



Bits and Bites

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Bringing the 2010 Dietary Guidelines to the Table

Inside this issue:

Bringing the 2010 Dietary Guidelines to the Table	1,2
USDA Commodity Spring Survey Reminder	2
Child Nutrition Reauthorization Law Brings Changes to CACFP	2
New Income Forms and Household Guidelines to Arrive Soon	2
CACFP Welcomes New Staff Members	3
2011 New Center Training	3
WIC Helps	3
WIC Information	4,5
Vegetable Couscous Recipe	6

In January of this year, the anticipated 2010 Dietary Guidelines for Americans were released.

These guidelines are the Federal government's evidence-based nutritional guidance. Differing from past editions, the new guidelines focus more on overweight and obesity prevention for Americans age 2 and older.

Consistent research shows that nutrition and diet behaviors children practice at young ages carry into adulthood. For example, if a child does not practice eating a variety of vegetables, as an adult he or she is less likely to eat a variety of vegetables. Children are an important focus in the 2010 Dietary Guidelines. All too often, diets of children include too many calories and not enough nutrients. Currently, about one-third of children in the United States are overweight or obese. Additionally, risk factors for diet-related diseases such as high cholesterol and high blood pressure are found more and more in younger children. Early intervention for promoting and adopting healthy eating behaviors are a top priority.

Child care providers participating in the Child and Adult Care Food Program (CACFP) play a key role in providing food and nutrition education to young children. Becoming familiar with the 2010 Dietary Guidelines for Americans and putting the recommendations into practice helps children achieve healthy diets and behaviors.

Some of the key recommendations you can practice include:

Balance Calories to Manage Weight:

On a daily basis, many children eat and drink more calories than what their body needs. If a child is not active enough to use the extra calories, the child may gain weight. Caregivers and parents should limit or avoid high calorie foods and beverages that do not provide essential nutrients. These foods, such as grain-based desserts (muffins and cinnamon rolls) and certain juices, sodas, and drinks are often high in solid fats and/or added sugars.

Reduce Daily sodium intake:

Although sodium is an essential nutrient, the body only needs it in small amounts. High sodium intake can result in high blood pressure, which presents concerns, even for children. Most sodium comes from salt added to food during processing. Consume more fresh foods and fewer processed foods that are high in sodium and use little or no salt or salt-containing seasonings when cooking foods. Try using more fresh herbs and salt-free spices. And, instead of cooking canned vegetables in the liquid they are canned in, rinse and cook them in water.

Choose low fat or fat free milk and milk products:

The majority of Americans are still choosing to eat and drink reduced fat (2%), whole milk, and higher fat milk products. To reduce intake of extra fats and calories, choose fat-free or low-fat milk (1%) and low-fat dairy products for yourself and children over the age of 2 years. They provide the same nutrients with less solid fat and fewer calories.



(Continued from page 1)

Moving to Lower-fat Milk? Take Your Time!

Follow these four easy steps to gradually move to lower fat milk for children over the age of 2 years:

Step 1: If the children currently drink whole milk, switch between whole and 2% reduced-fat milk at meals and snacks for two weeks or a month.

Step 2: When the children are ready, stick with 2% reduced-fat milk for another two weeks or a month.

Step 3: Switch between 2% reduced-fat milk and 1% low-fat milk at meals and snacks for two weeks or a month.

Step 4: When the children are ready, serve only 1% low-fat milk.

Use the same series of steps to continue to fat-free milk if desired.

Make half of your grains whole grains

Choose whole grain products for at least half of all grain products you serve to the children. Whole grains include the entire grain seed and contains three components – the bran, germ, and endosperm. They are a source of important nutrients and dietary fiber. Refined grains have been milled to remove the bran and germ from the grain, which removes nutrients. Replace refined grains, such as white bread and white rice with whole grain varieties, which have whole grain listed as the first ingredient on the label.

Examples of whole grain foods include whole wheat breads, tortillas, and crackers, as well as oatmeal, buckwheat, rolled oats, brown or wild rice, whole rye, and quinoa.

Tasting parties are fun for children. They can learn about how refined grain foods are different than whole grain varieties and taste them! Exposure makes a difference!

Serve more fruits and vegetables

Most fruits and vegetables contribute many nutrients that children don't get enough of. These nutrients include dietary fiber, potassium, and vitamins A and C. Most vegetables and fruits (when prepared without added fats or sugars) are low in calories and can help children achieve and maintain a healthy weight.

Choose a variety of vegetables, especially dark green and red and orange vegetables and beans and peas. Remember, not every vegetable is the same. Different fruits and vegetables provide different nutrients and in varying amounts. Plan menus to offer a variety of fruits and vegetables.

