

Child and Adult Care Food Program Nutrition News

June 2019 • Edition XLVII

Little Folks Farm and Childcare Center Promotes Healthy Eating from a Young Age

Located on forty-seven acres of farm land in Lyons, GA, Little Folks Farm and Childcare is a nature and farm-based childcare learning center that is Quality Rated and a Child and Adult Care Food Program (CACFP) provider.

The mission of owners Mark and Lisa Williams is to get children in tune with the natural world around them. "We have been busy building, planning, and transforming the Williams Family Farm into a wonderful space where children may explore, learn, and find pleasure in each day," said **Lisa Williams**. Read more [here](#).



The children at Little Folks Farm and Childcare recently participated in Gardening Day where seasonal plants and vegetables were planted. Each week, they "tend" to the garden and learn that weeds must be pulled, plants need to be watered and the health and appearance of the plants need to be maintained.

Would you like to have your center featured in DECAL's CACFP Newsletter?
Have an idea for a topic that you would like more information on?
Email **Gabrielle Phillips** for more information.

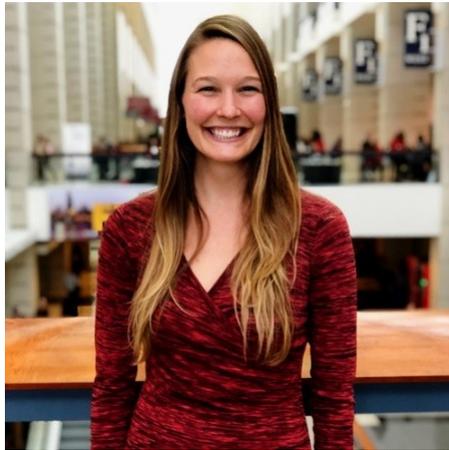
New Employees Join the Nutrition Team

Nkem Ijeh, MPH, recently joined DECAL's Nutrition Division team as a Technical Assistance Coordinator and Trainer for the Northwest Region.

In her role, she provides hands-on assistance to sponsors on SFSP day-to-day operations and program compliance.

Working in various arenas of maternal and child health education and promotion, Nkem has a passion for serving families and ensuring the health and wellness of children.

She earned a Bachelor's in Psychology from Georgia State University and a Master's in Public Health from Mercer University School of Medicine.



The Nutrition Division team also welcomes **Diana Myers, MS, RD, LD**, who is serving in the role of Nutrition Health Educator.

Diana is a Registered Dietitian who earned both her bachelor's degree in Dietetics and Clinical Nutrition Services and a master's in Health Sciences with a concentration in Nutrition from Georgia State University. Through her study programs, she gained focused experience in Farm to Early Care and Education and School Nutrition programs.

Diana looks forward to using her skill set to help sponsors with creative menu planning, nutrition related issues, and interventions to enhance children's healthy food preferences. She believes in the power of building healthy habits at a young age through food access, taste testing, healthy food interactions, and garden-based learning. In doing this, children have the ability to become more connected to their food origins.

Celebrate Farm to Summer Week

Are you ready to kick summer off with Farm to Summer Week June 3-7? Farm to Summer Week is a week-long opportunity where summer meal sites and centers are invited to participate in a celebration of supporting Georgia's farmers and connecting children with where their food comes from. Sites and centers are encouraged to serve local foods and incorporate garden-based and nutrition-related activities into their program throughout the week.



Want to know how you can be part of *Farm to Summer Week*?

- Benefit from Georgia's peak growing season by procuring food items from a local farm. Need help with procurement? Contact lamonika.jones@decals.ga.gov.
- Perform a taste test with fresh, seasonal produce to increase children's acceptance of new foods and decrease food waste in your summer food programs.
- Host a cooking demonstration with local foods. Consider passing out recipe

cards for families to take home.

- Plant seeds in a garden bed or containers at your site.
- Contact your local library to provide books related to farming, gardening, and nutrition.
- Invite a local farmer to visit your site and talk to the children about the foods they grow.
- Dive into USDA's **Grow It, Try It, Like It! Fun with Fruits and Vegetables at Family Child Care** curriculum designed to help provide garden-based nutrition education for children ages 3 through 5 years old.
- Take advantage of the exciting week leading up to the 7th Farm to School and Early Care and Education Summit at Helms College in Macon, Georgia on June 7 & 8. Come learn more about how you can celebrate Farm to Summer week all year round!

Remember, no effort is too small. We want to hear from you! What do you plan to do for *Farm to Summer Week*? Email diana.myers@decal.ga.gov and use the hashtag **#DECALFarmtoSummerWeek** to share your activities and stories.

Upcoming Serious Deficiency (SD) Process Training Webinar

CACFP sponsoring organizations, Nutrition Services is hosting a specialty training session to assist you in understanding your roles and responsibilities when implementing the Serious Deficiency (SD) process. This training will be offered via webinar on **Friday, June 28, 2019** from **10:30 a.m. until Noon**.

This webinar will define 'serious deficiency' and determine its purpose; identify the six (6) distinct steps in the SD process; provide guidance on how to determine a successful Corrective Action Plan (CAP); and provide clarity on Program termination and disqualification.

