

Child and Adult Care Food Program

Welcome to the March edition of the Michigan Department of Education (MDE) Child and Adult Care Food Program (CACFP) Monthly E-Newsletter. We hope you have enjoyed our monthly installments of CACFP related guidance and news compiled for your convenience. If you need additional information between newsletters, please 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. Please feel free to share any information in our newsletters with your families too!

March is National Nutrition Month, a nutrition education and information campaign recognized each March by the Academy of Nutrition and Dietetics (AND). The theme for 2016 is "Savor the Flavor of Eating Right," which encourages everyone to enjoy food traditions and the pleasures, great flavors, and social experiences food can bring to everyone's life. This campaign will focus attention on the importance of making informed food choices and developing sound eating and physical activity habits. For more information on National Nutrition Month, visit [AND's website](http://www.eatright.org/resource/food/resources/national-nutrition-month/national-nutrition-month) (www.eatright.org/resource/food/resources/national-nutrition-month/national-nutrition-month).

What's New!

MDE efforts in progress to increase healthy food offerings (high in three target nutrients) for children in Flint utilizing current federal food programs:

- The CACFP will provide nutrition education materials to child care providers identifying kid-friendly foods high in the targeted nutrients once the materials are approved for distribution.
- CACFP is working with at-risk afterschool meal providers in the targeted zip codes to determine ways to serve meals in the evenings and on the weekends. Many sponsors are interested, therefore MDE staff are assisting in working through the current barriers such as extending licensed days to the weekend.
- MDE is working collaboratively with the Michigan Department of Health and Human Services (MDHHS) Women, Infants, and Children (WIC) division to target federal Summer Electronic Benefit Transfer for Children (SEBTC) funds to children in the effected zip codes. This SEBTC program provides a \$60 "WIC Bridge Card" to needy families with children in school to purchase identified food packages during the summer months. These food packages are high in the targeted nutrients.
- MDE is serving on a state department Nutrition Work Group which has drafted a long term plan for addressing nutrition needs in the greater Flint area. This plan includes assessing gaps in nutrition support, access to healthy foods, nutrition education, and metrics to measure improvement over time.
- MDE is working with commodities partners to increase the food offerings available at food pantries that are high in the targeted nutrients.

Lead Poisoning and Good Nutrition: The Importance of Child Nutrition Programs

The city of Flint, Michigan is on the minds of many due to the discovery of high lead levels in the city water system. As a result, some child care providers are left thinking "what can I do to help?" or "what can I do to prevent the same from happening to children in my care?" Maximizing participation CACFP meals and other child nutrition programs is an important first step.

Lead is a poisonous heavy metal that can hurt the brain, kidneys, and parts of the nervous system. It is invisible to the human eye and has no smell. Exposure can occur from different sources such as paint, gasoline, solder, and pottery and through different pathways such as air, food, water, dust, and soil. Due to amendments to the Safe Drinking Water Act of 1996, lead levels in tap water have dropped in the past two decades. Even so, older infrastructure and drops in the number of families using those water systems have left lead as a public health threat in areas such as Flint. Lead found in tap water typically comes from older fixtures, the solder that connects pipes, or when water sits in leaded pipes for several hours prior to use.

No safe blood lead level has been identified and therefore all sources of lead exposure should be controlled or eliminated. Lead is of greatest concern for children under six years old and for the unborn babies of pregnant women because their bodies are still growing and developing at such a rapid rate. Some health effects are permanent such as slowed growth and development, damage to hearing and speech, behavior problems, and difficulty paying attention and learning. Those of highest risk are the poor, members of racial-ethnic minority groups, recent immigrants, have parents who are exposed to lead at work, and those that live in older, poorly maintained rental properties.

Lead poisoning can be prevented. The key is to keep children from coming in contact with lead and assure they maintain good nutritional status to protect their bodies from the lead they do come into contact with. Three key nutrients play a role in preventing the body from the harmful effects of lead: calcium, iron, and vitamin C. Calcium reduces lead absorption in the body. Calcium is found in milk, some yogurt, cheese, tofu, and green leafy vegetables such as turnip greens and kale. Normal levels of iron in the diet work to protect the body from the harmful effects of lead by preventing its absorption. Dietary iron sources include iron fortified breakfast cereals, spinach, stewed tomatoes, white and kidney beans, and lean red meats. Vitamin C and iron-rich foods work together to reduce lead absorption and vitamin C can help in the body's elimination of lead through the urine. Good sources of vitamin C includes citrus fruits (such as oranges and grapefruits) and their juices, tomatoes, strawberries, kiwi, and bell peppers. Child care providers should serve three to four sources of each of the target nutrients each day. Check out the CACFP Nutrition and Wellness tips for more information on these nutrients to assist with creating the most nutritious menus possible.

