



Fall 2008

# Golden Harvest

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CACFP Nutrition and Program Updates for Colorado's Adult Day Care Centers

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## Determining Nutritional Risk

Many older adults face changes that can affect their food intake and nutritional status. The changes may be physical, health-related, social, or psychological. The nature and extent of these changes will vary among adults. Good nutrition can help older adults to improve their health and maintain their quality of life, in spite of these changes.

### Physical Changes

- Need for fewer calories to maintain weight, but need for the same amounts (or even more) of vitamins and minerals as they did in their younger years.
- Changes in vision, taste, or smell can affect appetite and enjoyment of foods.
- Dental problems may limit foods.
- Digestive changes can affect absorption of nutrients.
- Decreased sense of thirst can increase risk of dehydration.

### Changes in Health Status

- Immune function may decline and prolong recovery from illness.
- Medications may alter appetite or taste.
- Acute illness can result in decreased appetite.
- Increased risk for chronic diseases.

### Psychological or Social Changes

- Loss of a spouse or partner can lead to changes in eating patterns.
- Less income after retirement may lead to cutting nutritious foods from the budget.
- Reduced ability to drive may present hardship in purchasing nutritious foods.
- Cognitive impairment may compromise the ability to buy foods, prepare meals, or use utensils.

Use the word “**DETERMINE**” to remind you of the warning signs!

## Disease

Any disease, illness, or chronic condition that results in changes in the way a person eats or presents difficulty in eating increases risk of poor nutritional health. People who are confused or suffer from memory loss may not remember what, or even if they have eaten a meal. Depression can affect appetite, digestion, energy level, weight, and well-being.

## Eating Poorly

Eating too little or too much, skipping meals, eating too few fruits, vegetables, and milk products, eating the same foods every day, and drinking too much alcohol, can result in poor nutritional health.

## Tooth Loss or Mouth Pain

People who have missing or loose teeth or poor-fitting dentures may have difficulty eating.

## Economic Hardship

People having less income, or choosing to spend less money may be less likely to purchase the foods necessary for good health.

## Reduced Social Contact

Living alone or having less contact with others may negatively affect morale, well-being, and eating habits.

## Multiple Medicines

Aging may change the way the body responds to medications. Taking multiple medicines may increase the risk of side effects, such as constipation, diarrhea, drowsiness, nausea, or change in appetite or taste.



*DETERMINING  
Continued from Page 1*

# Determine Your Nutritional Health

**I**nvoluntary Weight Loss or Gain  
Unplanned weight loss or gain are important warning signs of nutritional risk that should not be ignored. Being overweight or underweight increases the risk of poor health.

**N**eeds Assistance in Self-Care  
Although most older adults are able to eat, those who have trouble walking may have difficulty accessing, purchasing, and preparing food.

**E**lderly, above age 80  
As age increases, the risk of frailty and health problems increases.

Remember: Adult day care staff should never diagnose health conditions; prescribe supplements or special diets; nor revise, change or interpret diet orders. These roles are the responsibility of the participants' health care providers.



The Warnings signs of poor nutritional health are often overlooked. Use this checklist to find out if you or someone you know is at nutritional risk. This screening tool may be self-administered or graded by any health care professional or family member. Visit <http://www.eatright.org/ada/files/Checklist.pdf> to view and print this checklist.

Read the Statements below. Circle the number in the "yes" Column for those that apply to you or someone you know. For each "yes" answer, score the number in the box. Total your nutritional score.

	YES
I have an illness or condition that made me change the kind and/or amount of food I eat.	2
I eat fewer than 2 meals per day.	3
I eat few fruits or vegetables or milk products.	2
I have 3 or more drinks of beer, liquor, or wine almost every day.	2
I have tooth or mouth problems that make it hard for me to eat.	2
I don't always have enough money to buy the food I need.	4
I eat alone most of the time.	1
I take 3 or more different prescribed or over-the-counter drugs a day.	1
Without wanting to, I have lost or gained 10 pounds in the last 6 months.	2
I am not always physically able to shop, cook, and/or feed myself.	2
<b>Total</b>	

Total your nutritional score. If it's -  
 0 - 2 **Good!** Recheck your nutritional score in 6 months.  
 3 - 5 **You are at moderate nutritional risk.**  
 See what can be done to improve your eating habits and lifestyle. Your office on aging, senior nutrition program, senior citizens center, or health department can help. Re-check your nutritional score in 3 months.  
 6 or more **You are at high nutritional risk.**  
 Bring this checklist the next time you see your doctor, dietitian, or other qualified health or social service professional. Talk with them about any problems you may have. Ask for help to improve your nutritional health.

Remember that warning signs suggest risk, but do not represent diagnosis of any condition.

Adapted from: *Determine Your Nutritional Health*, developed by the Nutrition Screening Initiative, (NSI), a partnership of the American Academy of Family Physicians, the American Dietetic Association, and the National Council on Aging.

