

Bits and Bites

VOLUMN 24, ISSUE 2

BITS AND BITES

Tools You Can Use: Online Food Buying Guide Calculator

Inside this issue:

Tools you Can Use: Online Food Buying Guide Calculator	1
Expanding Your Handy	2
Sugar: Many Names	3
CACFP's Newest Staff Members	4
Fiscal Updates & Reminders: Central Contract Registry	5
Pre-Renewal Tips	5
2012 New Center Trainings	5

Tired of lugging out the Simplified Food Buying Guide? In need of a quick tool to help you determine the amount of food to purchase and prepare for the children in your care?

Well look no further, the University of Mississippi has developed the online Food Buying Guide Calculator for Child Nutrition Programs. This "Online Calculator" can be used in conjunction with or altogether replace the Simplified Food Buying Guide. Whether you choose to continue to use the Simplified Food Buying Guide or the Online Calculator they are designed to help eliminate the need for complex calculations when determining the amount of food to purchase and prepare. Click here to access the Online Calculator, <http://fbg.nfsmi.org> and make sure to save the link in your Favorites for quick reference.

One of the requirements

of the CACFP is to keep menus and production records of every meal. The production records are a detailed version of your menu. It is required to have and maintain these records for 3 years and 4 months past the current fiscal year. The purpose of the production record is to keep track of how much food you need to serve based on how many children are present for each meal served.

This ensures enough food is purchased, prepared and available to the children based on CACFP meal pattern minimum food requirements for each food component. It is also important to have accurate production records available so that if someone else at the center needs to prepare a meal, he or she will have all of the necessary

information.

Here is an example of a menu for lunch: chicken stir fry, brown rice, fat free milk and melon. This is how the Online Calculator can simplify your steps to accurately develop production records. Each time you enter a food you can specifically enter serving size and how many servings you will need to prepare. The

(Continued on page 2)

Food Buying Guide
Calculator for Child Nutrition Programs

Home Add More Items Print List Email List Back to Search Results

NOTE: The Food Buying Guide Calculator rounds up to the nearest whole Purchase Unit or next 1/4 pound.

If you need to add more food items, select **Add More Items**. To edit a food item on your Shopping List, click **Edit** to the right of the food item entry. To remove a food item on your Shopping List, click **Remove** to the right of the food item.

If you are finished, select **Print List** or **Email List**

Print or Email your shopping list before exiting the Calculator or your browser! It will not be saved.

Item	Servings	Size	Food Item (AP)	Serving Description (EP)	Exact Qty	Purchase Qty	Purchase Unit	Select
1	56	1/2 cup	Strawberries, fresh, whole	raw whole strawberries	10.67	10.75	lb	Remove Edit
2	18	1/8 cup	Bean Products, dry beans, canned; Refried Beans, includes USDA Foods	heated refried beans	0.18	1.00	No. 10 can (115 oz)	Remove Edit
3	85	1/2 cup	Oats, (Group II), cereal grains, rolled, instant, dry	dry oats (uncooked)	7.51	7.75	lb	Remove Edit

(Continued from page 1)

online calculator will calculate the exact quantity, purchase quantity, and the type of purchase unit. The Online Calculator will also keep a total list of all items entered during each session and can be printed to use as a shopping list. To determine how many servings, we recommend using the blended number to ensure that enough food is prepared.

How to Use the Online Food Buying Guide Calculator:

1. Select a food group or search a food item.
2. Select the item described that you plan to use.
3. Select the appropriate serving size.
4. Enter the number of servings.
5. A Shopping list is then started for you!

Tips for Menu and Production Record Success:

- List only the foods that represent the food components being prepared and served to ensure the meal is creditable based on CACFP meal pattern requirements.
 - * For example, there will be lots of ingredients in a chicken stir fry. However, the most important information is the list of foods that meet the CACFP meal pattern requirements that make up the meal: chicken, vegetables and rice. The production records will ensure the meal was prepared with the correct amount of vegetables, chicken, and rice to ensure that each child is getting the required minimum amount.

- When listing the food items, be as specific as possible with brand names and the form of food.
 - * For example, differentiate between canned carrots versus fresh carrots because the purchase quantity will be the type and size of can in the first case or the weight of carrots in the second case.
- Use measurable units such as gallons, cups, ounces, pounds, etc. when writing down the amount prepared.
- If you are using a recipe, write the name of the recipe on the production record and be sure to file all recipes that detail the amount of food prepared in a central location for easy reference.

The online calculator will eliminate repeated steps, especially if you are a center that has cycle menus.