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](http://www.acf.hhs.gov/programs/ohsepr/resource/zika-parents) (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](http://www.acf.hhs.gov/programs/ohsepr/resource/head-start-or-child-care-programs-need-to-know-bout-zika) (www.acf.hhs.gov/programs/ohsepr/resource/head-start-or-child-care-programs-need-to-know-bout-zika)

Upcoming Early Head Start - Child Care Partnership Funding Announcements

The Administration for Children and Families (ACF) announces the availability of approximately \$135 million to be competitively awarded for the purpose of expanding access to high-quality, comprehensive services to low-income infants and toddlers and their families through Early Head Start – Child Care (EHS-CC) Partnerships or through

the expansion of Early Head Start services. ACF solicits applications from public entities, including states, or private nonprofit organizations, including community-based or faith-based organizations, or for-profit agencies that meet eligibility for applying as stated in Section 645A of the Head Start Act.

Three forecasts for upcoming EHS-CC Partnership Funding Announcements were posted on February 18, 2016:

- Early Head Start Expansion and EHS-Child Care Partnership Grants
- American Indian/Alaska Native EHS Expansion and EHS-Child Care Partnerships
- Migrant and Seasonal EHS-Child Care and EHS Expansion Partnerships

Interested applicants may e-mail EHS.CCPartnerships@acf.hhs.gov for additional information or visit the [Early Head Start – Child Care Partnerships website](http://eclkc.ohs.acf.hhs.gov/hslc/tta-system/ehs-ccp) (<http://eclkc.ohs.acf.hhs.gov/hslc/tta-system/ehs-ccp> for more information).

To stay up to date on Early Head Start – Child Care Partnerships, please subscribe (or update your subscription) on the Early Childhood Learning and Knowledge Center (ECLKC) to include Partnerships between Early Childhood Programs.

Best Practice

The following is a list of tips to assist you with communicating with your departmental analyst:

- Include your agreement number on all correspondence, emails, faxes, and voicemail messages
- Include your area code with your voicemail message
- If you need immediate assistance, utilize the office main number when your analyst is out of the office
- Always have your agreement number available

CACFP Trainings - FY 2016

CACFP workshops/training for centers are offered free of charge and are designed for new staff as well as staff desiring a program refresher or training on a specific topic area. They are offered at various sites around the state. 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 is required. Seating is limited. Individuals registering for CACFP workshops/ trainings must create an account on the Eventbrite website. The registration process is posted on the [CACFP website](http://www.michigan.gov/cacfp) (www.michigan.gov/cacfp) under training. Please save your account information as CACFP staff will not have access to that information.

CACFP Monthly Nutrition Bite

Nutrition Bites - Savor the Flavor of Eating Right!

Eating a diet rich in the important nutrients such as **calcium, iron and vitamin C** is key in both lead prevention and maintaining overall good health for all individuals. The CACFP Meal Pattern includes foods rich in these three key nutrients. The CACFP meal pattern requires a variety of vegetables, fruits, whole grains, protein, and low-fat or fat-free milk for meals and snacks.

Here is a sample menu to help incorporate the lead prevention nutrient recommendations into the CACFP Meal Pattern.

- Breakfast: Iron-fortified oatmeal served with low-fat or fat-free milk and topped with blueberries
- AM snack: Mandarin orange slices with vanilla low fat yogurt
- Lunch: Lean hamburger or ground turkey patty on an iron-fortified bun. Served with a leafy green salad with red bell pepper strips, cucumber, grape tomatoes, and a glass of milk
- PM Snack: Carrot and celery sticks with hummus.
- Supper: Baked chicken with steamed green beans, enriched rice, and a glass of low-fat or fat-free milk

Conferences

Save the Date: The 2016 Michigan Good Food Summit will be held on October 28, 2016, at the Kellogg Hotel & Conference Center, East Lansing, MI.

- Celebrate state and local successes. Engage with sector-specific breakout tracks. Network with others from around the state and across the food system. Hear stories about successful Michigan collaborations. Advance good food for all as we work towards the Michigan Good Food Charter goals for 2020.
- Whether you're a food consumer, grower, buyer, advocate, educator, or policymaker, come to connect with others who want to further good food - food that is healthy, green, fair, and affordable.
- For questions on registration, sponsorship, and exhibiting at the Summit, please contact: Diane Drago, Diversified Management Services, at ddrago@dmsevents.com, 734-747-2746, or 734-661-1919 (fax).

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