



# Bits and Bites

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

Volume 25, Issue 1  
Spring 2013

## Make the Most of Seasonal Fruits and Vegetables

By Brigitte Boyd, RD and Ynke de Koe, MS, RD

This is a great time of year to update your menus by adding spring fruits and vegetables that are in season and is a great time to add color to the foods you serve. Fruits and vegetables are one of the components required for breakfast, lunch, and supper meals. Often times the same types of fruits and vegetables are offered to children because of convenience, cost, and availability. Offering children a variety of fruits and vegetables will introduce them to different colors, tastes, and textures. The more times you can offer *fresh* fruits and vegetables in your meals the less times you will serve canned or frozen in a week.

Frozen or canned fruits and vegetables are healthy but serving fresh offers a new experience when it comes to taste, texture, and flavor. There are a few tips to use before, during, and after shopping which will make menu planning easier, save you money, and add a variety of spring fruits and vegetables to your meals.

*(Continued on page 2)*



Strawberries burst with color, texture and flavor

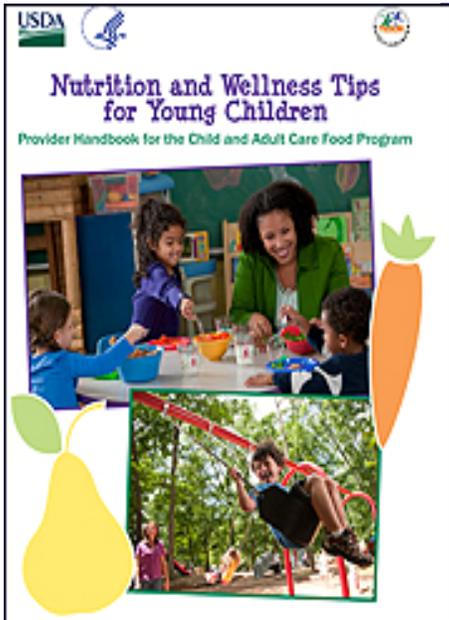
Here are a list of some fruits and vegetables available this spring

Apricots	Artichokes	Asparagus	Cherimoya	Collard Green
Corn	Fava Beans	Green Beans	Honeydew	Lychee
Mango	Oranges	Pea Pods	Pineapple	Radicchio
Red Leaf Lettuce	Snap Peas	Snow Peas	Spinach	Spring Baby Lettuce
Strawberries	Swiss Chard	Watercress	White	

### Inside this issue:

<i>Make the Most of Seasonal Fruits and Vegetables</i>	1,2
<i>USDA Nutrition and Wellness Handbook Now Available</i>	2
<i>CACFP Healthier Meals Initiative Training</i>	3
<i>2013 New Center Staff Training Dates</i>	4
<i>CACFP New Center &amp; New Staff Training</i>	4
<i>Annual CACFP Training</i>	5
<i>Spring Survey for USDA</i>	6
<i>Spinach Salad with Eggs</i>	6

To learn the differences between CACFP New Center Training and Annual Program Training, please be sure to read pages four and five.



### Team Nutrition Releases “Nutrition and Wellness Tips for Young Children: Provider Handbook for the Child and Adult Care Food Program”

By using the tip sheets when planning meals and activities for children ages two to six years old, providers can incorporate key recommendations and best practices into menus and daily schedules. This handbook was developed by the United States Department of Agriculture (USDA) and the Department of Health and Human Services (HHS) to help CACFP child care providers create healthier environments for the children in their care. Each tip sheet focuses on a specific nutrition, screen time, or physical activity topic and includes a practical application section to help providers apply the tips to their program. The handbook is available to download now on Team Nutrition’s Web site [www.teamnutrition.usda.gov](http://www.teamnutrition.usda.gov).

Team Nutrition’s Website is [www.teamnutrition.usda.gov](http://www.teamnutrition.usda.gov)

### Make the Most of Seasonal Fruits and Vegetables

Continued from page 1



Pineapple is a fruit that is in season.

#### Before Shopping...

Check the circulars with coupons and advertised products.

If you don’t get a weekly paper, go to your supermarket’s website and write down the items you would like to include in your meals that week.

Make a list of all the ingredients needed to prepare the meals. Take your list to the store so nothing gets left out.

