natural sugars
- Adding dual columns to indicate calorie and nutrition information for both "per serving" and "per package" for multi-serving foods that could be eaten in one sitting such as a pint of ice cream or a 3 ounce bag of pretzels. This will assist individuals in knowing how much they are eating if they chose to eat or drink the entire package

The Nutrition Facts label, once implemented, will assist child care providers in making more informed choices when purchasing foods and beverages, especially cereals, yogurt, and flavored milk that have an added sugar requirement.

Farm to School/Early Childhood

Participation in farm to school programming is considered a win-win-win for children, local farmers, and their communities. The story of the Michigan Farm to School Grant Program (http://foodsystems.msu.edu/resources/mi_farm_to_school_grant_program_report), established in 2011 and continuing today, is now available in a comprehensive report from the MSU Center for Regional Food Systems. Read how the Michigan Farm to School Grant Program has helped food program providers overcome challenges and stimulate or sustain local food purchasing programs at K-12 schools and early childhood programs in Michigan.

Zika Virus Information

The information indicated below was developed by the Office of Human Services Emergency Preparedness and Response (OHSEPR) within the U.S. Department of Health and Human Services and is related to the Zika Virus.

- **For Parents** visit the OHSEPR website under What Parents Need To Know About Zike Virus (www.acf.hhs.gov/programs/ohsepr/resource/zika-parents)

- **For Child Care Providers** visit the OHSEPR website under What Head Start or Child Care Programs Need To Know About Zika Virus (www.acf.hhs.gov/programs/ohsepr/resource/head-start-or-child-care-programs-need-to-know-bout-zika)

Microwave or conventional oven?

The Fight Bac! Partnership for Food Safety Education has posted resources to assist consumers in selecting the best food preparation method to safely cook food to help prevent food borne illness. To find out more on when to use a microwave or when to use a conventional oven, visit the Fight Bac! Partnership for Food Safety Education/Safe Microwaving website (www.fightbac.org/food-safety-education/safe-microwaving/?utm_source=Cook+It+Safe+Challenge+Week+1&utm_campaign=Cook+it+safe+challenge&utm_medium=email). You can also access many other free resources (available in English and Spanish) and view recorded webinars on food safety from this website.

Save the Date!

The **2016 Michigan Good Food Summit** will be held October 28, 2016, at the Kellogg Hotel and Conference Center in East Lansing, Michigan. The theme of the conference is "Good Food for All: The Road to 2020." Come celebrate state and local successes in achieving the Michigan Good Food Charter goals for 2020. To view more on this collaborative and engaging conference, visit the Michigan Good Food website (http://www.michiganfood.org/).