EARLY CHILDHOOD SERVICES BUREAU

Montana Child and Adult Care Food Program

Fall 2013

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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Civil Rights in the CACFP

On September 11, 2013 the Montana CACFP was fortunate to host Evelyn McGregor, Civil Rights Director Mountain Plains Region, for a civil rights training at the Myrna Loy Center in Helena, Montana. Evelyn's style, warmth and knowledge conveyed the relevancy of civil rights to CACFP program operations and to our everyday lives. Many sponsors, child care providers and state agency staff attended the event.

Evelyn opened her presentation by stating that she has "lived, worked and breathed civil rights." Evelyn grew up during the civil rights movement of the 1960's and she has been employed with USDA Food and Nutrition Services for 36 years. She began her career in 1977 working with Child Nutrition Programs. She was appointed the western region Civil Rights Director in 1987. Evelyn is a regional authority on civil rights matters including training, monitoring and mediation.

Evelyn related that the vision of USDA Food and Nutrition programs is to "lead America in ending hunger and improving nutrition and health." She reinforced civil rights requirements for participants of the CACFP, who receive USDA funding, including:

- Provide equal treatment for all.
- Eliminate illegal barriers that prevent people from receiving benefits.
- Ensure dignity and respect for all.
- No person shall be denied services based on the six protected classes of race, sex, national origin, disability, age, color.

Evelyn's wealth of knowledge and vast experience left us in awe of the topic of civil rights, and of our responsibilities to use the education we received.

~Vicki Anfinson, Program Specialist

"Mastery in any of the three areas - how to eat, how to raise good eaters and how to cook - increases your mastery in the other two." ~Ellyn Satter, RD www.ellynsatter.com

FY14 Civil Rights Training

Civil Rights Training for FY14 is now available on our CACFP website. It is a PowerPoint presentation that will take about 15 minutes to complete and includes three SurveyMonkey questions at the end. Your answers to the questions will be sent to CACFP staff, who will record that you completed the training.

Directors are required to take this training and should do so no later than December 31, 2013. Additional staff persons are encouraged to take the training at any time. The training presentation will remain permanently available on the CACFP website for your use.

The topic this year is "Civil Rights Certifications" and includes a review of the ten certifications contained in the application to participate in the CACFP.

If you have any questions, please contact Vicki Anfinson at (406) 444-2674 or vanfinson@mt.gov

~Vicki Anfinson, Program Specialist

"He had a pretty good day"

"Only thing is, he didn't eat anything for breakfast or snack....."

Have you ever heard yourself say those words at the end of the day? I heard them myself just a couple weeks ago, from a parent's perspective.

My three-year-old son started a new preschool program this fall, and this was my report from the teacher's assistant after his first morning there. Can't say I was completely surprised.....my little guy has never been an enthusiastic eater, and changes in routine often emphasize this issue. What was very notable after that first morning was that his lack of eating definitely impacted him in so many ways. He was lethargic, instead of in seemingly constant motion as he is at home. He was easily upset, as was evident when he just sat in his daycare's living room upon arrival and cried, with no visible reason for the tears. He clearly was not himself, and I'm certain his choice to not eat anything at school played a huge role in his temperament the rest of the day.

Luckily, this was just one day, and just a few hours....once in a comfortable environment again, he ate in a much more typical fashion and by evening had regained the spark and personality I enjoy so much in him. His second day at school, he still didn't eat, but at least he picked up the offered food...and by week 2, he was enjoying yogurt, peas, and spaghetti with the other kids. But the situation was a physical reminder of the importance of nutrition in all of our lives, and how hunger, even in the short term, can impact an individual. It emphasized once again the importance of the work you do in child care facilities to make sure the children in your care are fed well.

~Diane Edgar, Administrative Assistant

Did you know?

Children who are exposed to "junk food" before birth and during early childhood are at a significantly increased risk for developing mental health problems - including anxiety and depression - while still very young. ***In Young Kids, Junk Food Linked to Mental Illness***

Autumn: Reaping the bounty of the harvest

The foods of autumn are beautifully colored and have plenty of nutrition too! All of them have the benefit of being rich sources of vitamins and minerals, fiber and energy.

- Root vegetables include carrots, beets, onions, potatoes, sweet potatoes, parsnips, and turnips.
- Among the vegetables that grow on stalks are tomatoes, peppers, green beans, peas, broccoli, cauliflower, cabbage, spinach, swiss chard, kale, and brussel sprouts.
- Fruits and vegetables that grow on vines count melons, pumpkins, and green and yellow squashes among their ranks.
- Towering above the rest, fruits that grow on trees include apples, peaches, pears and plums.
- Spreading across acres, foods that grow in fields are also filled with color and nutrition and include wheat, corn, oats, barley, dry beans and peas, rice, sunflower seeds, and many more.

Enjoy many of these beautiful foods this season!

~Mary Musil, CACFP Program Manager

Healthy Snacks: You Can Make a Difference!

Children need healthy food to learn, grow and play. Depending on each child's individual family situation, the food you feed the children in your care may be the only healthy food they receive each day. Plan your menus wisely for you have the ability to make a tremendous difference in the lives of the children you serve. The eating habits children develop now set the stage for their eating habits later in life, and habits are hard to break.

Last year, researchers from the Harvard School of Public Health published the results of a study that analyzed the cost of foods served in YMCA after-school programs in four U.S. cities. Researchers wanted to "identify practical strategies for program staff to purchase and serve healthful after-school snacks without increases in price." 1,294 snack menus from 32 YMCA programs were analyzed. The findings support Child and Adult Care Food Program (CACFP) policies and include the following:

- