CHILD AND ADULT CARE FOOD PROGRAM

Bits & Bites

VOLUME 24, ISSUE 3

BITS AND BITES

Nutrition Education Activities in Child Care

Learning about foods and how they are important to health is important to include as part of child care because it helps children:

- Form positive attitudes about food and eating.
- Learn to accept a wide variety of foods.
- Establish healthful eating habits early in life.
- Learn to share and socialize at mealtime.
- Be ready to learn when they begin school.

Tips for Nutrition Education

Children are natural explorers. They learn through play and through hands-on activities. Think of ways that you can provide learning activities that involve the senses of touch, smell, taste, hearing, and seeing. Allow children to handle food, mix it, prepare it, smell it, and taste it. Help them learn to describe foods as they see them (color, shape, texture).

Plan activities that match the children's abilities and interests. This includes both what the children are mentally ready to learn and what they are physically capable of doing.

Build on what a child already knows. When you introduce a new topic about food and eating, connect it to something already familiar to the child. For example, relate the gas that makes a car go to food that makes children able to grow and go (play). Both the gas and the food are fuel.

Try this Nutrition Education Activity: Kiwi, the fuzzy fruit!

Kiwi's are in season November through May. Hopefully in January your center can plan this activity using Kiwi and incorporate it into your menu. Keep an eye out you may find Kiwi on sale at your local grocery store at this time!

Step 1: *Why*- Children need to learn to try new foods. Introduce one new food each month. This month it will be a fruit.

Step 2: *What*- The children will taste a new fruit-**KIWI**. It is fuzzy and brown, and looks strange. But inside it is a beautiful green color.

Step 3: *How*- Materials need to get ready: Enough kiwi fruits for each child to have a taste (buy 3 days ahead so they will be ripe). Cut into small wedges for tasting.
One whole kiwi to show the children.

Step 4: *When*- Before afternoon or mid-morning snack

Step 5: *Do the Activity*- Show the children the kiwi and ask questions.
"Does anyone know what this is?"
"Have you ever eaten a kiwi?"

Talk about it what it looks like. Let them feel the outside and talk about how it feels. Cut it and let children smell the inside. Teach them the chant by saying it first and then repeating it with the children several times.

The Chant:
Kiwi, kiwi, fuzzy fruit
It looks funny and oh so cute.
Give each child a piece of kiwi to taste. Talk about how it tastes.

Step 6: *Follow-Up After the Activity*- Plan to have kiwi as part of a meal or snack within the next week or two. The children can draw pictures of kiwi later during the week. Lead the children in repeating the chant when kiwi is served again.

Adapted from: Care Connection, Number 35, "How to Plan a Nutrition Education Activity"

Inside this issue:

Nutrition Education Activities in Child	1
Resource Activities	2
WIC	2
CACFP Healthier Meals Initiative	2
Civil Rights Training	3
2013 Training Dates	3
Changes to CACFP Fluid Milk	4

Resource Activities

Check out the Get Moving Today Activity Calendar developed by Head Start Body Start. Each month, you'll find fun ways to help preschoolers be active.

Tips for kids this week:

- Reach with your front foot as you push off of your back foot. Pretend to leap over puddles.
- Play catch with someone. Follow the ball with your eyes and then move your hands to meet the ball.
- How far can you kick a ball? Kick it hard, chase it, run back and kick it again.
- Set up a track in your yard. How many steps does it take to run the entire track?

The activities are perfect for children to do at home with their families too. Head Start Body Start suggests sending the calendars home in backpacks, posting them on bulletin boards, or featuring them in newsletters. You can give parents and caregivers the calendars at pick-up time.

Visit the Head Start Body Start website to download a free copy of the calendar (in English and Spanish). Have fun!

Colorado WIC Growing Healthy Families

Offering Free Food, Nutrition Education and Breastfeeding Support to Families who qualify

WIC, the Special Supplemental Nutrition Program for Women, Infants, and Children, is a Federally funded nutrition program.

Annually, the CACFP distributes information about the WIC program to participating centers and sponsors of centers. For more information about WIC eligibility, locations and appointments, please call 1-800-688-7777 (se habla español) or visit the WIC page on the CDPHE website.

CACFP Healthier Meals Initiatives

Change is coming, hop on board!

Have you heard of the upcoming changes USDA has proposed for the CACFP meal pattern? Are you prepared? You are not alone. After 30 years with no major changes to the CACFP meal pattern USDA is making plans for change to address the increase in childhood obesity and improving the quality of food served to children in child care settings.