In general, try to offer one new food per week to increase exposure to foods children may not be eating at home. For example, slice some radish over a salad or substitute whole grain pasta in a pasta dish. The more children are exposed to and practice eating nutritious foods, the more likely they will have healthful behaviors when they are older.

Access the full edition of the 2010 Dietary Guidelines online at: <http://www.cnpp.usda.gov/dietaryguidelines.htm>

USDA Commodities Spring Survey

All participating institutions should have received the Spring USDA Foods Survey by mail. Every spring, the CACFP office surveys all institutions to determine whether they would like to receive USDA Foods or cash-in-lieu of USDA Foods (extra cash in addition to the regular reimbursement). USDA Foods are purchased by the United States Department of Agriculture to support the market and meet the Meal Pattern requirements for the Child Nutrition Programs. The deadline for submitting a change in the method of reimbursement was May 16, 2011. If you did not receive this survey, please contact Audrey Christensen at 303-692-2456.

Child Nutrition Reauthorization Laws Bring Changes to CACFP

The Healthy, Hunger-Free Kids Act of 2010, Public Law 111-296, was signed into law by President Obama on December 13, 2010. This act continues the benefits of the CACFP throughout the United States, and brings new features and changes in requirements to the program. In the upcoming months, the CACFP will be sending memorandums to all participants, describing some of these CACFP changes. Please read all future CACFP correspondence carefully, including the memorandum with the new Income Eligibility Form and Household Guidelines. At any time, if questions arise, please contact the CACFP office.

New Income Eligibility Forms and Household Guidelines!!

All institutions should now have the new IEF and USDA Household Guidelines. This IEF and the guidelines will be valid beginning July 1, 2011 through June 30, 2012. If you did not receive this mailing, please call 303-692-2330. Remember that CACFP forms are always available online at: <http://www.cdph.state.co.us/ps/cacfp/index.html>.

CACFP Program News

CACFP Welcomes New Staff Members

2011 New Center Training

Please join us in welcoming Ilene Agustin and Sara Silvernail to our staff. The CACFP is thrilled to have a full nutrition consultant staff! You will enjoy working with our two newest staff members.

Ilene Agustin attended Colorado State University, where she acquired a Bachelor of Science Degree in Dietetics and Nutrition & Fitness. Upon graduation, Ilene completed an 11 month Dietetic Internship in Muncie, Indiana. She then went on to pass the Registered Dietitian exam through the American Dietetic Association. Ilene has worked in the Food and Nutrition field for over 10 years, and most recently worked as a Nutrition Education Coordinator/ Food and Nutrition Supervisor for Cherry Creek School District. In her spare time Ilene enjoys cooking for her friends and family, and walking her dog Oreo. Ilene is most excited about working with CACFP centers to help them have the Best Food Program in Colorado!!



Sara Silvernail is a recent graduate from Colorado State University where she completed her M.S. degree in Community Nutrition. While at CSU she worked with the Food Friends® program, which is a combined nutrition and physical activity program for preschool-aged children. Also, she has recently passed the exam to be a Registered Dietitian. In her spare time, Sara likes to play outdoors, cook, and spend time with her family. She looks forward to working for the CACFP and meeting everyone participating in the program.



Training classes are for staff members who have CACFP duties. To enroll in a class you or an authorized representative may use the on-line CACFP application website: <http://co.cnpexpress.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**. Please complete the form and check for accuracy before you submit it as your training certificate is created from the enrollment form. An email confirmation will be sent to you. Due to limited space availability, 3 people per institution may attend. **"Participants are asked to bring two weeks of menus to use during the class."**

June 14, 2011, Alamosa

San Luis Valley BOCES
2261 Enterprise Drive
Alamosa, CO 81101-3603

July 15, 2011, Denver

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

August 10, 2011, Grand Junction

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

September 8, 2011, Denver

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

October, 2011, Pueblo

Location to Be Determined

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



WIC Helps...

WIC, the Special Supplemental Nutrition Program for Women, Infants, and Children, is a nutrition program funded by the United States Department of Agriculture. WIC provides nutrition education, healthful foods, and health referrals for women, infants, and children who qualify.

Annually, the CACFP distributes information about the WIC program to participating centers and sponsors of centers. Please print this newsletter and make copies of the WIC handout for distribution to parents.



For more information about WIC call:

1-800-688-7777

Denver Metro (303) 692-2400

or

Visit the Colorado WIC web page:

www.cdphe.state.co.us/ps/wic/

Click on "WIC Sites" for a list of WIC clinics by county



WIC



WHAT CAN I BUY WITH WIC CHECKS?