#### While Shopping...

Browse the signs and take advantage of unadvertised specials. Compare prices. Sometimes an item may seem like a great deal but see how much you are buying for the same price.

Ask an employee in the produce department if you need advice on how to prepare a new item that you are not familiar with.

#### After Shopping...

Use fresh fruits and vegetables early in the week. Introduce them at the snack meal time. If you are serving a fruit or a vegetable at snack, the second food component cannot be a fruit or vegetable.

Combine fresh with frozen or canned if availability is limited or if budget is a concern. Prepare items ahead of time. Wash and chop vegetables for tomorrow’s meals then store in a closed container in your refrigerator.



## CACFP Healthier Meals Initiative Training

By Tanya O'Connor, MS

Have you attended the CACFP Healthier Meals Initiative trainings yet? In case you missed the announcement in the last newsletter, here's the scoop:

CDPHE-CACFP has partnered with Share Our Strength's Cooking Matters to offer these fun, interactive trainings where you'll learn about the Healthier Meals Initiatives and participate in a wide range of activities.

This training will offer a mix of entertainment and education from playing with fitness dice, learning how many oranges are needed to make one cup of orange juice, and seeing what happens when we digest whole grains in our stomachs. Vegetables will be chopped, knife skills honed and whole grains tasted in sessions led by an expert chef. You will prepare and enjoy delicious menu items including quesadillas, tortilla roll-ups and a tasty salad. You'll learn money saving tips that can be implemented at your Institution.

Throughout the training, you will have the opportunity to show off your newfound knowledge and win prizes. We would be delighted to see you at our next training!



Upcoming HMI training dates:

**May 22, 2013:** Weld Food Bank, 1108 H Street, Greeley, CO.

**June 13, 2013:** La Plata County Fairgrounds and Events Center, 2500 Main Ave, Durango, CO.

All trainings are from 9:00am - 1:30 pm

### Attendee information:

Please limit registration to two people per Institution since there are opportunities to sign up for future trainings. The person attending should be someone who has authority to register their Institution for future training dates.

To register: Go to <http://co.cnpexpress.com>. Additional training dates may be added so please check back. Questions: Please contact Brigitte Boyd at 303-692-2341 or Tanya O'Connor 303-692-2483.



***Pictured Above:*** Tanya O'Connor (right), Nutrition Consultant and Trainer, visits with an attendee, Kati Wagner during a short break.

***Pictured Left:*** Types of foods that are created and sampled at a training.



## Child and Adult Care Food Program New Center/New Staff Training

By Ynke de Koe, MS, RD

The CACFP regulations require key staff of the Institution to receive CDPHE-CACFP training prior to participating in the CACFP. These trainings are offered monthly throughout the state. This course is designed for both new and participating staff members, directors, and owners who perform key duties related to the operations of the CACFP. CDPHE-CACFP defines "key staff" as persons who oversee CACFP functions at the sites (i.e., director, administrator), perform record keeping tasks or maintain paperwork (i.e., assistant director), perform food service and food service duties (i.e., cook, persons serving the meal).

### The following topics are covered:

- CACFP background.
- Meal pattern components, creditable and non-creditable foods, and quantity of food requirements.
- Meal service types and requirements.
- Record keeping requirements:
  - Record of Meals Served (ROMS), Income Eligibility Forms (IEFs), and Claim for Reimbursement.
- Food service requirements:
  - Simplified Food Buying Guide, menus, production records, cooking, and food purchasing.

Course participants will leave this training class with knowledge and resources to successfully operate the CACFP and improve the nutritional well-being of children and adults in care. A maximum of three participants from any institution is permitted.

Please contact Ynke de Koe at 303-692-6278 if you need to register more than three participants.

### 2013 New Center Training Dates

To register on-line for the class you must have access to the CACFP application website: <http://co.cnpexpress.com>

New Institutions must bring two weeks of menus to class.

#### **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 & 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**

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

#### **Wednesday, November 13, 2013**

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



# Annual Child and Adult Care Food Program Training

By Ynke de Koe, MS, RD

After attending State CDPHE-CACFP training; participating Institutions must train key staff at all participating sites annually. Key staff includes any person responsible for CACFP duties. All training must be appropriate to the level of experience and duties of staff. New staff will require much more intensive training, while experienced staff may only require a refresher on the topics or training in an unfamiliar area. Likewise, staff with specific duties may not need training in all areas.