For questions on how to register, please contact Ms. Leslie Truman at (404) 657-1779 or Leslie.Truman@decal.ga.gov

2019 Policy Updates

USDA's Food and Nutrition Service (FNS), recently released policy memoranda applicable to both the CACFP and SFSP. For more information, please click on the following links:

- **[Flexibilities for Milk – Updated Policy Guidance](#)**
- **[Adjustments to the Federal Small Purchase and Micro-Purchase Thresholds](#)**
- **[Crediting Shelf-Stable, Dried and Semi-Dried Meat, Poultry, and Seafood Products in the CNPs](#)**
- **[Crediting Coconut, Hominy, Corn Masa, and Corn Flour in the CNPs](#)**
- **[Crediting Popcorn in the CNPs](#)**
- **[Crediting Surimi Seafood in the CNPs](#)**
- **[Crediting Tempeh in the CNPs](#)**

Nutrition ED Nook

Procurement Update: USDA Food Buying Guide Update

In December 2018, USDA Food and Nutrition Services (FNS) released an update to the web-based, interactive Food Buying Guide (FBG). The update included the addition of the FBG Calculator designed to include a shopping list feature to streamline purchasing practices for program providers.

In March, USDA added the FBG calculator to the Food Buying Guide Mobile app. The same FBG calculator available with the web-based tool is now available along with a host of other resources found within the Food Buying Guide.

To access the web-based version of the Food Buying Guide as well as the FBG Calculator, please click [here](#).

Local Sourcing Spotlight: Milk Makes Amazing

Georgia Grown, in collaboration with Kroger and the Georgia Agricultural Commodity Commission for Milk (ACCM), has partnered with 168 Kroger stores across Georgia to promote its **"Milk Makes Amazing"** campaign. As part of the larger dairy initiative "Milk on my Mind," Georgia Grown continues to display its commitment to local sourcing and the local farming community by educating consumers on the benefits and versatility of milk and dairy foods.



Courtesy of Georgia Grown

Consumers will be able to view showcased milk and dairy products from Georgia Dairy Farmers in store as well as in digital advertisements. For more information about this partnership, please click [here](#).

For the updated policy guidance on milk flexibilities, click [here](#).

Loving Legumes

Now is a great time to begin planting and growing the many varieties of legumes native to Georgia. One of the more popular variety of legumes is the Turtle Black Bean or simply "black bean" as commonly referred.

Black beans are one of 500 types of kidney bean natives to the Americas known for its strong, slightly sweet flavor. These legumes or "beans" should be planted in warmer temperatures here in Georgia and prefer full, well-bodied, light soil with compost as an added benefit. One cup of black beans contains the following health benefits per serving: 227 calories, 15.2 grams of protein and 15g of fiber along with many other health benefits such as Vitamin B9 (folate) which assists with cell growth and DNA formation.

This summer, try planting black bean seeds in your school garden using these helpful hints and tips from Georgia Organic's **"Make Room for Legumes"** Campaign.

Once your beans have sprouted and grown try this delicious **Tropical Bean Salad Recipe** from USDA FNS "What's Cooking?" website.

Tropical Bean Salad

Ingredients

- 3 1/2 cups Black beans, low-sodium, canned, drained, and rinsed or black beans, dry, cooked
- 1 1/2 cups Mango, canned, drained, diced
- 3/4 cup Tomato, fresh, 1/4" diced
- 1 tablespoon Canola oil
- 2 tablespoons Apple cider vinegar
- 1/2 teaspoon Oregano, dried
- 1/4 teaspoon Black pepper, ground
- 3 cups Romaine lettuce, raw, chopped



Instructions

1. In a medium bowl, mix together black beans, mango, and tomato to make a salad.
2. Prepare dressing: In a small bowl whisk together canola oil, apple cider vinegar, oregano, and pepper.
3. Toss black bean salad with dressing.
4. Cover and refrigerate. Chill for at least 2 hours to allow the flavors to fuse.
5. Serve 1 cup black bean salad over a 1/2 cup lettuce.

Critical Control Point: Hold at 40 °F or lower.

Notes:

CACFP Crediting Information:

1 cup bean salad over 1/2 cup lettuce provides Legume as Meat Alternate: 1 1/2 oz. equivalent meat alternate, 3/8 cup vegetable, and 1/4 cup fruit OR Legume as Vegetable: 7/8 cup vegetable and 1/4 cup fruit.

Tips for Soaking Dry Beans:

1 lb. dry black beans = about 2 1/4 cups dry or 4 1/2 cups cooked beans. Overnight Method: Add 1 3/4 qt. cold water to every 1 lb. of dry beans. Cover and refrigerate overnight. Discard the water. Proceed with recipe. Quick-Soak Method: Boil 1 3/4 qt. of water for each 1 lb. of dry beans. Add beans and boil for 2 minutes. Remove from heat and allow to soak for 1 hour. Discard the water. Proceed with recipe.

Tips for Cooking Dry Beans:

Once the beans have been soaked, add 1 3/4 qt. water for every lb. of dry beans. Boil gently with lid tilted until tender, about 2 hours. Use cooked beans immediately.

Critical Control Point:

Hold for hot service at 140 °F or higher or chill for later use. To chill, cool to 70 °F within 2 hours and to 40 °F or lower within an additional 4 hours.

For a quantity recipe that yields 25 or 50 servings click [here](#).

Source: CACFP Multi-Cultural Recipe Project - Team Nutrition: Adapted from a recipe by Learning Care Group.

Dates to Remember:

June 7-8	Georgia Farm to School ECE Summit	Macon, Ga
June 28	CACFP SD Training for Sponsoring Organizations	Webinar
July 18	Thirty on Thursday's: Serving Vegetables in the CACFP	Webinar

Have you listened to DECAL Download?



The Quality Rated Peer Support Network was established in 2015 as an additional support to child care providers looking to become Quality Rated. Listen to this week's episode of DECAL Download to learn more about the program.

DECAL Download

New Episodes Every Wednesday!

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