

Child and Adult Care Food Program

Quarterly Newsletter

Delaware Community Nutrition Programs

A Note from the Secretary of Education



As Secretary, I am pleased with the opportunities we have with the Child and Adult Care Food Program to provide for the well being of our children. I have long been aware of the relationship between good health and academic achievement. I also recognize that healthy habits can be learned at a very early age and I fully support what we do through the CACFP. I applaud your efforts to extend nutritional benefits to children and eligible adults through this program.

~ Lillian Lowery, Ed.D.

Improving Programs in 2009

Hello! Please take a few minutes out of your busy days to read this newsletter. We welcome back existing sponsors and we are excited to meet and work with new ones as well!

In 2009 we are looking for ways to make the Child and Adult Care Food Program (CACFP) better. A goal of the Delaware Department of Education (DOE) is to

provide support to institutions so that they may in turn serve nutritious meals for enrolled participants.

This issue includes updates on policies, new recipes, and a section on "Meet Your CACFP Team". In the future, the newsletters will help you to share ideas and stories with other sponsors and to better understand what CACFP is all about.

Thank you for being part

of CACFP 2009!

Sincerely,
Your CACFP Team



2009
Volume 1, Issue 1

In this Issue:

Page 2

- Meet Your CACFP Team Members
- New Computer System
- CACFP Policy Update

Page 3

- Menu Planning: Common Errors and Tips for Success
- Sharing!

Page 4

- Recipe: Burritos

CACFP Team

From Left to Right:

Linda Wolfe, RN, MEd,
Director, School Support Services

Lynn Dickey,
Field Agent, Community Nutrition Programs

JoAnne Holder,
Field Agent, Community Nutrition Programs

Gidget Millner,
Secretary, Community Nutrition Programs
Aimee Beam, RD, CDN,
Field Agent, Community Nutrition Programs

David Bowman,
Education Associate, Community Nutrition Programs



New Computer System on the Horizon!

DOE Community Nutrition Programs is working with a computer company to make a new online application and payment system. Our goal is to have the new computer system ready by August 2009 (just in time for 2010 reapplication!).

A small group of sponsors will be part of the development and testing of the new system. All sponsors will be trained on the new computer system once it is ready.

If you have any suggestions or ideas for the new computer system, please call us at 302-735-4060!

Policy Updates (from USDA)

Please note that the Internal Revenue Service (IRS) had changed its filing requirements that apply to small, tax-exempt organizations.

The Pension Protection Act of 2006 (PTA), which was signed into law on August 17, 2006, requires that most tax-exempt organizations whose gross receipts are normally under \$25,000 or less must file Form 990-N. This form is titled "Electronic Notice (e-Postcard) for Tax-Exempt Organizations Not Required to File Form 990 or 990-EZ." Before this law was enacted, small businesses with annual gross receipts of under \$25,000 were not required to annually file with the IRS.

Non-compliance with this new filing requirement may result in a revocation of tax-exempt status. This in turn might impact CACFP participation eligibility. In an effort to reduce the possibility of revocation please learn more on this topic at: <http://www.irs.gov/charities>



Menu Planning: Common Errors and Tips for Success

Menu planning can be a tough task, especially when you have to choose foods that meet the CACFP meal pattern requirements. Taking a little time to plan will help you make sure that your children receive the proper nutrition they need and will lead your site to a great administrative review!

Listed below are some common menu planning errors and the way to correct them:

Common Error	Correction
Potatoes (mashed, boiled, baked) used as the starch/grain component of a meal	Potatoes are not grains or starches. They are part of the vegetable group and must be used as that. Grains include: breads, rice, noodles, cereals, etc.
Using a fruit and a vegetable as two food groups for a snack	Fruits and vegetables are in one category for the CACFP meal requirements. This means that you must also choose one food item from another group since a snack requires two foods from two different food groups. Example: Choose apple slices and wholegrain crackers instead of apple slices and carrot sticks.
Forgetting to put food items on master menu	For example, if you forget to write "milk" on the breakfast or lunch/supper menus, DOE has to assume that it was NOT served and these menus will not be reimbursable. Your daily menu is our guide to reviewing meal pattern compliance. Be sure you have at least one food from each required food group at every meal.
Listing "Juice" on the menu	Juice must be 100% juice and please list the flavor (example: orange, apple). This will help DOE to determine if your facility is serving juice that meets meal pattern requirements and if you are serving a variety of flavors.
Listing "Cereal" on the menu	The specific brand/type of cereal must be listed. Meal pattern requirements require that cereals have less than 6 grams of sugar per serving. DOE cannot determine this if the brand/type is not listed.

The Sharing Corner...

The CACFP staff, other sponsors and sites would love to hear what you are doing! Please consider sharing an experience, story or photo for our next newsletter. Ideas include:

- Outstanding employees
- Children's comments on the meals
- Popular recipes
- Tips or ideas that you think other sponsors might find helpful



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

Delaware Community Nutrition Programs

Delaware Department of Education
Community Nutrition Programs: CACFP
401 Federal Street, Suite #2
Dover, DE 19901

Phone: 302-735-4060
Fax: 302-739-6397

DID YOU KNOW?
In 2008, Delaware's
CACFP served over
8,000,000 meals!
Great job!

Recipe: Turkey or Chicken Burrito

Ingredients:

2lb 6oz raw ground turkey,
or raw diced chicken
¼ cup plus 3 TBSP chopped onions
1 ½ tsp garlic powder
½ tsp white pepper
14 oz or 1 ½ cups tomato paste
3 cups water
2 TBSP chili powder
2 TBSP ground cumin
1 ½ tsp paprika
1 ½ tsp onion powder
1 ½ tsp salt
1 ½ tsp coriander (optional)
1 lb 10 oz shredded cheddar cheese
(suggest low fat)
25 (7-8 inch) flour tortillas (suggest whole
wheat)

Directions:

1. Cook the ground turkey or diced chicken over medium heat until no longer pink, about 10-15 minutes. Stir occasionally. Drain .
2. Add onions, garlic powder, pepper, tomato paste, water, and seasonings. Blend well. Simmer, covered, for about 30 minutes.
3. Stir in shredded cheese into mixture.
4. Steam tortillas for about 3 minutes or until warm.
5. Portion the turkey or chicken mixture with No. 12 scoop (1/3 cup each) onto each tortilla. Fold around meat (envelope style).
6. Place burritos, seam side down, on lightly oiled sheet pans (18" X 26" X 1").
7. Bake: Conventional oven 375° F for 15 minutes, or convection oven 325 ° F for 15 minutes. Be sure to Heat to 165 °F or higher for at least 15 seconds.
8. Optional: Sprinkle cheddar cheese over the top before serving.

Yields: 25 servings (1 serving = 1 burrito)

1 serving provides: 2 oz protein, ¼ cup of vegetables and the equivalent of 1 slice of bread. Serve with milk and a piece of fruit (in appropriate serving sizes for age group) to meet CACFP meal pattern requirements.

Source: USDA Child Care Recipes