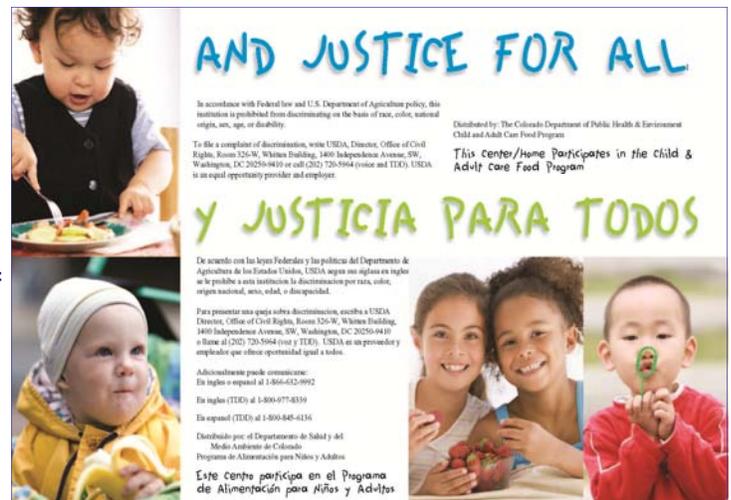
Required annual training may include the topics listed below:

- CACFP Meal Pattern Requirements.
- Record Keeping Procedures.
- Food Service Operations.
- Nutrition and Physical Activity: Healthy menu planning and nutrition and physical activity best practice guidelines.
- Meal Service: Family style meal service, feeding practices, role modeling, division of responsibility for eating, and nutrition education.
- Food Safety and Sanitation: Safe food handling, sanitation of food service and preparation areas, hand washing, appropriate use of gloves, and safe food temperatures.
- CPR or First Aid Training with a Choking Prevention Component.

The CDPHE-CACFP requires Institutions to maintain documentation of annual training received by key staff. The approved CACFP Annual Training documentation form can be found at this link:

<http://www.colorado.gov/cs/Satellite/CDPHE-PSD/CBON/1251618341001>

**A**nnual Training should include such items as civil rights, and food safety and sanitation.



The And Justice For All poster is one way to let parents know the Institution is civil rights compliant..

*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.*



## Child and Adult Care Food Program



Colorado Department  
of Public Health  
and Environment

CDPHE-CACFP  
4300 Cherry Creek Drive S.  
Denver, CO 80246  
Phone: 303-692-2330  
Fax: 303-756-9926



## Deadline approaching: Spring Survey for USDA Foods

In March CDPHE-CACFP mailed all participating Institutions the USDA Spring Survey. The Commodities Survey allows Institutions to change the way the CACFP reimburses them for meals. The two options are:

1. Receive (USDA Foods) plus cash, or
2. Receive additional cash-in-lieu of commodity food.

Institutions only need to return the survey if they opt to change. The form must be returned to the CACFP office by May 17, 2013. The change will take effect on October 1, 2013.

If the Institution you represent did not receive a copy of the commodities survey, contact Audrey Christensen at (303) 692-2456.

## Spinach Salad with Eggs

### Ingredients

6 cups fresh spinach  
3 cooked large hard-boiled eggs  
½ cup parmesan cheese, grated  
1/3 cup dried cranberries  
¼ cup canola oil  
1 Tablespoon vinegar (any type)  
1 Tablespoon honey  
¼ teaspoon salt



### Directions:

- Wash and dry spinach. Remove stems, tear leaves into bite sized pieces, and place in a large salad bowl.
- Peel and slice the hard-boiled eggs.
- Chop slices with a table or plastic knife and add to spinach.
- Sprinkle the grated cheese over the salad.
- Measure and add cranberries.
- Measure oil, vinegar, honey and salt and put in a jar that has a lid. Cover tightly with lid and shake well.
- Just before serving, drizzle the dressing over salad and toss to coat spinach leaves.

**Serves:** 24, 3 through 5 year old children. Each 1/4 cup meets one fruit/vegetable component at lunch.

*Recipe from "Share Our Strength's Cooking Matters®"*