



## Child and Adult Care Food Program March 2019

The Michigan Department of Education (MDE) Child and Adult Care Food Program (CACFP) welcomes you to March!

### **New Operational Memoranda**

United States Department of Agriculture (USDA) guidance is posted on the MDE CACFP website with previously released MDE Operational Memoranda. The complete list of operational memoranda can be accessed at the [MDE CACFP website](http://www.michigan.gov/cacfp) (www.michigan.gov/cacfp) under Operational Memoranda.

### **Non-Dairy Beverage Update**

Fluid milk is a required meal component for breakfast, lunch and supper. It is an optional component for a snack. In the case of a participant who cannot consume fluid milk due to medical or other special dietary needs other than disability, non-dairy beverages may be served in substitution of fluid milk. In the case of substitutions not related to a disability, the CACFP requires the non-dairy milk substitute to be nutritionally equivalent to fluid cow's milk and meet established nutritional standards. Only certain soy milks meet the established nutrient standards. Non-dairy beverages made from hemp, flaxseed, pea protein, almond, or oats do not meet the nutrient standards and cannot be served as part of a reimbursable meal or snack. Participants or their family may request a substitute based on religion or personal preference and it is up to the institution, sponsor and/or family day care home provider to determine if the non-dairy beverage meets the nutrition standards.

MDE has the **Fluid Milk Substitution Form** that can be filled out by the participant, parent or guardian to request a substitution related to a personal preference or religious reason. If a participant has a medical condition that restricts their diet, please complete the **MDE Special Dietary Accommodations form**. Examples of medical conditions that restrict the diet include allergies to milk protein, fish, peanuts, tree nuts, egg, or soy. Other conditions include allergies to fruit or intolerances to the lactose sugar in milk or gluten in certain grains.

Institutions, Sponsors, or family day care homes may use the **MDE Fluid Milk Substitute Nutrient Verification Form** to verify the non-dairy beverage they serve meets the nutrient requirements.

### **MDE Special Dietary Needs Accommodation Form Revised**

The MDE Special Dietary Needs Accommodations form has been revised. Please see the attached form to download for use. Please save this form and use with any new special dietary requests. You do not have to update current forms if they are still valid. Please contact your assigned MDE analyst or the MDE office at 517-241-5353 with any questions.

## **Celebrate National CACFP Week – March 17-23, 2019**

CACFP Week is a national education and information campaign sponsored annually the third week of March by the National CACFP Sponsors Association. The campaign is designed to raise awareness of how the USDA's Child and Adult Care Food Program works to combat hunger. The CACFP brings healthy foods to tables across the country for children in child care centers, homes, and afterschool programs as well as adults in day care. For more information on CACFP Week, visit the [National CACFP Sponsors Association Webpage](#).

## **March is National Nutrition Month – Celebration Toolkit**

National Nutrition Month® is an annual nutrition education and information campaign created by the Academy of Nutrition and Dietetics. The campaign, celebrated each year during the month of March, focuses on the importance of making informed food choices and developing sound eating and physical activity habits. In addition, National Nutrition Month® promotes the Academy and its members to the public and the media as the most valuable and credible source of timely, scientifically-based food and nutrition information.

Registered Dietitian Nutritionist (RDN) Day is also celebrated during National Nutrition Month®, on the second Wednesday in March. This occasion increases awareness of registered dietitian nutritionists as the indispensable providers of food and nutrition services, while recognizing both RDNs and nutrition and dietetic technicians, registered for their commitment to helping people enjoy healthy lives. To learn more about National Nutrition Month, visit the [National Nutrition Month Celebration Tool Kit webpage](#).

## **Resources**

### **USDA Child Care Standardized Recipe**

Are you getting tired of the winter chill? Are you dreaming of a beach somewhere for spring break? If you cannot get away, why not try an island fruit for your lunch entrée? The USDA CACFP standardized recipe for Pineapple Chicken may help ease the end of winter doldrums! Full of sweet pineapple and succulent bites of chicken, this dish is similar in flavor to Sweet and Sour Pork and is sure to please. It is available in quantity and family size standardized recipes at the [What's Cooking website](#).

### **Team Nutrition: Grow It, Try It, Like It for Family Day Care Homes**

*Grow It, Try It, Like It! Fun with Fruits and Vegetables at Family Child Care* is designed to help CACFP operators provide garden-based nutrition education for children ages 3 through 5 years old in family child care settings. Through the activities in *Grow It, Try It, Like It!* children touch, smell, feel, and taste new fruits and vegetables. Children also learn how fruits and vegetables grow. Planting activities help children connect the delicious food choices at the table with the farm, orchard, or garden.

