Bits and Bites

COLORADO DEPARTMENT OF PUBLIC HEALTH AND ENVIRONMENT
CHILD AND ADULT CARE FOOD PROGRAM
VOLUME 23, ISSUE 2

"You don't have to cook fancy or complicated masterpieces - just good food from fresh ingredients"

-Julia Child

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Treat Yourself and Your Center to Seasonal Fruits and Vegetables

Summer is here and so are all of the wonderful fruits and vegetables stocked in the produce section at your local grocer. There is no better time to color your plate with affordable and fresh fruits and vegetables than the summer and fall months!

The Colorado Department of Public Health and Environment - Child and Adult Care Food Program (CDPHE - CACFP) highly encourages Food Program reimbursement to be used towards making upgrades in the nutritional quality of food menus. Often times throughout the year, canned and frozen fruits and vegetables seem to be the most affordable and least time-consuming menu option. But, when foods are in season, they typically are cheaper and taste better. Treat the children to a juicy, sweet, fresh, whole peach instead of the drab peach canned in juices which they have become accustomed to. Trust us, they'll love you for it!

Add quality and variety to your menus by trying these fresh seasonal fruits and vegetables:

Beets, bell peppers, broccoli, cabbage, cantaloupe, carrots, cauliflower, eggplant, grapes, green beans, herbs, honeydew, lettuce, onions, peaches, pears, plums, pumpkins, raspberries, squash, strawberries, sweet corn, tomatoes, and watermelon.

For more information on Colorado's seasonal crops, you can access the Colorado Department of Agriculture website at: www.colorado.gov/ag

Online Training Modules

Need a refresher course on CACFP record keeping requirements?
Looking for a way to receive four continuing education credits?
Have a new staff member that needs some additional training on Income Eligibility Forms?

Complete our new online CDPHE-CACFP record keeping training!!!

We cover it all – how to properly complete Income Eligibility Forms (IEFs), Records of Meals Served (ROMS) and time-in and outs. The course consists of two modules and is a fun and interactive way to learn more about our record keeping requirements. The first module reviews the rules and regulations. The second module contains interactive exercises and an exam. After you complete the modules and pass the exam, you may print up your certificate of completion.

Visit the training website at: www.cocacfptrain.com and register today!

**Each participant needs to register separately to receive credit for the course. No sharing usernames and passwords!

Remember to Train Your Staff

As the 2012 Fiscal Year approaches, the CDPHE-CACFP staff will begin another series of reviews with participating institutions across Colorado. In this past fiscal year, one of the most common review findings and questions during reviews included the CDPHE-CACFP training requirements.

You may be asking yourself questions such as, "What are the requirements? How often do I have to attend the CDPHE-CACFP training? Which staff members should be trained?" Such questions are certainly valid. Here are some answers to those common questions and suggested training topics to cover with your staff:

Training Record Keeping Requirements:

The CDPHE-CACFP requires institutions to maintain documentation of annual training received by key staff. Records must include: the date of training, name of instructor and/or description of materials used, name and title of each attending staff member, and a list of topics covered.

At least one key staff member must have attended a CDPHE-CACFP monthly training session. The CDPHE-CACFP staff recommend that at least one key staff member attend a training session at least every few years. Feedback from training surveys indicate that the training is an excellent refresher and attendees often comment on the new ideas they receive on how to operate CACFP successfully. Training dates and locations are maintained on the CDPHE-CACFP website, as well as listed updates in the newsletters.

Potential Training Topics to Conduct with Your Staff:

Food Safety and Sanitation	Recording ROMS
Meal Pattern Requirements	Any Nutrition-Related Topic
Completing Production Records	
Meal Service Requirements	

Remember a Civil Rights training is required annually as well!

Bits and Bites is published three times a year by the Colorado Department of Public Health and Environment Child and Adult Care Food Program. Your comments and questions are encouraged.
Sara Silvernail, MS, RD, Editor
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Sharing Corner

The CDPHE-CACFP would like to hear from **YOU!** We know the dedication and hard work child care requires. This is why we would like to share your stories and successes with all of our participating institutions.

Share your stories with us such as:

- Highlighting a staff member
- Utilizing community resources
- Making improvements in your menu
- Implementing family style meal service
- Successes in aligning your menu with the Dietary Guidelines
- Incorporating new foods
- Managing the CACFP
- Cooking tips
- New Recipe ideas

Share your stories with your nutrition consultant or send an email to sara.silvernail@state.co.us

We look forward to hearing from you!

Calendar of Events

August 2011

Sun	Mon	Tue	Wed	Thu	Fri	Sat
Colorado Proud Month	1	2	3	4	5	6
7	8	9	10 CACFP Training	11	12	13
14	15	16	17	18	19	20
21	22	23	24	25	26	27
28	29 Renewal Info Mailed	30	31			

September 2011

Sun	Mon	Tue	Wed	Thu	Fri	Sat
				1	2 CACFP Training	3 Start of 2012 Fiscal Year
4	5 Labor Day	6	7	8	9	10
11	12	13	14	15 Annual Cert. Statements due	16	17
18	19	20	21	22	23 Autumn Begins	24
25	26	27	28	29 July Claim Deadline	30	

October 2011

Sun	Mon	Tue	Wed	Thu	Fri	Sat
						1
2	3	4	5	6	7	8
9	10 Columbus Day	11	12 CACFP Training	13	14	15
16 National Boss Day	17	18	19	20	21	22
23	24 United Nations Day	25	26	27	28	29
30 August Claim Deadline	31 Halloween					

