

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 2009

www.ksde.org

www.kn-eat.org

WELCOME

Little Building Blocks Daycare LLC
813 E Lincoln Lane
Gardner
Marcia L. Booton, Authorized Representative

Rainbow Knowledge Christian Learning Center LLC
2117 N Parkwood Lane
Wichita
Jennifer K. Woemmel, Authorized Representative

DECEMBER IS...

Safe Toys and Gifts Month
BINGO's Birthday Month
Rising Star Month

December 1-7	Cookie Cutter Week
December 10-17	Human Rights Week
December 12-19	Chanukah
December 13-19	Gluten-Free Baking Week
December 25-31	It's About Time Week
December 26-Jan 1	Kwanzaa

December 2	Special Education Day
December 5	Special Kids Day
December 18	Underdog Day
December 21	First Day of Winter
December 25	Christmas Day
December 26	National Thank You Note Day
December 31	Make Up Your Mind Day
December 31	New Year's Eve

Source: Chase's 2009 Calendar of Events

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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.

KSDE OFFICES CLOSED

KSDE offices will be closed Friday, December 25, 2009, and Friday, January 1, 2010, for the holidays.

THANK YOU FOR PARTICIPATING!

Thank you to all of the presenters, class angels, and participants who were part of the annual CACFP Fall Workshop. This year's theme was "**Putting It All Together**".

Beth E. Reeder, Director of Staff Development & Outreach for Rainbows United, Inc. was one of the keynote speakers. She presented "The Best Exercise Is...", a session where participants learned how to get the brain ready and to get children revved for the day. She shared the following quote:

"The goal is to connect with each other through various greeting activities, disengage the stress response as children and teachers transition from home to school, and commit to a wonderful day of learning and caring for each other."

HAND SANITIZERS

KDHE issued an exception for child care centers regarding locked storage of alcohol-based hand sanitizers. A copy is enclosed with the newsletter.

Note: Alcohol-based hand sanitizers **must not** be used in place of hand washing with soap and water. CACFP requires that children and staff must wash their hands with soap and warm water.

EQUIPMENT

Children's Nutrition Services has a Sharp DM 2005 Copier to give away on a first-call, first-serve basis. It will be the caller's responsibility for pick-up arrangements. If interested, please contact Children's Nutrition Services at 620-378-4840 (not Child Nutrition & Wellness/KSDE).

CACFP BUSINESS

Religious Preference

CACFP regulations do not require a center or a home to meet individual requests for special diets for religious reasons. However, the facility may choose to work with parents to meet these needs. Meals with substitutions for religious reasons **must** meet all CACFP meal requirements for the meal to be claimed for reimbursement. Additional information is on page 22 of the CACFP Administrative Handbook.

CACFP Training Requirement

All sponsors are required to attend 6 hours of CACFP training each Program Year. The CACFP training classes for the entire program year are scheduled and the CACFP Training Schedule was mailed to all sponsors in September. Participants **must** register to attend a class. Registration confirmation with class details will be emailed to registrants 1 week prior to the class. Registration is due 7 days prior to the class.

Changes were made this Program Year to the training requirement. CACFP training classes are now divided into two categories: (1) **Core** classes and (2) **Special Topic** classes. The Core training classes will **not** count toward the 6-hour requirement. Only the Special-topic t classes will count toward the 6-hour requirement.

The **Core** classes are *Administrative Integrity*, *Menu Book Calculation*, *Feeding Infants*, and *Food Safety Basics*. Staff may repeat these classes as often as needed. New Authorized Representatives are required to attend the *Administrative Integrity* and *Menu Book Calculation* classes. Remember, no credit will be given for these classes.

The **Special Topic** classes **will** credit towards the 6-hour requirement. These classes are *Around the World*, *More Than a Menu*, *Care Connection*, *The Return Trip*, and the *Fall Workshop*.

CACFP will now accept up to 3 hours each Program Year for training from an approved agency: KCCTO, Head Start, KACCRRRA, K-State Research and Extension, Sponsors of Homes, and university or college courses. The class training must focus on food and/or nutrition. Proof of course completion must be submitted to Child Nutrition & Wellness within 30 days after the class.

December Core Classes

Administrative Integrity, *Menu Book Calculation*, and *Feeding Infants* training will be held in Topeka during the month of December. Please check the enclosed training announcement for details.

SHAKE UP YOUR SNACKS

Grapefruit

Wash. Peel. Eat. How easy is that?

- Peel grapefruit and pull sections apart. Store in a plastic bag in the refrigerator.
- Cut grapefruit in half. Put raisins on top and eat grapefruit out of the "bowl".
- Make a citrus salad by adding grapefruit slices to leafy greens and top with vinaigrette dressing.

Buying tips: Look for smooth skins, free of soft spots. The fruit should feel firm and heavy.

Special tip: To wash, rinse with cold water.

Storing tip: Keep uncut fruit at room temperature; it will last for 2 weeks. For longer storage, put fruit in a plastic bag in the refrigerator.

Serving size: 1/2 cup of sliced grapefruit. Do not eat the skin.

Sweet Potato

Wash. Cook. Eat. How easy is that?

- Cut up sweet potatoes like French fries and spray with a low-fat cooking spray. Bake at 375° for 20 minutes.
- Make sweet potato "boats" by cutting in half and cooking in microwave for 6-7 minutes. Top with marshmallows and cinnamon. Cut cheese wedges in the shape of sails and put on potato.
- Make sweet potato "coins" by slicing and coating with cinnamon. Bake the same as "French fries" above.

Buying tips: Choose firm, well-shaped, fairly smooth potatoes. Avoid potatoes with wrinkles or holes.

Special tips: Clean well by scrubbing with a brush in cold water before use.

Storing tips: Store in a cool, well-ventilated area. Do not put in refrigerator.

Serving size: 1 medium potato.

Fruits and vegetables are

- *great tasting*
- *high in fiber*
- *low in fat and calories*
- *snackable*

Adapted from *Shake up your Snacks – Pick a Better Snack*,
Iowa State University Extension & Team Nutrition Iowa
www.extension.iastate.edu