# PROGRAM NEWS

## CACFP Center Training

You can register yourself and others for trainings using the CACFP Web-based System at: <http://co.cnpexpress.com>

**October 8, 2008  
Pueblo**

Pueblo Wingate Hotel  
4711 N Elizabeth St  
Pueblo, CO 81008  
Conference Room

**November 6, 2008  
Denver**

4300 Cherry Creek Drive  
South  
Denver, CO 80246  
Building A, CDPHE EOC  
Room

**December 10, 2008  
Denver**

4300 Cherry Creek Drive  
South  
Denver, CO 80246  
Building A, CDPHE EOC  
Room

**All class times:  
8:30 a.m.— 4:30 p.m.**

## How to Tell When Food Has Gone Bad

Visit the new video section of the International Food Information Council (IFIC) website at <http://www.ific.org/videos/askanexpert/bruhn.cfm> to view “how-to” videos online of Dr. Christine Bruhn from the University of California, Davis. Dr. Bruhn provides helpful and practical tips on how to tell if food has gone bad, and includes; frozen foods, produce, and even pantry foods. Food safety is for everyone and it is important that we all know how to prepare and store food properly. By following the recommended consumer tips and guidelines as well as remembering to clean, separate, cook, and chill, you will be on your way to help reduce the risk of any unwanted food-borne illness.

## New Guidelines, Rates, and IEFs have been mailed!

In May, the CDPHE-CACFP mailed the 2008-2009 Income Eligibility Forms (IEFs), IEF Letter, and Household Guidelines, effective July 1, 2008 through June 30, 2009.

In July, the CDPHE-CACFP mailed the new rates, also effective July 1, 2008 through June 30, 2009.

If the Institution you represent did not receive these mailings, contact the CDPHE-CACFP office at (303) 692-2330 or visit the CACFP website at: <http://www.cdphe.state.co.us/ps/cacfp/index.html>.

## CACFP Welcomes its Newest Staff Member, Tammy Abad

The Colorado CACFP staff welcomes Tammy Abad to the CACFP team! Tammy recently began working in the CACFP office as an Accounting Technician. Tammy will be processing claims for reimbursement, assisting the nutrition consultants with reviews, and taking charge of many other CACFP accounting tasks. Tammy brings a wealth of knowledge and experience in administration and accounting. She has been employed by the State of Colorado for 20 years, in three other State Departments in addition to CDPHE. Most recently, Tammy worked for the Department of Regulatory Agencies in accounting. She looks forward to learning about the CACFP and assisting Program participants. In her spare time, Tammy enjoys spending time with her family, reading, baking, and cooking. Tammy is married, with two children, three step-children, and two precious grandbabies. Please join us in welcoming Tammy!



Tammy Abad, Accounting Technician

Child and Adult Care Food Program  
(PSD-CAC-6411)  
4300 Cherry Creek Dr S  
Denver, Colorado 80246



Colorado Department  
of Public Health  
and Environment

We are on the  
web at:  
[http://www.  
cdphe.state.  
co.us/ps/  
cacfp/index.  
html](http://www.cdphe.state.co.us/ps/cacfp/index.html)

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In an effort to meet goals designed to reduce the environmental impact of state government, The CACFP will continue to e-mail issues of Golden Harvest. Please update e-mail addresses on the Institution and Site Applications of <http://co.cnpexpress.com>. Persons not affiliated with an Institution but still wanting to receive the e-version of Golden Harvest can e-mail Corina Landeros at: [corina.landeros@state.co.us](mailto:corina.landeros@state.co.us)

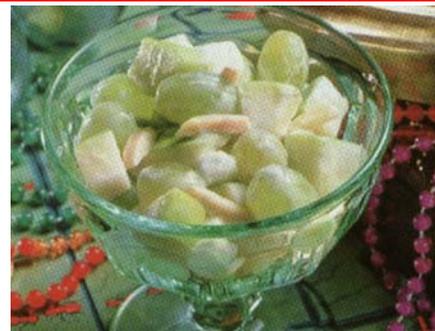
## Fiscal Year 2009 Renewal Reminder!!

The instructions to complete the Fiscal Year 2009 renewal application for CACFP participation from October 1, 2008 through September 30, 2009 were mailed to all participating Institutions in early August. If the Institution you represent has not yet done so, complete and submit the 2009 online Application Packet and mail all supporting documents as soon as possible.

The Colorado Department of Public Health and Environment-Child and Adult Care Food Program staff looks forward to your partnership throughout the upcoming year. Please contact the CDPHE-CACFP office at (303) 692-2330 with any questions or concerns regarding the renewal application process!

## Treasure Salad

Apples, any variety, with peel, diced	6 each
Lemon juice	2 Tbsp
Grapes, seedless, washed	6 cups
Yogurt, low fat, vanilla	3 cups
Marshmallows, miniature	3 cups
Almonds, slivered	3/4 cup



1. Wash apples thoroughly. Core the apples, cut into cubes, and place in large bowl.
2. Drizzle apple cuts with lemon juice and toss to coat evenly.
3. Wash grapes and remove from the stem. Add to the apple and lemon mixture.
4. Fold yogurt into apples and grapes, mixing to evenly coat.
5. Add marshmallows to mixture, fold in evenly and cover with food film and refrigerate.
6. Before serving, garnish salad with slivered almonds.

**Serves 25 (3/4 cup each):** A minimum of 1/2 cup of salad meets the CACFP Meal Pattern requirements for the fruit/vegetable component at breakfast and snack for adults.