

# Child and Adult Care Food Program

Welcome to the May 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!

## **Holiday Hours**

CACFP will be closed on May 30, 2016, for Memorial Day.

## **USDA Expands Nutrition Assistance for Flint**

Flint will be one of eight grantees to receive a share of \$26.9 million in grant funds to continue administering pilots of the Summer Electronic Benefits Transfer (EBT). The EBT program provides summertime nutrition assistance to children who receive free and reduced price meals during the school year.

Summer EBT provides a monthly benefit on a debit-type card that can be used throughout the season for food purchases at authorized stores. It is in addition to the traditional summer meals programs, which offer no cost summer meals at approved sites and is especially valuable in areas with limited or no access to traditional summer meals programs.

"United States Department of Agriculture's (USDA) Summer EBT pilots have shown that students who participate in Summer EBT are better nourished throughout the summer months. This is especially important in Flint, where good nutrition is a crucial tool in mitigating the absorption of lead," said U.S. Department of Agriculture Under Secretary Kevin Concannon, in a statement.

USDA said it would provide Michigan with grant funds to expand Summer EBT to Flint for this summer, meaning more than 15,000 Flint students who've been affected by the water crisis would be eligible to receive a \$30 benefit package each summer month. Students will also receive information on nutritious foods that may help mitigate lead absorption.

Director Jamie Clover Adams of the Michigan Department of Agriculture and Rural Development, also a nutrition lead for Mission Flint, welcomed the news from the USDA. "Solid nutrition to help reduce the health impacts of lead exposure is so important, especially for children. This funding provides a family with more healthy food choices and is a nice complement to the summer programs established for children in Flint," she said in a statement. "The Mission Flint team looks forward to the ongoing state and federal partnerships that can help the families of Flint recover from this crisis."

## **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](http://www.michigan.gov/cacfp) ([www.michigan.gov/cacfp](http://www.michigan.gov/cacfp)) under Operational Memorandums.

- [Food and Drug Administration \(FDA\) Requirements for Vending Machines](#) (Institutional and FDCH Memo #11). This memo informs providers about FDA's vending machine regulations.
- [Appeals Procedures- Reminder](#) (Institutional and FDCH Memo #12). This memo serves as a reminder that the current appeal procedures for CACFP are posted on the CACFP website.

## **CACFP Trainings**

Would you like hands-on in-person assistance from CACFP staff while working on the re-certification of your CACFP application and budget worksheet?

The CACFP Staff will be on-site at training workshops to answer specific questions you may have pertaining to your application re-certification or your budget worksheet and to assist you while you work on these documents. The re-certification of the CACFP application and budget workshop training dates and locations will be posted on the CACFP website soon. Registration for the workshops will be 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](http://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.

NOTE: Schools participating in CACFP that were operating a successful National School Lunch Program in FY 2016 will not be required to complete budget worksheets and the full management plan for FY 2017. Such schools do not need to attend the budget workshop.

*CACFP RESERVES THE RIGHT TO CANCEL WORKSHOPS*

## **CACFP Common Findings – Conducting 5 Day Reconciliation**

A common finding during an administrative review is conducting the five day reconciliation. Five day reconciliations are important because they highlight problems in claiming procedures. To properly conduct the five day reconciliation, monitors must complete the following:

- Select a five day period for reconciliation. The five days can be from the immediate five prior operating days or any set of five days in a row from the current month or the prior month. Note: The day of the review cannot be used in the reconciliation.
- Select a random sample of at least 10 percent of the total enrollment with a minimum of five participant's records to reconcile.
- Using each participant's enrollment form compare the days, the meals, and the times the parent indicated the child should participate against their meal attendance records to see if they match for the five day reconciliation.
- Determine whether the meal counts are accurate based on the attendance records.
- Disallow any meals claimed that are not supported by attendance records.
- Document all meals disallowed on the monitoring report.

For example: The participant is only there for three hours instead of the normal nine hours as indicated on the enrollment form. There appears to be a discrepancy. The monitor investigates the discrepancy and reviews the data with the director. The director indicates the participant had to leave early due to a family emergency. The monitor notes the discrepancy with the explanation of why it does not line up with the enrollment.

## **May Nutrition Bite**

### **Children and Serving Sizes**

Children following the CACFP Meal Pattern Requirements for meal and snack servings are on their way to learning to eat healthy and to making healthy decisions later in their life. Unfortunately, many children and adults suffer from portion distortion, especially when eating away from a day care. When you are planning your CACFP menus, kept in mind the difference between serving size and portion size.

**Serving Size:** A serving is a specific amount of food or beverage that is defined by a common unit of measurement, such as a cup, ounce, or tablespoon. Examples of serving sizes are the recommended serving sizes from the USDA CACFP Meal Pattern Requirements. These are the minimum serving sizes that are to be served to children as part of a reimbursable meal or snack. Other examples of serving sizes are the recommended serving sizes shown on the [MyPlate graphic](http://www.choosemyplate.gov) ([www.choosemyplate.gov](http://www.choosemyplate.gov)) and the serving sizes listed on a Nutrition Facts Panel. The serving size from the CACFP Meal Pattern, MyPlate graphic, and the Nutrition Facts Panel may differ for the same food. In fact, the CACFP Meal Pattern serving is often smaller than what is listed on a Nutrition Facts Panel. This is because the Nutrition Facts Panel serving is for an adult consuming 2000 calories a day. This is more than a toddler or a preschool aged child would consume.

