



## CACFP Nutrition and Program Updates for Colorado's Child Care Centers

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## Accommodating Vegetarian Diets

Adapted from the NSFMI Mealtime Memo for Child Care, *Accommodating Vegetarian Diets*

Many families have adopted a vegetarian lifestyle. If you have a vegetarian child in your care, there are a number of ways to adjust recipes and menus and still meet the child's nutritional needs. Plant foods such as fruits, vegetables, beans, whole grains, nuts, and seeds supply many important nutrients. The vegetarian diet takes this advice one step further, excluding many foods of animal origin, especially red meat, poultry, and fish. There are many reasons families adopt vegetarian diets, including health related reasons, culture, ethnicity, religion, the environment, or concern for animals.

### Follow the Child and Adult Care Food Program (CACFP) Meal Patterns

Most vegetarian meals fit nicely within the CACFP Meal Pattern requirements. The Meal Pattern will guide you in providing adequate amounts of meat alternates, based on a child's age. Meals for children consuming vegan diets, which also omit milk, cannot meet the CACFP Meal Pattern requirements for breakfast, lunch and supper. They are not eligible for CACFP reimbursement, unless the center is able to obtain a special diet statement for a medical reason, which recommends rice or soy milk as a substitute.

### Overview of Vegetarian Diets

Most vegetarian diets will fall into one of the following categories:

- **Lacto-ovo-vegetarians** consume eggs, dairy products, and all plant-based foods including grains, vegetables, fruits, legumes (dry beans, peas, and lentils), soy products, nuts, and seeds in their diets.
- **Lacto-vegetarians** include milk and dairy products in their diet, as well as all plant-based foods.
- **Vegans** eat only plant-based foods.
- **Semi-vegetarians**, sometimes called "**flexitarians**," eat mostly plant-based diets but may include small amounts of chicken and/or fish.

"Appropriately planned vegan, lacto-vegetarian, and lacto-ovo-vegetarian diets satisfy nutrient needs of infants, children, and adolescents and promote normal growth."

*-Position of the American Dietetic Association: Vegetarian Diets, 2009*

Careful planning is needed to ensure diet variety and quality. Key nutrients such as protein, calcium, vitamin D, iron, vitamin B12, and zinc are critical for proper growth and development in children. Non-meat sources of these nutrients are shown in the chart on the next page.



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Nutrient	Non-Meat Food Sources
Protein	Legumes, soy products, peanut and other nut butters, nuts, dairy products, and eggs; grains and many vegetables also supply some protein to the diet.
Calcium	Dairy products, calcium-fortified soy or rice milks and orange juice, dark green leafy vegetables, and almonds.
Vitamin D	Fortified cow's milk, some brands of fortified soy or rice milk, and some fortified breakfast cereals.
Iron	Whole or enriched grains, iron-fortified cereals, legumes, green leafy vegetables, and dried fruits.
Vitamin B12 (especially important for vegans)	Foods fortified with vitamin B12, including fortified soy milk, fortified nutritional yeast, and some fortified breakfast cereals.
Zinc	Legumes, hard cheeses, whole-grain products, wheat germ, nuts, and some fortified breakfast cereals.

If you care for a child who eats a vegetarian diet, it does not mean you will have to prepare an entirely different set of meals and snacks. Instead, plan menus that include simple side dishes which can combine to fulfill the child's protein and other nutrient requirements. For instance, top vegetable-based soups or salads with beans, sunflower seeds, or crumbled boiled eggs. Nut butter sandwiches, baked beans, legume-based dips and spreads, cheese slices, or yogurt also make easy menu additions. Keep in mind that it might make sense to incorporate some vegetarian meals into the center's menus, to serve all enrolled children. Vegetarian meals are a great way to increase variety in menus.

**Suggestions for Success**

**Communicate**

Ask the family to provide details about the type of vegetarian diet that they follow. Suggest they submit food preferences and restrictions in writing. Discuss your menu with the family in advance and always ask questions if you are unsure about a food or ingredient.

