



Bits and Bites

The Child and Adult Care Food Program Newsletter for
Colorado's Child Care Centers

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Healthier Meals Initiative Toolkit

By Tanya O'Connor, MS

The Colorado Department of Public Health and Environment is committed to improving the nutrition quality of meals served to children and adults participating in the CACFP.

The *Healthier Meals for Healthier Kids: Quality Food Experiences for Early Child Care* toolkits have been mailed to all institutions participating in the CACFP in Colorado. This toolkit was developed with you in mind. It will assist you and your staff in implementing new Healthier Meals Initiative policies. You play a vital role in ensuring the meals and snacks served are of the highest quality possible. The Healthier Meals Initiative policies, effective November 1, 2013, include:

1. Limit 100% fruit juice to twice per week.
2. Limit processed and pre-fried meats to once per week.
3. Offer at least one whole grain product per day.
4. Serve 1% or fat-free milk for children ages 2 years and older (in effect as of October 2012).

Following these policies will help reduce the amount of sodium, sugar, saturated and trans fat, and increase the proportion of whole grains in children's diets.

Your toolkit includes:

Healthier Meals Child Care Activity Guide: Ten thematic sections specifically tailored for early childhood learners.

Healthier Meals for Healthier Kids recipes and menus: Four weeks of menus and corresponding kid-friendly recipes conveniently attached by a ring for your center cook.

Cook's Guide to Healthy Food for Kids: A guide that includes resources such as preparation and cooking tips. Cooks can also refer to the food safety guide included in the book for helpful tips and reminders to provide a safe eating experience for the children in your center.

Healthy, Happy Harmonies CD: Includes 10 original songs featured in the curriculum.

This toolkit will allow child care center administrators, teachers, cooks, parents and children to explore nutritious food together and develop healthy eating habits for life. Together, we can have an incredible impact on the health and well being of children in Colorado now and in the future.

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Healthier Meals Toolkit



CACFP Welcomes New Director

Tracy Miller is a registered dietitian, completed her undergraduate studies in dietetics at the University of Idaho and her Master of Science in Public Health degree at the University of Colorado Health Sciences Center. Prior to her current position, she worked eight years as a Nutrition Consultant and Nutrition Coordinator of the Child and Adult Care Food Program in Colorado. She spent the past two years serving as the Colorado Department of Public Health and Environment, Early Childhood Obesity Prevention Specialist. In this position, she designed CDPHE's early childhood obesity prevention initiatives and led the implementation effort involving several early childhood programs and partner organizations.



Tracy is married and busy raising two young boys. She enjoys many outdoor mountain activities, watching her boys play hockey and other sports, running and biking. She is excited to return to the CACFP in her new role and explore the many opportunities to continue improving CACFP and ensuring healthy environments for children in early care and education settings.

Meet our new Nutrition Consultants

Meghan George-Nichols, a Registered Dietitian and Certified Lactation Counselor, has been involved in public health for the past four years. Prior to joining the CDPHE- CACFP team, she worked as a clinic supervisor for a Denver WIC agency. She also had the opportunity to work for WIC in Mississippi while her husband completed his pilot training for the U.S. Air Force. She is thrilled to continue her work in public health, especially in the area of childhood nutrition in the setting of child care centers. As a fourth generation native to Colorado, she loves doing anything outdoors with her husband such as hiking, road biking, skiing and rafting. She also enjoys baking and trying out new recipes.



Meghan George-Nichols

Meet our new CACFP and Obesity Prevention Projects Coordinator

Jodi Birkofer is the CACFP and Early Childhood Obesity Prevention Projects Coordinator at CDPHE. She is registered with the Academy and of Nutrition and Dietetics as a dietetic technician and has a broad range of experience across many areas in the health and wellness field. She is a trained "I Am Moving, I Am Learning" instructor. Her passion lies in all forms of preventive health, especially in the early care education setting, where she will bring her expertise in preventative strategies, such as movement and nutrition education, into the classroom. In her free time she enjoys healthy cooking and yoga. Jodi is excited to be a new member of the CACFP team.



Jodi Birkofer



Meet our new Nutrition Consultants cont.

Brittney Rodgers earned her Master's of Science in Nutrition and Dietetics from Eastern Illinois University. Prior to joining the CDPHE-CACFP team she worked for a Denver WIC agency as a registered dietitian and a certified lactation counselor. She has been involved in community nutrition, providing basic nutrition education to the at-risk population, and is excited to continue her work with child care professionals to improve the nutritional quality of meals.

She enjoys life with her husband and their three dogs: French bulldogs named Reggie and Cruz and an English bulldog named Roxy.



