

Where Healthy Eating Becomes a Habit



CHILD & ADULT CARE FOOD PROGRAM

CACFP NUTRITION NEWS

Kansas State Department of Education

120 SE 10th Avenue, Topeka, KS 66612-1182

785-296-2276

December 2008

www.ksde.org

www.kn-eat.org

WELCOME

Prairie Center Christian Child Care
105 S Montclair
Olathe
Linda Noyes, Authorized Representative

The Kids Zone
1319 SW Huntoon
Topeka
Jaime Cottam, Authorized Representative

Building Blocks Daycare Center
1411 East 1850 Road
Lawrence
Gina Petry, Authorized Representative

The Rock Pre-K
3819 SW Burlingame Road
Topeka
Pamela Hrabak, Authorized Representative

THANK YOU!

A special thanks to all our presenters, class angels and participants who attended our annual Fall Workshop. We hope that everyone was motivated and learned new ways to "Moovve to Lowfat".

We hope to hear from you on how you have made the "Moovve to Lowfat". Tell us how you have used the curriculum, changed your menus or how the children have enjoyed the Carlos and Clarice books. Send us your pictures or stories so we can share with others how you are making the "Moovve to Lowfat"! Please send your information to Sarah Bruschi at sbruschi@ksde.org and look for your story to come in a future newsletter.

CHILD CARE CENTER CLAIM FORMS

Child care center claim forms were distributed at the Fall Workshop on October 22, 2008. If you did not attend the Fall Workshop your claim packet was mailed October 27, 2008. If you have not received your claim packet please contact your CACFP consultant.

DECEMBER IS...

Bingo's Birthday Month
Safe Toy and Gift Month

December 1-7 Cookie Cutter Week
December 22-29 Chanukah
Dec. 26-Jan. 1 Kwanza

December 2 Special Education Day
December 5 Walt Disney's Birthday
December 21 Winter Begins & World Peace Day
December 25 Christmas Day
December 31 New Year's Eve

Source: Chase's 2008 Calendar of Events

KSDE OFFICES CLOSED

KSDE offices will be closed Thursday, December 25, 2008 and Thursday, January 1, 2009 for the holidays.

CALCULATION GUIDE

Also included with the claim forms was a new food calculation guide. At this time we are unable to reproduce the slide ruler that so many of you are familiar with. The slide ruler contains outdated information and should be replaced with this new calculation guide. Each agency was given a calculation guide for each center site under their sponsorship. Please distribute the new calculation guides to the appropriate site personnel to ensure accurate quantities and correct menu book calculations.

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The following person has been designated to handle inquiries regarding the non-discrimination policies at the Kansas Department of Education. KSDE General Counsel, 120 SE 10th Avenue, Topeka, KS 66612 (785) 296-3204.

LET'S COOK TOGETHER

Little hands can help! Emma cut cheese in funny shapes with cookie cutters. Jackson made smiles on peanut butter sandwiches with apple slices and raisins. Thunya tore the lettuce for the salad and Jeffrey poured the milk.

Children are natural kitchen helpers. They like to share simple tasks of food shopping and picking foods for meals. They enjoy preparing and serving food to the family.

Cooking Builds Self-esteem

Helping in the kitchen builds confidence and early skills of independence. Most kids feel proud and important when they help prepare food. Sharing in family tasks helps them feel that they belong in the family.

Cooking Teaches

Kitchen tasks give your child a chance to measure, count, and see food change. That's early math and science learning. Your child can learn new words and symbols by cooking with you. Talk about the food and what you are doing. Read words together on food containers.

Small muscle skills develop, too, when your child uses his or her hands to help with kitchen tasks.

Cleanup teaches responsibility and its part of many creative, messy things we do.

Cooking Together is Fun Family Time

Kitchen time offers a special parenting chance. Cooking together creates closer bonds and lifelong memories. It's also a chance to talk and hear what your child has to share.

Pick Kitchen Tasks that Match Your Child's Abilities

- 1) Start: stir, pour, shake, tear
- 2) Then: spread, mix and knead
- 3) After that: cut, grate and measure (with supervision)

Think About This!

- If your child makes a cooking mess, it's okay! Young kids don't have the same muscle coordination and skills that you do.
- Even if meals take longer to prepare, it's worth letting your child help. Kitchen time is learning time that you share together.

Kitchen Safety Rules for Kids and Families

- Fasten hair back if it's long.
- Wear clean clothes (short sleeves if possible).
- Get started with hand and table washing.
- Taste with a clean spoon. A licked spoon goes in the sink, not back in the bowl.
- Resist nibbling on cookie dough or cake batter.
- Stay away from hot surfaces and utensils and sharp objects. An adult needs to help.
- Work at a table, child-size surface.
- Walk slowly. Carry food and utensils with care.
- Wipe up spills.

Together, follow four food safety rules:

- 1) Be clean.
- 2) Keep raw and cooked food separate.
- 3) Cook food to proper temperature.
- 4) Refrigerate perishable food right away.

Source: Nibbles for Health 32, USDA, Food and Nutrition Service

MY PYRAMID WEBSITE FOR PRESCHOOLERS

USDA has recently launched the My Pyramid website for preschool age children. Check out all the great information for children 2-5 years of age. There is information on children's growth, healthy eating habits, picky eaters, physical activity, food safety, sample menus and snacks, and more. *Just a quick reminder, make sure you double check the menu and serving sizes for CACFP requirements when using a sample menu or handout. You may need to increase a serving size or add components to make the meal CACFP reimbursable.*

<http://www.mypyramid.gov/preschoolers/index.html>

APPEAL PROCEDURES

Federal guidelines require annual distribution of appeal procedures to all entities participating in the CACFP. Attached is the appeal procedure. Items that may be appealed are listed on page 56 of the CACFP Administrative Handbook (Center or Homes). Also outlined, on pages 56 and 57, is each step that must be followed during the appeal process. Please follow the steps as outlined. Missing any deadline or step during this process could jeopardize your appeal proceedings. If you have any additional questions regarding the appeal process or your appeal rights, please contact your CACFP consultant.