November 2011

Sun	Mon	Tue	Wed	Thu	Fri	Sat
		1	2	3	4 CACFP Training	5
6 Daylight Savings	7	8 Election Day	9	10	11 Veteran's Day	12
13	14	15	16	17	18	19
20	21	22	23	24 Thanksgiving	25	26
27	28	29 September Claim Deadline	30			

COLORADO PROUD MONTH

The State of Colorado recognizes the month of August to be Colorado Proud Month. The Colorado Proclamation, signed by Governor John Hickenlooper, describes the following about the Colorado Proud program:

* Promotes the freshest locally grown agriculture products in the state.
* Helps more than 1,450 Colorado companies market their food and agriculture products.
* Makes it easier for consumers, retailers, schools and restaurants to buy locally grown and processed products.
* Encourages the state's chefs and schools to use Colorado-grown items in their daily menus.
* Encourages consumers to buy locally produced foods which decreases food miles and assists in combating climate change.
* Helps to ensure the future of Colorado's agriculture industry - an industry that plays a vital role in our state's economy.

Buy local!

CACFP Program News

2011 New Center Training:

Training classes are for staff members who have CACFP duties.
To enroll use the on-line CACFP application website: http://co.cnpxpress.com.
When you enter the website, click on **Child/Adult Care**.
Click on the **Training** tab and scroll down to **Enroll**.
This will bring up the course list.
Click anywhere on the **Course Description**.
This will bring up the classes. Click on the **Class Date** you wish to attend.
This will display the **Enrollment Form**.
Complete the form and check for accuracy as certificates are created from the information you provide.
An email confirmation will be sent to you. Due to limited space availability, three people per institution may attend. **"Participants are asked to bring two weeks of menus to use during the class."**

August 10 2011, Grand Junction
Mesa County Health Department
Community Services Building
510 29 ½ Road
Grand Junction, CO 81504

September 2, 2011, Denver
Colorado Dept of Public Health & Environment
4300 Cherry Creek Drive South
Denver, CO 80246

October, 12 2011, Pueblo
Pueblo Community College
Barbara Fortino Conference Room
900 W. Orman Ave
Pueblo, CO 81004

November 4, 2011, Denver
Colorado Dept of Public Health & Environment
4300 Cherry Creek Drive South
Denver, CO 80246

December 2, 2011, Denver
Colorado Dept of Public Health & Environment
4300 Cherry Creek Drive South
Denver, CO 80246

Welcome New Centers

* The Early Childhood Council of the San Luis Valley, Alamosa
* Boulder Valley School District, Boulder
* Debra Williams
  dba Debra's Learning Center, Denver
* Stepping Stones Learning Center, Denver
* Covenant Childcare LLC, Grand Junction
* Home Early Learning Center LLC, Lakewood
* Lil Tots Child Care Center, LLC, Denver
* Christ the King Lutheran Church
  dba Children's World, Durango
* Saguache Neighborhood Community Council, dba Little Learners Child Care Center, Saguache
* KKI - CO LLC dba Kingdom Kids Academy, Littleton
* Our Savior Lutheran Church of Pagosa Springs, CO
  dba Our Savior Lutheran Preschool, Pagosa Springs
* Just Beginning Early Learning Center, LLC, Golden
* Robin's Nest Child Care, LLC dba A Child's View, Lakewood
* C & J's Kids First Inc. Dba Woodmar Learning Center, Littleton

Colorado Department of Public Health and Environment

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Fax: 303-756-9926

CACFP on the web: htpp://www.cdphe.state.co.us/ps/ cacfp

Access the CDPHE-CACFP Website

The CACFP website is periodically updated to reflect the newest program changes and updates. Also available on our web includes:

Manuals and Policies/ New Policy Memos

Materials and Forms

Civil Rights Poster

News and Publications

Training Sessions

The U.S. Department of Agriculture (USDA) prohibits discrimination in its programs and activities on the basis of race, color, national origin, sex, age, or disability. To file a complaint of discrimination, write:

USDA, Director, Office of Civil Rights, Room 326-Whitten Building, 1400 Independence Avenue, SW, Washington, DC 20250-9410 or call (202) 720-5964 (voice and TDD). USDA is an equal opportunity provider and employer.

Cooking Whole Grains

Whole grains are an important part of the everyday diet. The USDA Dietary Guidelines recommends half of daily intake of grains/breads should be whole grains. Not only do whole grains offer a multitude of healthful benefits and variety in meal planning, they're easy to prepare and taste good too! But many of us think of whole grains simply as whole wheat bread and pasta, whole grain rice, or cereal marketed with the whole grain stamp. Those same choices don't offer much variety and don't add much excitement to a menu day after day. Fortunately, there is more variety in whole grain choices, which can commonly be found at your local grocer. This table provides some different types of (unfamiliar) whole grains and how to prepare them. Go ahead and give them a try!

TO 1 cup of this Grain	ADD This much water/broth	Bring to a BOIL,	Amount After Cooking
Amaranth	2 cups	20-25 min	3 1/2 cups
Barley, hulled	3 cups	45-60 min	3 1/2 cups
Couscous, whole wheat	2 cups	10 min (heat off)	3 cups
Oats, steel cut	4 cups	20 minutes	4 cups
Pasta, whole wheat	6 cups	8—12 min (varies)	Varies
Quinoa	2 cups	12-15 minutes	3+ cups
Rice, brown	2 1/2 cups	25-45 min (varies)	3-4 cups
Wild rice	3 cups	45-55 min	3 1/2 cups

Reference and more information: Whole Grains Council/Oldways www.wholegrainscouncil.org