Expanding Your Handy Toolkit: Menu Planning Made Effortless

The USDA has made it easy with *Making It Balanced and Kickin' It Up* Toolkit that includes 5 and 8 week cycle menus and recipes! Check it out, <http://healthymeals.nal.usda.gov/menu-planning/menu-planning-tools/menu-planning-tools-child-care-providers>.

Another great menu planning website is from the CACFP of Delaware Department of Education. They offer seasonal 4 week cyclic menus, with shopping lists and recipes. Easy, simple, fun!

<http://www.nemours.org/content/dam/nemours/www/filebox/service/preventive/nhps/publication/nhpsmenuplanning.pdf>

Menu Planning Tips for Success:

A successfully healthy menu depends on offering items that are:

- Simple to make, inexpensive to prepare and nutrient dense
- Appealing to sight, taste, and smell
- Flexible to accommodate children with food allergies
- Familiar foods served with unfamiliar foods

One way to achieve this is with a cycle menu. Benefits include:

- Variety, flexibility and allow for substitutions.
- Save time from doing repetitive tasks such as gathering information, planning menus and selecting and pricing foods.
- Easy to include seasonal fruits and vegetable (*money saver & tasty!*) and plan for special events

Items to consider with cycle menus:

- Planning four cycles - Winter, Spring, Summer and Fall - to take advantage of seasonal foods
- Planning four to six weeks of menus for a cycle and then repeating. Compare the first and last menus of the cycles so that you are not repeating foods too closely together
- Noting substitution of foods on menus

Note: *That although there are similarities between states for the CACFP program, there is also differences. Always refer to Colorado CACFP meal pattern and the Colorado CACFP program manual.*

Sugar: Many Names Many Disguises

Beware of sugar in disguise! There are two kinds of sugar—naturally-occurring and added. On food labels, both kinds of sugar are included in "sugars" listed on the Nutrition Facts panel. Naturally-occurring sugars are found in many foods. For example, dairy products, such as yogurt and milk, and fruit—both healthy choices—contain naturally-occurring sugars. Know how to decode the Nutrition Facts ingredient lists so that you can recognize when sugar has been added to your foods. Common words to look for:

Barley Malt	High Fructose Corn Syrup	Lactose	Glucose
Honey	Corn Sweetener	Invert Sugar	Dextrose
Fruit Juice Concentrate	Maltose	Molasses	Maple Syrup
Cane Juice	Maltodextrin	Sucrose	
Evaporated Cane Juice	Fructose	Agave Syrup/Nectar	

Are certain sugars more nutritious than other sugars, such as honey?

This is a common misconception because added sugars contain calories but no nutrients; they are energy-dense and nutrient-poor. Whether it is honey, cane sugar or agave syrup they all mean the same thing- **SUGAR!**

The Sweetest News

When children fill up on sugar-sweetened foods they have little appetite for healthier foods their growing bodies need, like fruits, vegetables, whole grains, lean protein and low-fat dairy. Sweetness can be enhanced by adding spices that bring out the flavor. The next time you want more "sweet" give the following a try, none of these spices contain added sugar.

- Add cinnamon to cooked cereals, squash or sweet potatoes
- Add nutmeg to rice.
- A touch of vanilla can sweeten baked goods.
- Carrots seasoned with ginger

Show Me the Sugar!

To find out how much sugar is in this package, first check the "Nutrition Facts" panel on the food package

Ingredients: Whole Grain Wheat, **Sugar**, Rice Flour, Partially Hydrogenated Soybean Oil, **Fructose**, **Maltodextrin**, **Dextrose**, Salt, Tricalcium Phosphate, Cinnamon, Soy Lecithin, Trisodium Phosphate, Color Added, BHT Added to Preserve Freshness. Vitamins and Minerals.



Nutrition Facts		
Serving Size: 3/4 Cup (30g)		
Servings Per Package: TBD		
Amount Per Serving	Cereal With 1/2 Cup	
	Cereal	Skim Milk
Calories	130	170
Calories from Fat	30	30
	% Daily Value**	
Total Fat 3.5g*	5%	6%
Saturated Fat 0.5g	3%	3%
Trans Fat 0g		
Polyunsaturated Fat 1g		
Monounsaturated Fat 1g		
Cholesterol 0mg	0%	1%
Sodium 140mg	6%	8%
Potassium 45mg	1%	7%
Total Carbohydrate 24g	8%	10%
Dietary Fiber 1g	4%	4%
Sugars 10g		
Other Carbohydrate 13g		
Protein 1g		

Tip: Choose low sugar cereals with 6 grams or less per serving. Flavored cereal usually means sugar has been added. Many cereals on the grocery shelves may appear healthy but are loaded with sugar.