**Read Labels**

Pay careful attention to the ingre-

redient labels on processed foods. Most vegetarians do not consume foods made with chicken broth or chicken fat. Vegans do not eat products made with any type of dairy or egg product, including ingredients such as whey protein, casein, and other derivatives of milk. Check labels on beans and other non-meat items to make sure they are not prepared with lard or animal fat.

**Offer Alternate Protein Products (APP)**

Alternate protein products include some vegetarian products such as non-meat patties and burgers. Additional documentation is required for those products from the manufacturer.

**Notes on nuts and seeds**

The CACFP meal pattern specifies that nuts and seeds may meet only one-half of the total meat/meat alternate serving and must be combined with another meat/meat alternate to fulfill the lunch or supper requirement. Also keep in mind that whole nuts and seeds pose a choking hazard.

Don't forget to document alternatives served at the meal on the CACFP production records at the center!

As a CACFP participant, your Nutrition Consultant can be a resource regarding meal planning. Contact the CACFP office at (303) 692-2330 with questions.

**CACFP Partners with Food Banks to Provide Nutritious Meals and Snacks to At-risk Children in Colorado**

It will not be a true success story until hunger or food insecurity is eliminated in Colorado. But the work of the Child and Adult Care Food Program (CACFP), which is part of the Nutrition Services Branch in PSD, provides financial support by providing reimbursement to programs that serve meals and snacks to some of our most food-insecure children, elderly, and disabled persons. The CACFP reimburses child care centers, after-school programs, Head Start centers, family day care homes, homeless shelters, and adult day care centers around the state for meals and snacks served to approximately 35,000 participants daily. 75% of the children and elderly participants in these programs are at or below 185% of the poverty rate. In addition to the reimbursement provided to feed the participants, the CACFP Nutrition Consultants provide education and training to the programs to help them provide nutritious food choices for their participants. The following is a description of one of the many types of programs participating in the CACFP.

The CACFP supports Food Bank of the Rockies, Weld Food Bank, Food Bank for Larimer County and Care and Share Food Bank in Southern Colorado. These programs serve at-risk children up through the age of 18 years, who

## PROGRAM NEWS

participate in after-school enrichment programs. These after-school programs are in school attendance areas in which 50% or more of the children are eligible for free or reduced-priced school meals. During the 2008-2009 school year, four food banks served over 650,000 snacks to children at 82 sites in at-risk areas.

The number of at-risk after-school program sites increased again during the 2009-2010 school year due to the addition of 84 public schools statewide that serve student populations in which more than 50% of the students are eligible for free and reduced-priced meals. As a result, the food banks and CACFP were able to increase program participation in at-risk afterschool programs.

A study of the effectiveness of an at-risk after school program conducted in 2009 showed significant effects for academic achievement and behavior in terms of grade point average and teacher ratings that favored students at the intervention site. CACFP support allows similar at-risk after-school programs in Colorado to provide nutritious snacks to the children in attendance<sup>1</sup>.

The newsletter for the Shopneck Boys and Girls Club in Brighton praised the Food Bank of the Rockies: "The Food Bank of the Rockies has been taking great care of the kids at Shopneck and their nutritional needs. From all of us here at the Club, we would like to extend our greatest gratitude to the entire staff over at Food Bank of the Rockies for everything they do to keep our youth healthy!" And the CDPHE-CACFP is very proud to be a part of that!

<sup>1</sup> Education and Urban Society. *The Effectiveness of an After-school Program Targeting Urban African*

### 2010 CACFP NEW CENTER TRAININGS:

Below you will find the scheduled training classes for staff members who have CACFP duties.

To register on-line for the class you must have access to the CACFP application website: <http://co.cnpexpress.com> You may register yourself or an authorized representative can register for you. When you enter the website you will click on Child/Adult Care. Then click on Training and scroll down to Enroll. This will bring up the Course List. Click anywhere on the Course Description for the course, 2010 CACFP New Center/New Staff Training. This will bring up the 2010 Classes. Click on the Class you wish to attend. This will produce the Enrollment Form. Please complete the form and submit it. An email confirmation will be sent to you. Due to limited space availability, 3 people per center may attend.

