



Child and Adult Care Food Program

Summer, 2016

EARLY CHILDHOOD SERVICES BUREAU

The mission of the Early Childhood Services Bureau is to improve the quality, affordability and accessibility of child care in Montana, with focused efforts on coordinated systems to best meet the needs of young children, their families, and the professionals who work on behalf of young children and families.

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Improving Nutrition: One Step at a Time

The CACFP staff recently had the opportunity to listen to an interesting discussion about infant and toddler nutrition, led by Cathy Breedon, PhD, RD, from Sanford Medical Center in Fargo, ND. While the discussion focused on improving nutrition for the youngest among us, the information provided applies to all of us.

component needs to be part of every meal, and adding more variety to your offerings can provide countless benefits. Recent research has shown that each individual pigment, which gives the fruit or vegetable its color, can provide unique benefits. The more variety you include on the menu, the better the overall nutritional benefit to the child, and the adult staff who eat

with them. These pigments can help with everything from working as antioxidants to having a potentially protective role against many common health problems like diabetes, cancer, and heart disease.

(Source: *My Current Top Five Easy Ways to Improve Your Family's Nutrition*, Cathy Breedon, 2016)

One recommendation from the discussion that can easily be worked into the CACFP meal pattern was to eat fruits and vegetables in a variety of colors. The fruit/vegetable

“Eat all the brightly colored vegetables and fruits you can get your hands on!” –Cathy Breedon



Many centers update their parent handbooks and other various forms over the summer months. As you update these items, remember to update the USDA Non-discrimination Statement in all appropriate places. All documents must be updated by September 30, 2016. The full-length Non-Discrimination Statement can be found on the CACFP website, under the “Civil Rights” tab.

Enrollment Forms: A New Part of CACFP Reviews

When the time comes for your next CACFP review, you will notice a new item listed among the things to prepare: enrollment forms.

These forms will be reviewed for all institutions EXCEPT At-Risk Afterschool and Outside School Hour programs going forward.

For all licensed centers, this form is the Emergency Contact and Parent Consent Form, which is completed annually for all children enrolled in the facility. CACFP staff will be checking for a parent signature and date on the form, and comparing the enrollment forms to IEFs and sign in/sign out sheets to ensure that all meals

claimed through CACFP are attributed to children currently enrolled. If the enrollment form is missing or more than a year old, no meals can be claimed for that particular child.

Please contact the CACFP staff if you have any questions.



Fast Fact: Did You Know.....

77% of all licensed/registered child care programs in the state of Montana participate in the CACFP!

Keeping Up With Deadlines....

As CACFP Program Participants, you are aware of many deadlines that need to be met each year. It can certainly be overwhelming to keep track of everything! Here are a few helpful hints:

1. Mark annual deadlines (application updates, audit questionnaires) on your calendar early so they are not forgotten.
2. Regularly check your mail, voicemail, and e-mail to catch any reminders. We try to reach out often until required deadlines are met.
3. Don't procrastinate! The deadline date is when the requirement should be entirely complete. For example, if an application update is due and an incomplete update is received on the due date, corrective action could still be issued. Give yourself time to complete items thoroughly!



What's in Season? (From Team Nutrition)

Summer is a great time to try some fresh fruits and vegetables....but what is "in season"? The list below from USDA Team Nutrition provides a wide variety of in-season produce. Recipes and facts about each of these foods can be found on their website: <https://healthymeals.nal.usda.gov/features-month/whats-season>



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|---------------|--------------|--------------|---------------|-------------|
| *Apricots | *Blueberries | *Grapefruit | *Plums | |
| *Bananas | *Corn | *Green Beans | *Radishes | |
| *Beets | *Cucumbers | *Kiwi | *Raspberries | *Tomatoes |
| *Bell Peppers | * Eggplant | *Peas | *Strawberries | *Watermelon |

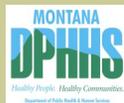
A few milk facts.....

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- Children between 12 months and 23 months of age should receive whole milk. Those two years of age and older should receive skim or 1% milk.
- Make sure children receive enough milk to meet the serving requirement, based on the meal pattern for their age.
- Any milk substitutes served must be nutritionally equivalent to cow's milk, unless a doctor's note is on-site.
- One of the best ways to encourage kids to drink milk is to drink it yourself! Be a role model!
- Milk provides essential nutrients including calcium, protein, Vitamins A, D, and B-12.

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WELCOME NEW CENTERS!
BROWNING PUBLIC SCHOOLS, BROWNING
CRADLES TO CRAYONS, BILLINGS
OPEN BIBLE CHRISTIAN CENTER, BILLINGS
THE SUNSHINE ACADEMY, LAUREL



Mark your calendar for the Montana Farm to School Summit, held September 22-23 in Bozeman. For more information contact Aubree Roth with Montana Team Nutrition at aubree.roth@montana.edu or 406.994.5996.

CACFP Meal Count Totals
Fiscal Year 2016, 2nd QUARTER

538,519	Breakfasts
621,169	Lunches
134,854	Suppers
701,171	Snacks
1,995,713	Total Meals and Snacks Served!

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