Brigitte Boyd joined the CACFP staff in April of this year as a Nutrition Consultant. She comes to our office from Tri-County Health Department, where she worked with the WIC program as a registered dietitian for over 5 years. She received her bachelor degree from Colorado State University and completed her Dietetic Internship at the University of Houston. She is the mother of a rambunctious 14 month old, Quincy. In her free time she enjoys experimenting with recipes, catering to her two cats, and home DIY projects (look out HGTV). Brigitte is thrilled to continue to have a connection with the early childhood population and is looking forward to meeting many of the wonderful providers.

Ynke de Koe began her position as a Nutrition Consultant at CACFP in April of this year. Ynke moved to Colorado from Rhode Island, where she worked as a Registered Dietitian for the Supplemental Nutrition Assistance Program-Education (SNAP-Ed) at the University of Rhode Island. Her main role at SNAP-Ed was to provide nutrition education to participants that were receiving food stamps. Ynke is excited to be working with CACFP, leveraging her experience and knowledge of nutrition to improve the quality of food served in Colorado's CACFP centers. Ynke received her MS in Nutrition from the University of Rhode Island in 2009. In Ynke's free time she enjoys hiking and trail-running with her 6 year old Beagle.



Brooke Trainum joined the CACFP staff in April of 2012 as a Nutrition Consultant. She holds a Juris Doctor from the University of Denver and a bachelor degree in Dietetics from Virginia Tech. Before joining the CACFP staff, she has worked in various capacities in the nutrition and policy fields. In her free time, Brooke enjoys spending time outdoors, traveling and reading. Brooke is delighted to be working with the CACFP program and all the providers throughout the state.



Tanya O'Connor is a very talented and knowledgeable registered dietitian. She holds a bachelor degree in Biology from University of Colorado and a master's degree in Human Nutrition/Food Science from Colorado State University. Prior to joining CDPHE-CACFP she worked in the nutrition field for over 20 years, most recently for the Wildwood Child and Adult Care Food Program (a CACFP Sponsor of child care homes in Colorado). In her spare time Tanya likes to run, cook, enjoy the outdoors, and spend time with her family. We are thrilled to have her expertise, welcome aboard Tanya!



Colorado Department
of Public Health
and Environment

Child and Adult Care Food
Program

4300 Cherry Creek Dr S.
Denver, CO 80246

Pre-Renewal Tips

Prior to the renewal process, staff should verify and update information in the Federal Fiscal Year (FFY) 12 Institution application packet (contact information, email, etc.). Also verify the site application(s) for expiring documents (license, County Fiscal Agreements or Food Service Contracts) and update as necessary. This will ensure current information in the FFY 12 application packet will roll over to the FFY 13 application packet and staff will not have to update the same information in both years. ***You will receive more information on the renewal process this month.***

Important Fiscal Updates and Reminders:

Central Contractor Registry

Due to the Federal Funding Accountability and Transparency Act (FFATA), enacted with the intention to make government more accountable for each spending decision, institutions participating in the CACFP are required to have a Dun & Bradstreet Data Universal Numbering System (DUNS) number and register with the Central Contractor Registry (CCR).

The CCR will be going away and will be replaced with a new system called System for Award Management (SAM). SAM is scheduled to go-live at the end of July 2012. Your data will be migrated from CCR into SAM. You do not need to do anything right away. When it is time to renew your CCR registration, you will go to SAM.gov, create a simple SAM user account, and follow the online instructions to validate and update your information. More information may be found at <https://www.bpn.gov/ccr/default.aspx>.

Registration status will be verified in SAM each year during the CACFP application renewal process. An active status (i.e., not expired) is **mandatory** in order to continue to receive federal funds through the CACFP.

2012 CACFP New Center – Staff Training Dates and Locations

Training classes are for staff members who have CACFP duties. You or the person completing the enrollment form must have a user id and password for: <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**. Complete the form and check for accuracy as certificates are created from the information you provide. An email confirmation will be sent to you. Due to limited space availability, three people per institution may attend. **“Participants are asked to bring two weeks of menus to use during the class.”**

August 22, 2012

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

November 14, 2012

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

September 12, 2012

CDPHE
4300 Cherry Creek South Dr.
Denver, CO 80246

December 7, 2012

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

September 26, 2012

La Plata County Fairgrounds and Events Center
2500 Main Ave
Durango CO 81301

October 17, 2012

Pueblo Community College
900 W. Orman Avenue
Pueblo, CO 81004

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.

Brigitte Boyd, RD, Editor

Corina Landeros, PA I, Desktop Publishing Editor

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.