



# Child and Adult Care Food Program

Fall, 2016

## EARLY CHILDHOOD SERVICES BUREAU

The mission of the Early Childhood Services Bureau is to improve the quality, affordability and accessibility of early care and education 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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## New Website Resource for CACFP Policy Memos

Next time you are visiting the CACFP website ([www.dphhs.mt.gov/hcsd/ChildCare/CACFP](http://www.dphhs.mt.gov/hcsd/ChildCare/CACFP)), take some time to look at a new resource found in the USDA Food and Nutrition Service section of the Resources tab. A link called "USDA Policy Memos for the Child and Adult Care Food Program" has been added, and it's an easy reference to all policy memos released by the USDA in regard to the CACFP. USDA releases memos on a regular basis, for clarification and guidance on various aspects of CACFP operation. Recent policy topics will be noted in all future newsletters for your convenience.

### Policy Topics for FY2016, Fourth Quarter

- Using Federal Funds to Support Food Corps Service Members
- Nutrition Requirements for Fluid Milk and Fluid Milk Substitutions in the CACFP, Q&A's
- Resources for Making Potable Water Available in Schools and Child Care Facilities
- 2016 Edition of the Eligibility Manual for School Meals
- Water Availability in the Child and Adult Care Food Program
- Crediting Tofu and Soy Yogurt Products in the School Meal Programs and the CACFP
- Taking Food Components Off-site in the At-Risk Afterschool Component of the Child and Adult Care Food Program
- Feeding Infants and Meal Pattern Requirements in the Child and Adult Care Food Program



The updated Non-discrimination statement must be used in all parent handbooks by September 30, 2016! Check the website Civil Rights tab for the current updated statement.



## Montana Crunch Time! October 24, 2016 @ 2:00 p.m.

Grab an apple and join in the "crunch" heard throughout the state! Celebrate Food Day and National Farm to School Month with fellow Montanans by crunching into locally and regionally grown apples on October 24 at 2:00 p.m.

For more information: <http://www.montana.edu/mtfarmtoschool/mt-crunch-time.html>

## FY2017 CACFP Director's Training Coming Soon!



October is the start of the new federal fiscal year, and it's also time to start planning for the FY2017 online CACFP Director's Training. The topics this year are Standardized Recipes, Procurement, the New Meal Pattern, and Civil Rights. As in previous years, one staff member

per institution must complete the training, and four ECP hours are available upon completion. The training is intended for institution Directors. However, other appropriate CACFP personnel may be selected to complete the training instead of the Director, if necessary or preferred by the institution. Just remem-

ber, the Director has ultimate responsibility for CACFP in each institution, and needs to be knowledgeable about all topics covered in each year's annual training.

Institutions will be contacted by mail with their assigned training month information.

## Fast Fact: Did You Know.....

Depending on payment dates, Child Care Scholarship and CACFP payments can sometimes be deposited at the same time. If you ever think a CACFP payment was "missed," please check your Statement of Remittance to see if it was combined with something else instead!

## Legumes: A Great Protein Source!

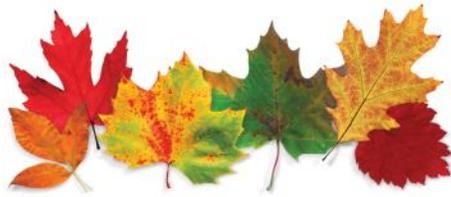
Looking for a way to extend your menu's protein options, without hurting your budget? Legumes (cooked dry beans or peas) can be a cost-effective way to add additional protein to your menu, along with increasing fiber and possibly decreasing fat as well. They can be used in a variety of ways. For instance, you could add legumes to extend the protein punch in tacos, requiring less meat and reducing the cost. Legumes can also be used in entrees such as meatloaf, spaghetti sauce, or sloppy joes, in place of some of the meat. They are also a huge benefit in homemade soups, or could be part of breakfast burritos with some eggs in a tortilla. The options are endless! (Source: USDA Team Nutrition, *Ten Tips for Using Legumes in School Meals*)



# Flavor of Fall: Pumpkin

Crisp breezes, cooler temperatures....autumn is in the air. Few flavors are as closely tied to the months of fall as is pumpkin....from drinks to desserts and everything in between, this is the time of year for pumpkin to shine. Rightly so, as it is a low calorie vegetable rich in fiber along with antioxidant vitamins such as Vitamins A, C and E.

One possible way to use this popular item in your menus during the fall is as part of your breakfast meal. The recipe below comes from the CACFP Menu Planning Guide, which was funded by USDA Team Nutrition. A serving of one pancake fulfills the grain requirement for the meal and adds a seasonal flavor to your menu. The chart below shows the ingredient amounts for a variety of serving sizes.



## Pumpkin Patch Pancakes

Ingredients	8 Servings	16 Servings	32 Servings	64 Servings
Flour, whole wheat	1/2 cup	1 cup	2 cups	4 cups
Baking powder	1 tsp	2 tsp	4 tsp	8 tsp
Cinnamon, ground	1/4 tsp	1/2 tsp	1 tsp	2 tsp
1% (low-fat) milk	5 fl oz	1-1/4 cups	2-1/2 cups	5 cups
Applesauce, unsweetened	1 Tbsp	2 Tbsp	1/4 cup	1/2 cup
Egg	1/2	1	2	4
Pumpkin purée, canned	1/4 cup	1/2 cup	1 cup	2 cups
Vanilla yogurt, low-fat	1/4 cup	1/2 cup	1 cup	2 cups

### Directions:

1. In a large mixing bowl, combine flour, baking powder and cinnamon.
2. In separate bowl, mix milk, applesauce, egg, pumpkin and yogurt until combined.
3. Add wet ingredients to flour mixture and stir until moist. Batter may still be lumpy.
4. Lightly coat griddle or skillet with cooking spray and heat on medium.
5. Pour batter onto hot griddle (about 2 Tbsp for each pancake).
6. Cook until bubbles burst, flip and cook until golden on both sides.



(Recipe courtesy of CACFP Menu Planning Guide, USDA Team Nutrition. Guide in its entirety can be found on the CACFP website, under "Resources<Recipes")

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## WELCOME NEW CENTERS!

Many Blessings 2, Great Falls  
Stepping Stones, Dillon



### A Business Note...

Are your personnel files for employees complete and up-to-date? When conducting Agreed Upon Procedures this summer, the State audit bureau found that several child care businesses they visited had incomplete, uncertified, or missing required forms. Items such as I-9s, W-4s, and State of Montana New Hire Reports were often not found or incomplete. New Hire Reports can be found at <http://dphhs.mt.gov/CSED/employerinfo.aspx>. Make sure all I-9s and W-4s are complete and signed as needed. Also, if your Department of Labor poster is out of date, your local Job Service office can easily replace it at no cost to you!

### CACFP Meal Count Totals Federal Fiscal Year 2016, 3rd QUARTER

500,281	Breakfasts
587,105	Lunches
124,216	Suppers
667,523	Snacks
<b>1,879,125</b>	<b>Total Meals and Snacks Served!</b>

The USDA is an equal opportunity provider . To file a complaint of discrimination, write:

United States Department of Agriculture  
Office of the Assistant Secretary for Civil Rights  
1400 Independence Avenue, S.W.  
Washington, DC 20250-9410

Phone: Toll Free (866) 632-9992  
Fax: (202) 690-7442  
E-mail: [program.intake@usda.gov](mailto:program.intake@usda.gov)