WIC checks make it easier for you to provide the healthy, delicious foods that you feel good about giving your family. WIC checks are also easy to use. Just take them with you when you go food shopping and use them to get free healthy food, including:

- FRUITS & VEGETABLES
- CEREAL & WHOLE GRAINS
- MILK & CHEESE
- TOFU & SOY BEVERAGE
- EGGS
- 100% FRUIT JUICE
- PEANUT BUTTER & BEANS
- CANNED FISH
- BABY FOODS & SUPPLEMENTAL INFANT FORMULA

Do you have questions? Contact WIC today to learn more.

Call:

- The WIC office closest to you
- Toll Free 1-800-688-7777 or Denver Metro (303) 692-2400

Visit:

- www.cdphe.state.co.us/ps/wic/
Click on "WIC Sites"
- www.fns.usda.gov/wic/

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OFFERING COLORADO FAMILIES
GOOD FOOD & A
WHOLE LOT MORE

WHAT IS WIC?

WIC is a nutrition program that provides nutrition education, breastfeeding support, healthy food and other services free of charge to Colorado families who qualify. WIC stands for Women, Infants and Children.



WHAT DOES WIC OFFER?

WIC's goal is to help keep pregnant and breastfeeding women and children under age 5 healthy. To do this, WIC provides:

- Personalized nutrition consultations
- Breastfeeding information, support and referrals
- Checks to buy free, healthy food to supplement what you already buy
- Referrals for medical and dental care, health insurance, child care, housing, lactation support, and other services that can benefit the whole family

And that's not all! WIC also offers nutrition and health education on a variety of topics including meal planning, maintaining a healthy weight, picky eaters, caring for a new baby, working and breastfeeding, and shopping on a budget.



WHO IS WIC FOR?

WIC is for all kinds of families: married and single parents, working or not working. If you are a father, mother, grandparent, foster parent or other legal guardian of a child under 5, you can apply for WIC.



You can participate in WIC if you:

- Live in Colorado
- Are pregnant or breastfeeding, and/or have a child under 5 years
- Have a family income less than WIC guidelines (shown below)

WIC INCOME GUIDELINES

HOUSEHOLD	YEARLY	MONTHLY	WEEKLY
1	\$20,036	\$1,670	\$386
2	26,955	2,247	519
3	33,874	2,823	652
4	40,793	3,400	785
5	47,712	3,976	918
6	54,631	4,553	1,051
7	61,550	5,130	1,184
8	68,469	5,706	1,317

If you are pregnant, you can count yourself as two. To find out if you are eligible, please contact your local WIC clinic. Contact information is located on the back of this brochure.

If you currently get Temporary Assistance for Needy Families (TANF), Food Stamps or Medicaid, you are automatically WIC income eligible. Foster children under age 5 are automatically eligible for WIC.

CAN MEN PARTICIPATE IN WIC?

WIC welcomes men! WIC recognizes the important role that fathers, grandparents, stepparents, and other guardians play in caring for children. Fathers and other caregivers of children under 5 are encouraged to bring their children to appointments, attend nutrition and health education, and use WIC checks in grocery stores.

HOW DO I APPLY FOR WIC?

Call the WIC Program office in your community to set up an appointment or call 1-800-688-7777. Some WIC offices are open over lunch hours and in the evenings.





Colorado Department
of Public Health
and Environment

Child and Adult Care Food Program

4300 Cherry Creek Drive South
Denver, CO 80246

Phone: 303-692-2330

Fax: 303-756-9926

We're on the Web!

<http://www.cdphe.state.co.us/ps/cacfp/>



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USDA is an equal opportunity provider and employer.

Recipe: Vegetable Couscous

Ingredients:

- 4 oz Margarine, melted
- 1 lb Zucchini
- 2.5 oz (.15 lb) Green onion, sliced
- ½ lb Carrots
- 2 cups chicken or vegetable broth
- 4 cups water
- 1.5 lb Couscous, quick cooking



Vegetable Couscous

1. Julienne (cut into thin strips) the zucchini and carrots. Sauté vegetables in margarine until tender-crisp.
2. Mix chicken base with water. Add to vegetables. Bring to a rolling boil.
3. Add couscous to vegetable and stir.
4. Cover. Turn off heat. Let stand 5 minutes. Stir to fluff.

The recipe serves approximately 25 children and meets the CACFP meal requirements as 1 (½ cup) grain/bread and 1 (¼ cup) vegetable serving. Serve with baked chicken or fish, a second fruit or vegetable, and milk to make a complete meal. Recipe adapted from Food for Fifty, 12th edition by Mary Molt.