Brittney Rodgers

Independent Child Care Centers with children enrolled in Head Start and Early Head Start Children are now eligible for free meals in CACFP

By Ynke de Koe, MS, RD

Children enrolled in Federal and State-funded Head Start or Early Head Start Programs and pregnant women enrolled in Early Head Start are automatically eligible for the free rate in the CACFP. Parents or guardians of children enrolled in a Head Start or Early Head Start program and an independent child care center participating in CACFP can indicate under Part I of the FY 2013-14 IEF that the child is enrolled in Early Head Start or Head Start programs and eligible for the free rate (see picture below.) An institution must obtain from the Head Start agency one of the following required documents to support eligibility:

- An approved Head Start application
- A statement of Head Start enrollment
- A list of participants from a Head Start official listing the Early Head Start or Head Start child's name and/or the pregnant participant's name.

This documentation must be on file and available during CACFP reviews and audits. Documentation of enrollment is required annually for each CACFP participant, including those enrolled in Head Start and Early Head Start.

The updated IEFs can be found at <http://www.cdphe.state.co.us/ps/cacfp.index.html> under the Materials and Forms tab. Please mark this website as a favorite on your computer. Contact the CDPHE-CACFP office at (303) 692-2330 for information regarding forms in other languages or if you have questions.

Colorado Child and Adult Care Food Program (CACFP)
Income Eligibility Form (IEF) 2013 - 2014

Part I - Children Enrolled in Child Care: List name & age of children enrolled. Indicate each child's race and ethnicity. If this information is left blank, a center representative will complete it according to visual identification. This information is strictly for statistical reporting requirements and does not affect eligibility.
Note: A =Asian; AI/AN=American Indian or Alaskan Native; B/AA=Black or African American; H/PI=Native Hawaiian or other Pacific Islander; W=White.

Last Name	First Name	Age	Ethnicity (select one) and Race (select one or more)
			Ethnicity <input type="checkbox"/> Hispanic or Latino <input type="checkbox"/> Not Hispanic or Latino Race <input type="checkbox"/> A <input type="checkbox"/> AI/AN <input type="checkbox"/> B/AA <input type="checkbox"/> H/PI <input type="checkbox"/> W
			Ethnicity <input type="checkbox"/> Hispanic or Latino <input type="checkbox"/> Not Hispanic or Latino Race <input type="checkbox"/> A <input type="checkbox"/> AI/AN <input type="checkbox"/> B/AA <input type="checkbox"/> H/PI <input type="checkbox"/> W
			Ethnicity <input type="checkbox"/> Hispanic or Latino <input type="checkbox"/> Not Hispanic or Latino Race <input type="checkbox"/> A <input type="checkbox"/> AI/AN <input type="checkbox"/> B/AA <input type="checkbox"/> H/PI <input type="checkbox"/> W

One or more child listed above is a foster child who is the responsibility of the State or was placed by the court. The Institution must obtain documentation verifying the child is a foster child

One or more child listed above is an Early Head Start or Head Start child or pregnant mother who is categorical eligible for free meals and not required to complete an IEF. However, one of the following documentations from the Head Start program must be on file: 1) An approved Head Start application, 2) A statement of Head Start enrollment or, 3) A list of participants from a Head Start official listing the Early Head Start or Head Start child's or pregnant mother's name.
If you marked one of the boxes listed above, you do not need to complete the rest of this form.

Example of Income Eligibility Form



I Am Moving, I Am Learning trainings are now available in Colorado!

By Jodi Birkofer

"I Am Moving, I Am Learning" (IMIL) is a proactive approach to preventing childhood obesity in the early care education setting. Implementing IMIL every day increases moderate to vigorous physical activity (MVPA); improves the quality of intentional, planned and adult-facilitated movement activities; and promotes healthy food choices. This program was previously exclusive for Head Start children, but now we are pleased to announce that CDPHE will offer free trainings throughout Colorado. Participants will receive continuing education credits for completing the training.

For more information about the IMIL approach, visit the Choosy Kids, LLC website at <http://www.choosykids.com> and Head Start Body Start National Center for Physical Development and Outdoor Play (HSBS) at <http://www.aahperd.org/headstartbodystart/stories/i-am-moving-i-am-learning.cfm>. Contact Jodi Birkofer at CDPHE-CACFP for more information about the next available training in early 2014: Jodi.Birkofer@state.co.us or (303) 692-2608.

Try this HMI recipe: Chicken Salad

Ingredients	Yield 25 portions	Yield 50 Portions
Pre-cooked chicken fajita meat, defrosted, diced	2 ½ lb	5 lb
Finely diced celery	½ lb	1 lb
Diced green onions	2 oz	4 oz
Dill pickle relish	4 oz	8 oz
Low fat mayonnaise	1 cup	2 cup
Dry mustard powder	½ Tbsp	1 Tbsp
Salt, Kosher	½ Tbsp	1 Tbsp
Pepper	1 tsp	2 tsp

Serving Size: 3 oz

Directions:

In a large bowl or hotel pan, combine pre-cooked chicken, diced celery, diced green onions and pickle relish. Stir to mix.

In a medium bowl, whisk together mayonnaise, dry mustard, salt and pepper.

Pour mayonnaise dressing over the chicken mixture, and stir until combined.

Serve immediately, or hold under refrigeration until served.

CACFP Crediting

Each serving meets the meat/meat alternate requirement at lunch/supper for 3-5 year old children.

