



Volume 6, Issue 2

Bright from the Start: Georgia Department of Early Care and Learning

Food For Thought

Welcome to the second issue of
Food For Thought FFY 2005



April 2005

**Department of Early Care and Learning Nutrition Services' Vision Statement:
Working together with our partners to *eradicate* hunger and ensure nutritious meals for ALL Georgians!**



FROM THE CHAIR OF THE DIRECTOR

The following changes have occurred in the federal regulations and policies that govern the CACFP. For independent institutions, new enrollment information must be on file for every new child enrolling in a center after April 1, 2005. Children who were enrolled prior to April 1, 2005, must have updated information on file by September 30, 2005.

The record keeping policy and the income eligibility statement have been revised to make it easier for providers to collect the required information. These revisions can be found on the DECAL website at www.decal.state.ga.us. Sample Letters to Households are also available to organizations to use when distributing income eligibility statements. The sample letter indicates what portions of the income eligibility statement should be completed and gives other instructions about the disclosure of income information.

Other changes that apply to independent institutions include:

- the revision of the definition of **block claiming** to mean: "a claim for reimbursement submitted by a facility on which the number of meals claimed for one or more meal type (breakfast, lunch, snack, or supper) is identical for **15** consecutive days within a claiming period;"
- all guidance, such as instructions and handbooks, issued by USDA and/or DECAL that is consistent with the provisions established in program regulations is binding;
- the requirement that DECAL make household contacts with parents of children enrolled for care in institutions participating in the CACFP.

A copy of the federal regulations with the most recent revisions can be found at: <http://www.fns.usda.gov/cnd/Care/Regs-Policy/PolicyMemos/policy.htm>

As always, the Nutrition Services staff is available to provide technical assistance for all program regulations.

ATTENTION!

- The new WIC guidelines effective April 2005 through April 2006 have been issued. This document can be found on the CNP 2000 form download menu.
- **Renewal training information** for FY 2006 will be available the end of May. Please begin looking for notification about this year's requirement starting the end of May on the CNP 2000 splash page. You will also receive information in the mail the end of May or beginning of June.
- Sponsors received a new monitoring form that must be used for all reviews conducted starting April 1, 2005.
- CACFP Policies number 18 and 20 have been revised as of 2/1/05. Please discard all old versions and replace with the revised.
- A memo concerning Time Distribution Reports and Time and Attendance Sheets will be distributed to all providers shortly.

PERFECT REVIEWS

We are continuing to recognize organizations that have had perfect reviews. We commend the following sponsors for their perfect reviews for the second quarter of FY 2005:

Three-Year Reviews

Bremen Child Care, Bremen
Habitat for Humanity, Americus
Kids First Learning Center, LaGrange
Satilla Eagles Landing, Waycross
Concerted Services, Waycross

Congratulations to the staff and management of these organizations. We look forward to recognizing **YOU** next quarter.



The ABC's of 5-9 a Day

Eating more fruits and vegetables is a positive step toward better health and weight management. There are 26 letters in the alphabet – if you use one of these tips every two weeks, you will have a much healthier year!

A = Apple –Keep a crisp one in your refrigerator – it will be ready for a sweet snack.

B = Banana –A banana can make a breakfast on the run, snack or a dessert.

C = Carrots –Buy carrot matchsticks or grated carrots and use them on tossed salads.

D = Dried fruit –Keep raisins on hand for snacks and cereal toppers. Try cranberries, blueberries, dates or plums.

E = EVERY DAY – EVERY MEAL –Have at least one fruit or vegetable with every meal, every day!

F = Fruit! Keep plenty of fruit on hand so you enjoy it every day.

G = Grapes – are available all year. Wash and put in a bowl; no muss, no fuss!

H = Herbs –Use fresh herbs such as cilantro, parsley and basil to brighten your salads, soups and pasta dishes.

I = Italian –Pasta with tomato sauce is always a good idea. If you really want to earn a nutrition star, add some mixed vegetables to the sauce.

J = Juice –100% fruit juice is a good option when on the go.

K = Kale –This nutrition powerhouse is easy to use; use it in pasta, stir-fry and soup dishes.

L = Lettuce –Keep a bag of lettuce on hand at all times for salads; try assorted greens.

M = Melons –are low in calories, delicious to eat and good sources of fiber.

N = Nuts –Sprinkle a little on your salads, yogurt parfaits and fruit salads for crunch.

O = Oranges –are very versatile and they keep for a long time in your refrigerator. Eat them plain or toss them into salads.

P = Potatoes –Keep potatoes on hand for baked potatoes, potato salad and quick mashed potatoes.

Q = Quick –The microwave will cook most vegetables very quickly!

R = Raspberries –are a delicious treat that can be used in cereal, yogurt and fruit salads.

S = Strawberries –Fresh strawberries are a delight. Remove their tops, cut them in half and store them in the fridge. They will be ready to go for snacks, to top cereal and yogurt.

T = Tomatoes –Grape tomatoes are great for kids or adults; they keep well in the refrigerator and require no slicing.

U = Ultimate –The ultimate topping for salads is oil and vinegar. These are cheap, come in fun varieties and most important, don't contain lots of added sodium the way commercial dressings do. Use oil sparingly!

V = Vegetables –Purchase an assortment of frozen vegetables. Keep these on hand for easy meals – stir-fry dishes, pasta, soups and more. They require no chopping, peeling or dicing and they have a longer shelf life than fresh.

W = Watermelon –is available almost all year and it comes seedless, too. Keep it sliced for a cool treat.

X = eXplore –Take time to pick out a new fruit or vegetable in season.

Y = Yams –or sweet potatoes make a great snack. Microwave them and top with reduced calorie syrup or cinnamon.

Z = Zucchini –This delicious summer squash can be used in muffins, omelets, stir-fry dishes and kabobs.

www.foodandhealth.com ©2005



Grains and Breads – What Is a Serving?

Determining serving sizes of grains and breads designed to meet the needs of participants in the CACFP can be a challenge. Responses to questions frequently raised with regard to variety, healthfulness, and availability of grain/bread products are:

What is the role of grain in a person's diet?

The answer to this question is both simple and “complex.”

– Grains are good sources of complex carbohydrates, which are derived from plants.

– Grains contain B vitamins such as riboflavin, niacin, thiamin, and others.

– Grains provide much needed fiber in the diet.

What is the standard for determining creditable grains and breads?

– must be made with enriched* or whole-grain flour or fortified;**

– must indicate that the product is made from enriched or whole-grain meal or flour, bran and/or germ; and

– must be provided in the quantities specified.

*Enrichment has been defined as the restoration of vitamins and minerals lost during processing.

**Food fortification has been defined as the addition of one or more essential nutrients to a food.

What are some of the creditable grain and bread products that can be served in the CACFP?

The following list includes just some grain and bread products that may be offered in CACFP:

– Bread sticks, saltine crackers and hard pretzels

– Bagels, biscuits, breads, pizza crust and tortillas

– Pancakes, waffles, corn muffins

– Pasta (all shapes and varieties), and rice

– Ready-to-eat breakfast cereal (cold, dry)

BREAKFAST OR SNACK ONLY:

– Granola bars, sweet rolls, toaster pastries, and grain fruit bars

SNACK ONLY:

– Brownies and cake

Do portion sizes of grains and breads differ by age group?

“Yes.” You must follow the meal pattern for each different age group but also note there is a difference in the estimated portion sizes for different types of grain/bread food items.

Are the CACFP serving sizes of grains/breads different from food product label serving sizes?

There is a difference between the serving size on a package label and a CACFP serving size. Look at the following example:

Cereal O's Food Label Nutrition Facts

Serving Size = 1 cup (30g)

Servings per container 10

This food label states a serving size of Cereal O's is 1 cup and the 30 grams in parentheses refers to the weight of the product. The number of servings per container is 10.

Cereal O's CACFP serving

1 Serving = 1/3 cup (0.5 oz)

This figure states a serving size of Cereal O's is 1/3 cup by volume and 0.5 oz by weight. This serving size meets the meal pattern requirements for children 1-5 years of age.

Ask Pierre Baguette



Dear Pierre:

I recently got a letter from DECAL that I'm sure said that I now have to get IES forms from everyone, even those in the PAID category. I used to do that but I stopped a few years ago after DECAL told us at renewal training that we didn't have to. I often have a hard time getting parents to fill it out and was happy to stop having to worry about it. My friend says I'm wrong and we don't have to get IES from everyone. I'm now confused about what the requirement is for the IES. What should I do?

Sincerely,
Perplexing PAID Participants

Dear Perplexing:

The letter you recently received discussing the new regulations issued by USDA and how they affect your operations indicated that annually **updated** enrollment information must be obtained by all child care centers except Outside School Hours, emergency shelters, and "At-Risk" programs. DECAL revised the Income Eligibility Statement so this enrollment information could be collected on the form. You can choose to use the "new" Income Eligibility Statement to obtain this required enrollment information, even from those that fall into the paid category. If you do decide to use the new IES to obtain enrollment information, Part 3a must be completed

and then Part 3b must be signed and dated. Households that fall into the paid category can leave the rest of the form blank if the form is used to capture only the *enrollment* information. However, you do not have to use the IES to capture the enrollment data. You can use any other document that captures the days, times and types of meals the child will *normally* eat while in your care. Although DECAL thinks using the IES form is the easiest way to capture enrollment information, it is your choice how to collect it. Just remember that you are **REQUIRED** to have the enrollment information on your new participants starting April 1, 2005, and all children in your care by Sept 30, 2005. Please see the memo sent to you for further information.

Pierre



Heart Healthy Cooking

Cooking low saturated fat, low cholesterol dishes may not take a long time, but best intentions can be lost with the addition of butter or other added fats at the table. It is important to learn how both certain ingredients and preparation methods can add unwanted saturated fat and cholesterol to your dishes. The following list provides examples of lower fat cooking methods and tips on how to serve dishes low in saturated fat and cholesterol.

Low Fat Cooking Methods

These cooking methods tend to produce lower saturated fat levels-

- Bake
- Broil
- Microwave
- Poach
- Roast — for vegetables, skinless chicken, and lean meats (When roasting, place meats on a rack so fat can drip away)
- Steam
- Lightly stir-fry or sauté in cooking spray, small amounts of vegetable oil, or reduced sodium broth
- Grill seafood, chicken, or vegetables

How to Save Saturated Fat and Cholesterol

Look at the following examples for how to save saturated fat and cholesterol when preparing and serving foods. You might be surprised at how easy it is!

Two tablespoons of butter on a baked potato can add an *extra* 16 grams of saturated fat and 22 grams of fat! However, ¼ cup salsa has 0 grams of saturated fat and no cholesterol!

Two tablespoons of regular creamy Italian salad dressing will add an *extra* 3 grams of saturated fat and 18 grams of fat. Reduced fat Italian dressing adds no saturated fat and only 2 grams of fat!

Try these Low Fat Flavorings —add during preparation or at the table

-Herbs - oregano, basil, cilantro, thyme, parsley, sage, rosemary

- Spices - cinnamon, nutmeg, pepper, paprika
- Reduced fat or nonfat salad dressing
- Mustard
- Catsup
- Reduced fat or nonfat mayonnaise
- Reduced fat or nonfat sour cream
- Reduced fat or nonfat yogurt
- Reduced sodium soy sauce
- Salsa
- Lemon or lime juice
- Vinegar
- Horseradish
- Fresh garlic
- Fresh ginger
- Sprinkled buttered flavor (not made with real butter)
- Red pepper flakes
- Sprinkle of parmesan cheese (stronger flavor than most cheese)
- Sodium-free salt substitute
- Jelly or fruit preserves on toast or bagels

Source: <http://nhlbisupport.com/chd1/Tipsheets/hearthealthy.htm>

Food Humor

- Q. What did the baby corn say to the momma corn?
A. Where's the pop-corn
 - Q. What did the lettuce say to the tomato?
A. Where's the dressing room?
 - Q. Why did the turkey have the hiccups?
A. He gobbled his food!
 - Q. What did the grape say when someone stepped on it?
A. Nothing, it just let out a little whine!
 - Q. What do you get when you cross 2 banana peels?
A. A pair of slippers!
 - Q. Why did the donut go to the dentist?
A. It needed a chocolate filling!
- Knock Knock, who's there? Lettuce. Lettuce who? Lettuce in, and we'll tell you.

From the Finance Unit

Finance is proud to once again have received a clean audit from the regional USDA financial services office. We were commended for our accuracy in reporting and ability to provide all financial details electronically for the auditors review.

Sandra Mosley-Tuggle has recently been promoted to the position of Federal Grants Accountant. Sandra has been with Bright from the Start: Georgia Department of Early Care and Learning (DECAL) for five years, and she has been with the state for more than twenty-five years. If you have changes in your banking information, contact Sandra at 404-651-8189. Aneshia Harris is still ready to assist you in submitting monthly claims for reimbursement, and Glenda Hambrick has been promoted to Budget Officer for DECAL.

Along with keeping your bank information current so you can get your reimbursement in a timely manner, Aneshia reminds everyone to review your e-mail addresses in CNP and make sure this information is current also.

For Your Information

The CACFP & SFSP are equal opportunity programs. If you believe you have been discriminated against because of race, color, national origin, age, sex, or disability, write immediately to the Secretary of Agriculture, Washington, DC 20250.

We are here for YOU!

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Nutrition Staff News

Nutrition Services has some changes to announce! First, we congratulate Deanna Jones on her promotion from Summer Food Service Program (SFSP) Administrative Assistant to SFSP Coordinator. Way to go Deanna!

Next, we are sad to report that Nutrition Services has lost their Policy Coordinator, Joya McKinstry. However, we are happy to report that Joya has moved to Chicago to attend law school and work for USDA as a Program Specialist.

Fool 'Em Recipes

Are you trying to find ways to get your participants to eat more fruits and vegetables? Take out your blender or food processor! Here are ways to incorporate good ingredients in everyday meals:

• **Spaghetti sauce:**

Add 1-2 cups mixed frozen vegetables to 1 jar (26 oz) of pasta sauce; puree in blender.

• **Mashed potatoes:**

Puree white beans or cooked cauliflower in skim milk before adding to potatoes.

• **Smoothie:**

Blend skim milk, orange juice, bananas, and berries. This is a great way to get a lot of fruits and calcium on the go!

• **Red apple sauce:**

Puree canned beets with apple sauce. Serve hot or cold.

• **Max Mac and Cheese:**

Carrots added to the cheese sauce make a nice orange color and add vitamin A to your dish. Puree milk, steamed carrots, Parmesan and cheddar cheese with seasonings in blender until smooth. Pour over cooked noodles.