**Portion Size:** A portion is the amount of food that ends up on the individual's plate. Think of portion size as the actual amount of food that a child or adult chooses to place on their plate at meal or snack time. Portions can vary greatly and are often bigger or smaller than the recommended serving size.

### **Visualizing the Appropriate Portion Size**

One reason children may not eat appropriate sized portions is they may not know or recognize what the recommended serving size looks like on their plate or in their glass. What does one half cup of pasta look like? What does 1½ ounces of meat look like? What does 6 ounces of milk look like in a glass? You do not have to use a measuring cup or scale to teach a child what an appropriate serving size would be portioned onto their plate. Help them visualize a serving size by using common objects such as a tennis ball, dice, or a deck of cards and comparing it to foods they typically eat while in care.

Examples:

½ cup of cooked cereal is about the size of ½ a baseball.

½ of a hamburger bun is about the size of a hockey puck.

1 small fruit such as an apple or orange is about the size of a tennis ball.

3 ounces of lean meat is about the same size as deck of cards.

1 ½ ounces of natural cheese is about the size of a nine volt battery.

For additional information and a Portion Distortion quiz visit the [ChooseMyPlate](http://www.choosemyplate.gov) website (<http://www.choosemyplate.gov/tools-portion-distortion>). Reference: [Academy of Nutrition and Dietetics-Eat Right](http://www.eatright.org/food/nutrition) (<http://www.eatright.org/food/nutrition>).

### **What's Cooking? USDA Mixing Bowl Website**

USDA's Food, Nutrition, and Consumer Services just released 50 new, mouth-watering recipes for school chefs on our What's Cooking? USDA Mixing Bowl website (<http://www.whatscooking.fns.usda.gov/>). Some are existing USDA recipes that have been updated, while others are brand new recipes that students will love. These tasty, kid-approved recipes are tailored for large quantity food service operations in 25, 50, or 100 portions. Each recipe includes a nutritional breakdown as well as crediting information on how the recipe contributes toward updated meal pattern requirements for the National School Lunch Program and other USDA Child Nutrition Programs.

The 50 new recipes (<http://www.fns.usda.gov/usda-standardized-recipe>) include main dishes and side dishes featuring more nutrient-rich ingredients such as whole grains, dark greens, red/orange vegetables, and beans/legumes than ever before. An additional 150 recipes are being developed and will be posted throughout the next year! These recipes will provide a ready-to-go resource for school nutrition professionals looking for delicious, nutrient-rich dishes that will make it easy to meet meal pattern requirements and satisfy hungry kids.

### **Farm to Early Childhood Updates**

- **Farm to Summer Webinar**

(<https://msu.zoom.us/webinar/register/21539ac3c084a7f2cde7dc3c8da9331e>)

***Tuesday May 3, 2016, from 2:00 pm – 3:30 pm***

Learn about how to incorporate local food into summer food service programs.

- **School Wellness Award** (<http://mihealthtools.org/greatschools>)

The Michigan School Wellness Award, sponsored by the Michigan Department of Health and Human Services and MDE, recognizes schools making significant improvements to their school environments related to healthy eating, physical activity, and tobacco-free lifestyles.

### **Articles of Interest**

- **Agriculture Forum: Hoophouses for Health program takes twin strides** – *Record Eagle*

- Highlight on Hoophouses for Health in the Traverse City area, including work going on in schools and early childhood programs!

- **Ann Arbor Farm to School Collaborative Guide to Serving Garden Produce in Ann Arbor Public Schools** – *Ann Arbor Farm to School Weekly*

- Ann Arbor created some great guides about using garden produce in public schools, especially relevant if you are working with a food service management company. There are some great tips on getting students to try new foods as well!

- **Food service director helps ensure greater access to school meals** – *Michigan State University Extension*

- Kalkaska Public Schools Food Service Director Christine Luce discusses the role of a Food Service Director in supporting student health. Part of that includes farm to school programming that gets local food on the menu!

- **SNAP-Ed Helps Spur Healthy Choices** – *USDA*

- This article features efforts through SNAP-Ed to encourage physical activity, improve nutrition, and prevent obesity, with an emphasis on local food and school gardens!

## **Michigan Farm to School Grant Program Now Accepting Applications!**

The Michigan Farm to School Grant Program is now accepting applications for the 2016-2017 school year! With funding from the W.K. Kellogg Foundation (<http://www.wkkf.org/>), the MSU Center for Regional Food Systems will award approximately 20 Michigan K-12 schools/districts and early childhood programs with funds to plan for or implement farm to school programs that focus on purchasing and utilizing local foods. Grants are available for up to \$2,000 in funding per program, however sites serving a smaller number of children are encouraged to apply for funding adequate to meet their needs. The grant year is September 6, 2016 – June 7, 2017.

The Michigan Farm to School Grant Program offers Planning and Implementation grants to eligible applicants. Schools/districts and early childhood programs must have at least 50% free and reduced-price meal enrollment or equivalent to be eligible.

**Planning Grants** help schools/districts and early childhood programs plan for integrating local foods into their meal programs and ultimately develop a Farm to School Action Plan to begin a farm to school program.

**Implementation Grants** help schools/districts and early childhood programs put existing farm to school plans into action and ultimately develop a Farm to School Sustainability Plan to keep the program going in future years.

Visit the [MI Farm to School Grant Program page](http://foodsystems.msu.edu/activity/farm_to_school/mi-fts-grant)

([http://foodsystems.msu.edu/activity/farm\\_to\\_school/mi-fts-grant](http://foodsystems.msu.edu/activity/farm_to_school/mi-fts-grant)) for more details regarding the grant program, eligibility, and requirements.