**Availability:** Down load materials now at the [Grow It, Try It, Like It! webpage](#). Printed materials available soon. All are welcome to download these materials and make copies. If you have difficulty opening any of these files in your Internet browser, please right-click on the link and "save target as..." to download.

## CACFP Training Opportunities and Conferences

### Institute for Child Nutrition (ICN) Updated Meal Pattern Trainings

MDE and ICN are teaming up to offer additional CACFP Meal Pattern trainings that began in October. Did you miss one near you last year? Do you want a refresher? Then please sign up to attend one of the upcoming sessions!

The CACFP training instructors request that if you register to attend an in-person recordkeeping training and find you are unable to attend, you should use the cancellation instructions to cancel your ticket. This will allow other participants to attend the in-person regional trainings.

Wednesday, March 13, 2019, at the Lake Michigan College, 2755 East Napier Avenue, Benton Harbor, Michigan 49022

Registration link: <https://www.eventbrite.com/e/child-and-adult-care-food-program-refresher-meal-pattern-training-tickets-50412664637>

Tuesday, April 16, 2019, at Lake Superior State University, 650 West Easterday Avenue, Sault Ste. Marie, Michigan 49783

Registration link: <https://www.eventbrite.com/e/child-and-adult-care-food-program-refresher-meal-pattern-training-tickets-50448540944>

Wednesday, May 1, 2019, Marquette-Alger RESA, 321 East Ohio Street, Marquette, Michigan 49855

Registration link: <https://www.eventbrite.com/e/child-and-adult-care-food-program-refresher-meal-pattern-training-tickets-50914333141>

Tuesday, August 13, 2019, Davenport University-Holland, MI Campus, 643 South Waverly Road, Holland, Michigan 49423

Registration link: <https://www.eventbrite.com/e/child-and-adult-care-food-program-refresher-meal-pattern-training-tickets-55901632287>

Tuesday, September 24, 2019, St. Clair County Community College, 323 Erie Street, Port Huron, Michigan 48061

Registration link: <https://www.eventbrite.com/e/child-and-adult-care-food-program-refresher-meal-pattern-training-tickets-55913834785>

### Utilize the NEW MDE CACFP Training Videos for Annual CACFP Staff Trainings

MDE announced the release of our first set of training videos in August. Please utilize them in your annual and new employee staff trainings! You can access these colorful, fun, and informative videos on the [MDE CACFP YouTube site](#) and on the [MDE CACFP webpage](#) under the *What's New*, *Training*, and *Resources* headers. Remember to document any CACFP staff training with an agenda and sign-in sheet!

### **Child Nutrition Conference: April 23-25, 2019, Chicago, Illinois**

The National CACFP Sponsors Association's 33<sup>rd</sup> annual conference is a three-day professional education event offering over 130 hours of presentations featuring topics including nutrition, program operations, administration, and financial management of CACFP and SFSP food programs, resources and technology, case studies, train the trainer sessions, and management solutions. For more information and to register, visit the conference [National CACFP Sponsor Association's web page](#).

### **Program Expansion Opportunities**

#### **Looking to Expand? Consider At-risk Afterschool Programs! Feed the Whole Child the Whole Year!**

The At-Risk Afterschool Meals component of the CACFP offers Federal funding to Afterschool Programs that serve a meal or snack to children in low-income areas. Organizations may participate in the At-Risk Afterschool Meals component of CACFP either as an independent afterschool program or through a sponsor. To be eligible, you must meet State and/or local licensing or health and safety standards, and meet organizational and area eligibility requirements, and provide educational or enrichment activities that are open to all children in an organized, structured, and supervised environment. Think you qualify? Call us and find out! 517-241-5353!

#### **Family Day Care Home Sponsor Expansion Opportunities in CACFP!**

The MDE CACFP is looking for eligible organizations to provide oversight and guidance to family day care home providers by becoming a Family Day Care Home (FDCH) Sponsor. All family or group day care homes must come into the program under a sponsoring organization.

Financial assistance is available to a sponsoring organization for its administrative expenses associated with developing or expanding a food service program in family day care homes and initiating successful program operations. Contact the CACFP Office at 517-241-5353 with any questions.

*Goal number 4 of Michigan's Top 10 in 10 is to reduce the effect of high-risk factors, provide useful/valuable tools to meet the needs of all students and to ensure that they have access to quality education. The goal of the CACFP is to improve and maintain the health and nutritional status of children in care while promoting the development of good eating habits. CACFP supports the whole-child approach to learning.*

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