CDPHE- CACFP invites you to learn why these changes are occurring and how to begin preparing for them now by learning about Colorado's CACFP four healthier meals initiatives in a fun and interactive presentation! This isn't your ordinary training. Be prepared to…

Taste, taste, and taste, taste testing and live recipe cooking/demonstration with a chef

Learn something new as we present to you the latest nutrition recommendations

Get your hands dirty, we will be doing hands on activities

Learn ways to control costs while providing higher quality healthy food

Receive valuable items for your Center, free items will be given to you to use at your center.

Have opportunity come your way there will be a FREE opportunity for training at your center with your staff that includes more FREE items and more hands on instruction!!

This additional training opportunity is brought to you by:

SHARE OUR STRENGTH'S COOKING MATTERS NO KID HUNGRY

Share Our Strength's Cooking Matters Colorado is partnering with CDPHE to pair hands-on, visual activities with each of the Healthier Meals Initiatives. Cooking Matters Colorado offers a free curriculum called Cooking Matters for Center-Based Child Care Professionals, which gives child care providers the opportunity to learn how to prepare healthy meals and snacks on a limited budget and create a positive food environment for the children in their care. This curriculum offers a wide variety of fun, engaging nutrition activities as well as hands-on cooking.

The Healthier Meals Initiative goal is to support child care providers in meeting higher nutrition standards for meals and snacks served that is consistent with the most recent nutrition recommendations to support growth and development of young children and prevent obesity.

Attendee Information: This workshop is designed for centers that are licensed for 75 or less. If you are a larger center additional materials/trainings are being developed that will roll out at a later time. Only 1 person per center is invited since there is an opportunity to sign up for further training at your center. The person attending should be someone who has authority to register their center for future training.

To register on-line: Please visit the website, http://co.cnpxpress.com. Additional training dates and times will be added so please check back often. Questions: please contact Brigitte Boyd at 303.692.2341 or Tanya O'Connor at 303.692.2483

Civil Rights Training

With the start of the 2013 Fiscal Year, the CDPHE-CACFP staff will start a new series of reviews for participating institutions throughout the state of Colorado. During reviews in Fiscal Year 2012, one of the most common findings was a lack of training on the subject of civil rights for CACFP institution staff. Take a minute to read through this training reminder and ensure that you are meeting all of the CACFP staff training requirements!

Institutions participating in the CACFP in Colorado are required to maintain documentation of annual training of their key staff. This training should include topics that are applicable to each staff member and should (at a minimum) apply to their responsibilities for participation on the CACFP. For example, teachers who are responsible for serving food to children at meal and/or snack would need to know the meal pattern requirements in order to ensure that each child is receiving the correct portions. Or, staff members who fill out any of the paperwork that is needed for reimbursement must be trained to ensure the forms are filled out correctly and accurately. Topics selected for civil rights training should be applicable to the duties and skill level of the staff members. These topics can also include:

- Annual collection and use of civil rights data (reported race and ethnicity)
- The Institution's method of informing participants of CACFP availability, rights and responsibilities, nondiscrimination policy, and the procedure for filing a complaint
- Procedure for filing a complaint for discrimination
- Required reasonable accommodations of persons with disabilities
- The Institution's methods of providing language assistance when needed
- Conflict resolution
- Customer service

Institutions are also required to maintain documentation of the annual training conducted for their staff. This documentation must include the date of the training, the topics covered, the name of the instructor and/or a list of the materials used, and the name and title of the staff members in attendance. A sample training documentation form is available at the CDPHE-CACFP website under the "Materials and Forms" section in the "Training Documentation" tab.

Civil rights training is now also required for institution staff on an annual basis. This training needs to include information for staff that will help them ensure the CACFP is accessible to (and offered to) all. For example, CACFP staff should be informed about how to accommodate language needs, and any medical or dietary disabilities. Staff must also be aware of how to help a parent or participant file a complaint if they feel they have been discriminated against.

CDPHE-CACFP has developed a Civil Rights Training Guide that covers the above mentioned topics and can be used to train Institution staff and satisfy this annual requirement. Materials will be under the Civil Rights Training Materials tab on the CDPHE-CACFP website this coming February 2013. If you have any questions regarding annual training requirements, or training documentation, please call your nutrition consultant. We would love to hear from you!

2013 Training Dates

To register on-line for the class you must have access to the CACFP application website:
http://co.cnpxpress.com
New Institutions bring two weeks of menus to class.

