



Child and Adult Care Food Program

Fall, 2015

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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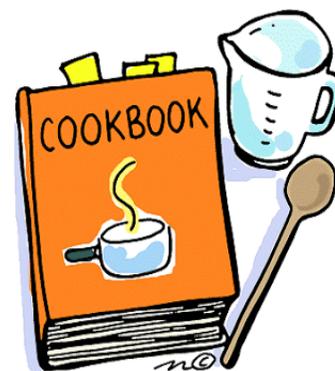
The Importance of Recipe Development

Those who love to cook are a true benefit to your child care setting. Finding an enthusiastic person to prepare meals for the children in your care can bring great joy to your center. How often, though, do you hear people in food service say their food preparation methods are "kept in their heads" or they just know how to make this or that? What happens when that person needs some time off or perhaps even moves on to different employment?

Written standardized recipes can calm the times of transition for those in food service. Keeping a collection of recipes or a center cookbook can be a wise time investment in the long run, as all the commonly served

meals for the center can be found in one single location, and anyone stepping into the kitchen for the first time can see the meal preparation written out in detail. This leads to consistency for the children as well as for those in the kitchen. Notes regarding serving sizes can also be kept right with the recipes, so recipes can be easily adaptable to a smaller or larger crowd.

According to the *USDA Recipes for Child Care*, using standardized recipes is recommended to ensure that the same amount of product is produced each time and that portions are accurate each time. Added benefits are that inventory and costs become easier to predict



with consistent recipe usage, and food service personnel will continue to have increased confidence in their abilities.

For more information on standardized recipes, you can find the *USDA Recipes for Child Care* on the CACFP website, under Resources>Recipes.

A Note of Thanks.....

The State agency would like to thank all of our participating centers for your completion of the FY2015 annual application update! We received ALL updates by the September 30 deadline, which means all centers are in compliance for this annual federal requirement. This is both good for you and good for us! The State agency is currently updating the application update policy, including new final submission dates. Please watch for the release of this updated policy and let's aim for 100% timely completion again in FY2016!



“When the joy goes out of eating, nutrition suffers”

-Ellyn Satter

What’s Cooking? USDA Mixing Bowl

One of the big struggles for those in food service is keeping their menu fresh and interesting. USDA is creating an incredible tool to assist in this process! What’s Cooking? USDA Mixing Bowl website is a searchable database of more than 1,000 recipes that can be used to child care professionals in their food service operations. This site has a collection of cookbooks with recipes geared

toward child care, along with tools to build healthy menus and creating a personalized cookbook specific to your child care institution. With a variety of recipes including nearly any creditable food you could serve, this site will be a valuable resource for all those involved in food service....and as an added bonus, you might also find some new recipes for your own dinner table as well!

The USDA Mixing Bowl can be found online at www.whatscooking.fns.usda.gov/



Fast Facts: Did You Know.....

- 141 child care institutions currently participate in CACFP in Montana
- 600 day care homes participate in CACFP through Sponsoring Organizations
- 21 programs currently provide At-Risk Afterschool meals and snacks in Montana
- CACFP serves all Indian Reservations in the state

Staying Connected.....

CACFP State agency staff host quarterly conference calls to share information and foster communication among participating child care institutions. These calls are not mandatory to attend but are recommended. The next calls for both CACFP Sponsoring Organizations and Head Start Programs will be on Wednesday, January 13. Sponsors will have their call at 9:00 a.m., with the Head Start call to follow at 10:00 a.m.

Do you have any new staff working in CACFP roles in your center? There is a quarterly conference call for not only newly participating centers but also for employees new to their roles who might like a little extra information about coordinating the food program. Please contact Vicki Anfinson at vanfinson@mt.gov to be added to the call list.

And always, if you change your e-mail address or phone number, please contact the State agency office. We use e-mail often for correspondence, so don't miss out on important information!



Farm to Preschool Movement Gains Momentum

You may be familiar with the Farm to School movement, which connects schools with fresh, healthy, local foods. This program has recently extended its reach to the youngest among us, by introducing Farm to Preschool. This program works to connect early child care settings to local food producers, in an effort to improve child nutrition and raise children's awareness of how their food is grown and arrives on their table each day.

The three core elements of the program include procurement, education, and school gardens. With a little planning and nurturing,

many centers find they are able to raise a few vegetables or herbs at their child care, which provides not only education to the children about the sources of their food, but also a ready source for meals and snacks! Those without the space to garden themselves can visit apple orchards, pumpkin patches, and local farms in an effort to teach kids more about locally grown food items.

Another suggestion from the Farm to Preschool team is to have a locally-grown fruit or veggie taste test, with apples, carrots, or other Montana grown produce.

CORE ELEMENTS OF FARM to SCHOOL



The tasting could be part of snack time, and thus also be creditable to the food program. It's a great opportunity to educate kids while feeding them some of Montana's best offerings!

Source: Farm to Preschool for Farm to School Month, September 2015.

For more information on Farm to Preschool, visit their website:
<http://www.farmtoschool.org/our---work/about---preschool>

**NATIONAL
 FARM to
 SCHOOL
 MONTH**



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WELCOME NEW CENTERS!

HEART BUTTE SCHOOL DISTRICT, HEART BUTTE
LITTLE EINSTEINS PRESCHOOL, LIVINGSTON
MISSOULA FOOD BANK, MISSOULA
POLSON SCHOOL DISTRICT 23, POLSON
QUAIL HOLLOW COOPERATIVE DAY SCHOOL, BOZEMAN
ROBYN'S NEST DAYCARE, GREAT FALLS
SCHOOL DISTRICT SIX, COLUMBIA FALLS
STONE CHILD COLLEGE DAYCARE, BOX ELDER

*CACFP Meal Count Totals
Fiscal Year 2015*

1,837,011	Breakfasts
2,159,285	Lunches
403,257	Suppers
2,415,916	Snacks
6,815,469	Total Meals and Snacks Served!

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