

Child and Adult Care Food Program (CACFP)

Quarterly Newsletter

Delaware Department of Education

DE-NARS is Coming!!

February 2010

DE-NARS is an acronym for Delaware Nutrition, Accountability and Reporting System. This is the new computer system that some of you may have heard about. The new system will be in place for the next reapplication cycle. After working with the existing computer system for the past 15 months, I am excited to report the new system should be more user-friendly for both the sponsors and the state agency. Having just completed the 2010 reapplication process, I want to share a number of observations that are still fresh on my mind. They are:

1. Our program is growing at an incredible rate.
2. This growth will necessitate changes in how we conduct our business.
3. The new computer system will require all sponsors to attend "how to" training. This training should take place in July.
4. The reapplication process for 2011 will be moved up a month and will begin in August 2010.
5. All sponsors must assign an individual, who must be fully versed in navigating the system.

Best wishes for your 2010 CACFP!

Sincerely,

David A. Bowman, Education Associate
Community Nutrition Programs



Nutrition Guideline ENFORCEMENT!!

Beginning January 1, 2010 the CACFP nutrition guidelines will be enforced. During administrative reviews, technical assistance visits and new sponsor application training visits all menus and meals will be reviewed to ensure compliance with CACFP nutrition guidelines. All sponsors should have copies of these guidelines at this time and a review was done at the September 2009 Annual Training. If you need more information or have any questions regarding the guidelines please call us at 302-735-4060.

Important Training Dates

July 2010 is set aside for DE-NARS training. The specific dates have yet to be determined. Since we are all incredibly busy, the computer training will count as the annual training requirement.

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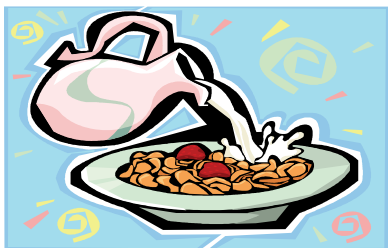
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Nutrition Guidance: Milk and Milk Alternatives in CACFP



Milk is required to be served at breakfast, lunch and supper in order for the meal to be eligible for reimbursement. The definition of milk is “pasteurized fluid types of unflavored or flavored whole milk, low fat milk, skim milk, or cultured buttermilk”.

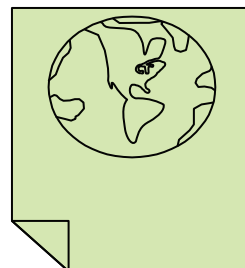
Milk must be served as a beverage unless it is poured over cereal. The Delaware Nutrition Guidelines state that whole milk should be served for children aged 1 to 2 years old and that 1% or fat free milk be served to children aged 2 or older. Breast milk and/or iron fortified formula must be served to children under one year of age.



Website Updates

The following documents have been updated and are available to be downloaded from our website <http://www.doe.k12.de.us> (click on Nutrition and then look under CACFP):

- Outside Employment Policy Sample
- Time and Attendance Log
- Mileage Log
- Donated Goods Receipt
- Daily Temperature Log
- Appeals Procedure
- New Site/Provider Form



Team Nutrition Grant Update

We have just completed the Request for Proposal (RFP) process for the 2010/2011 Team Nutrition Grant. The contract should be executed soon and we will begin to implement the grant requirements as quickly as possible. Remember, this grant was written to assist sponsors with the implementation of the new nutrition guidance. Stay tuned—more information is forthcoming!

The following are creditable milk options in CACFP:

- Milk (flavored or unflavored)
- Buttermilk
- Pasteurized goats milk
- Lactose reduced milk
- Soy or soybean milk, fortified

The following are not creditable milk options in CACFP:

- Certified raw milk
- Soy beverages or drinks
- Evaporated milk
- Rice milk
- Reconstituted dry milk (see exceptions in crediting foods booklet)
- Yogurt (except for adult participants)

For more information about milk please refer to the CACFP crediting foods booklet or contact us at 302-735-4060.

Hand Washing—It IS Important!

Hand washing is the most effective way to prevent the spread of germs. It is especially important when you are handling food. The best advice is to wash well and wash often! A quick rinse does not get rid of germs—you must wash your hands for at least 20 seconds. When in doubt—WASH!

Remember to wash hands with soap and warm running water when...

- Preparing and serving meals
- Preparing meat, poultry, and fish
- Feeding an infant
- Eating or drinking
- Changing diapers
- Using the bathroom
- Helping in the bathroom
- Sneezing, coughing, and wiping runny noses



For more information visit: <http://www.cdc.gov/handhygiene/>

H1N1 Action Steps for Child Care Programs

- Encourage all early childhood program staff to get vaccinated.
- Educate and encourage staff and children to cover their mouth and nose with a tissue when they cough or sneeze.
- Remind staff and children to practice good hand hygiene.
- Remind staff to stay home and parents to keep a sick child at home when they have flu-like symptoms. (Sick children and staff should stay home at least 24 hours after they no longer have a fever, signs or symptoms without the use of fever reducing medicine.)
- Perform a daily health check of children.
- Move sick children to a separate, but supervised, space.
- Routinely clean surfaces and items that children frequently touch.
- Encourage early medical evaluation for children and staff.
- Work closely with public health to decide if and when your program should close.

For more information visit: <http://www.cdc.gov/h1n1flu/childcare.htm>

The Sharing Corner...

Let's all welcome the following NEW sponsors to the CACFP:

- **Brilliant Little Minds**
- **Claremont School**
- **Delaware State University Early Learning Lab**
- **Lewes Presbyterian Church**
- **Tots Turf Early Learning Center**

Thank you for joining the CACFP and we all look forward to working with you and providing children with healthy meals!



Call or email ideas and stories to
302-735-4060 or
abeam@doe.k12.de.us

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Homemade Chicken Nuggets

Ingredients:

3/4 cup enriched dry bread crumbs
1 1/2 teaspoons salt
1/2 teaspoon ground black or white pepper
3 lb 7 oz raw boneless, skinless chicken (or 50 pieces that are at least 1.1 ounces each)
1/3 cup low fat plain yogurt or reduced calorie salad dressing or low fat mayonnaise



Directions:

1. In a small bowl, combine bread crumbs, salt and pepper. Set aside to use in Step 3.
2. In another bowl, coat chicken pieces with yogurt or salad dressing or mayonnaise.
3. Roll chicken in bread crumbs to coat.
4. Place 25 pieces of chicken in a single layer on each half-sheet pan (13" X 18" X 1") which has been lightly coated with pan release spray. For 25 servings, use 2 pans.
5. Bake in a conventional oven at 500 degrees for 13-17 minutes or in a convection oven at 450 degrees for 12-15 minutes.

Serving size is 1 1/2 ounces (2 pieces). This recipe makes 25 servings.

Serving Suggestion: If serving for lunch (3-5 year olds) add: 3/4 cup fat free milk, 1/4 cup steamed green beans, 1 apple and a whole grain dinner roll to meet the CACFP Meal Pattern Requirements for lunch.

Food Safety Tip: Be sure to heat to 165 degrees or higher for at least 15 seconds and hold for hot service at 135 degrees or higher. Wash hands, utensils and work surface thoroughly when recipe is complete due to the handling of raw poultry.

Source: USDA Recipes for Child Care