Friday, January 11, 2013
CO Dept of Public Health & Environment
4300 Cherry Creek South Dr.
Denver, CO 80246

Tuesday, February 12, 2013
Community Partnership for Child Development
2330 Robinson St
Colorado Springs, CO 80904

Thursday, March 14. 2013
CO Dept of Public Health & Environment
4300 Cherry Creek South Dr.
Denver, CO 80246

Thursday, April 11, 2013
Pueblo Community College
900 W. Orman Avenue
Pueblo, CO 81004

Thursday, May 9, 2013
CO Dept of Public Health & Environment
4300 Cherry Creek South Dr.
Denver, CO 80246

Wednesday, June 12, 2013
La Plata County Fairgrounds and Events Center
2500 Main Ave
Durango CO 81301

Wednesday July 10, 2013
CO Dept of Public Health & Environment
4300 Cherry Creek South Dr.
Denver, CO 80246

Wednesday, August 14, 2013
Mesa County Health Department –
Community Services Building
510 29 1/2 Rd
Grand Junction, Colorado 81504

Thursday, September 12, 2013
Colorado Department of Public Health and Environment
4300 Cherry Creek South Dr.
Denver, CO 80246

Wednesday, October 9, 2013
Community Partnership for Child Development
2330 Robinson St
Colorado Springs, CO 80904

Wednesday, November 13, 2013
CO Dept of Public Health & Environment
4300 Cherry Creek South Dr.
Denver, CO 80246

Thursday, December 12, 2013
CO Dept of Public Health & Environment
4300 Cherry Creek South Dr.
Denver, CO 80246

CHILD AND ADULT CARE FOOD PROGRAM

4300 CHERRY CREEK DRIVE SOUTH
DENVER, CO 80246

PHONE: 303-692-2330
FAX: 303-756-9926

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.

Changes to CACFP Fluid Milk

The Healthy, Hunger-Free Kids Act of 2012 made changes to the requirements for fluid milk and fluid milk substitutions to the children and adults in the Child and Adult Care Food Program (CACFP). Fluid milk served to CACFP participants two years of age and older must be: fat free or low-fat milk, fat free or low-fat lactose reduced milk, fat free or low-fat lactose free milk, fat free or low-fat buttermilk, or fat free or low-fat acidified milk. Whole milk and reduced fat (2%) may not be served to participants over two years of age. The CACFP milk requirement for children 12 through 23 months of age to be served whole milk remains unchanged. One of the reasons for the change is to be consistent with the most recent version of the 2010 Dietary Guidelines for American and allowing the substitution of non-dairy beverages that are nutritionally equivalent to fluid milk in cases of special dietary needs. Children and adults who cannot consume fluid milk due to medical or other special dietary needs, other than a disability, non-dairy beverages may be served in lieu of fluid milk. A written request from the parent/guardian is acceptable without providing a medical statement. Use the approved CACFP form, "Non-Dairy Milk Substitute: Parent Request Form." The CACFP requires the non-dairy milk substitute to be nutritionally equivalent to fluid milk and meet the following nutritional standards. The CDPHE-CACFP has currently identified the following creditable non-dairy milk substitutes based on the chart below. 8th Continent Original Soymilk, Pacific Natural Ultra Soy Plain, Pacific Natural Ultra Soy Vanilla, Kikkomon Pearl Smart Creamy Vanilla, and Kikkomon Pearl Smart Chocolate. If your center identifies another non-dairy beverage please contact the CDPHE-CACFP.

These are the nutritional standards per cup of fluid milk are as follows:

Nutrient	USDA Requirement Per Cup	Daily %
Calcium	276 mg	28%
Protein	8 g	16%
Vitamin A	500 IU	10%
Vitamin D	100 IU	25%
Magnesium	24 mg	6%
Phosphorus	222 mg	22%
Potassium	349 mg	10%
Riboflavin	0.44 mg	26%
Vitamin B-12	1.1 mcg	18%

If you are interested in reading the official policy, please read No. 12-01 Child Nutrition Reauthorization 2010: 1) Nutrition Requirements for Fluid Milk and Fluid Milk Substitutions 2) Water Availability. This can be found on our website: http://www.colorado.gov/cs/Satellite/CDPHE-PSD/CBON/1251618272621. Go to "Manuals and Policies," and then "Policy Updates." Please note that starting October 2012, deductions in reimbursements will be made for centers not serving 1% or fat-free milk to children two years of age and older.

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.

Brooke Trainum, RD, JD, Editor

Corina Landeros, PA I, Desktop Publishing Editor