"ALL PARTICIPANTS ARE ASKED TO BRING TWO WEEKS OF CENTER MENUS TO CLASS TO USE DURING THE CLASS."

#### June 22, 2010

Mesa County Health Dept.  
Community Services Building  
510 - 29½ Road;  
Grand Junction, Colorado 81504

#### July 20, 2010

2500 Main Avenue  
Durango, CO 81301

#### August 12, 2010

CDPHE  
4300 Cherry Creek Drive S.  
Denver, CO 80246

#### September 9, 2010

CDPHE-Lars Training Room  
Lars Training Room  
8100 Lowry Blvd  
Denver, CO 80230

#### October 13, 2010

Pueblo location  
to be determined

#### November 19, 2010

CDPHE  
4300 Cherry Creek Drive S.  
Denver, CO 80246

#### November 30, 2010

CDPHE  
4300 Cherry Creek Drive S.  
Denver, CO 80246

### New Income Eligibility Forms and Household Guidelines Delayed this Year!

The CDPHE-CACFP received notice from USDA that the Household Guidelines effective July 1, 2010 through June 30, 2011 will not be released prior to May 31, 2010. The CDPHE-CACFP will send the household guidelines and the new Income Eligibility Forms (IEFs) as soon as they are received from USDA. Keep an eye out for this mailing and check your e-mail for further updates.

**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/](http://www.cdphe.state.co.us/ps/cacfp/)

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**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. Tracy Miller, MSPH, RD, *Editor*  
Corina Landeros, *Desktop Publishing Editor*

## Important!! Contracts and Renewal Applications

In the upcoming months (May 2010 through August 2010), all participating institutions will receive a mailing containing three copies of new CDPHE-CACFP contracts that will be valid for CACFP participation over the next 5 years, beginning July 1, 2010 through June 30, 2015. The mailing will also include a Vendor Disclosure Statement and detailed instructions for signing the documents. Instructions will include the due date on which the signed documents must be received by the CDPHE-CACFP office. Watch the mail closely for these documents!

As fall approaches, all institutions will also complete a renewal application effective for CACFP participation in fiscal year 2011 (October 1, 2010 through September 30, 2011). Instruction packets will be mailed in early August and the completion of the online renewal application process and submission of required documents will be due in mid-September.

Please contact the CDPHE-CACFP office at (303) 692-2330 with any questions regarding these important processes.

### USDA Foods Spring Survey Reminder

All participating institutions should have received the Spring USDA Foods Survey by mail (previously known as the Commodities Survey). This survey provides the opportunity for participating institutions to re-evaluate the way the CACFP provides reimbursement for meals.

The two options are to:

1. Receive USDA foods plus cash.
2. Receive additional cash-in-lieu of USDA foods.

If the institution chooses to change the method of reimbursement, the survey must be returned to the CDPHE-CACFP office by May 14, 2010. The choice applies to all sponsored sites approved for participation. If no change in the method of reimbursement is desired, returning the survey to the CDPHE-CACFP is not required. If you have not received the survey, please contact the CDPHE-CACFP office at (303) 692-2330.

### Tortilla Soup



- 2 cans (15 oz.) tomato sauce
- 3 cups water
- 2 cups salsa
- 2 cups frozen whole-kernel corn
- 2 tsp. dried oregano
- 2 tsp. dried basil
- 2 tsp. instant minced garlic
- 2 cans (15 ¾ oz.) chicken broth
- 3 cups cooked kidney beans

Combine first 9 ingredients in a large saucepan. Bring to a boil, cover, reduce heat, and simmer for 12 minutes.

Recipe serves twenty 3-5 year old children (approximately 6 ounces of soup each), which meets the CACFP Meal Pattern for one of the varieties of fruits/vegetables, and approximately ½ of the requirement for the meat/meat alternate at lunch. Serve soup with cheese quesadilla triangles, a second fruit/vegetable, and milk to make a complete lunch.

Recipe from the WIC Bean Book, Colorado Department of Public Health and Environment, Nutrition Services/WIC Program.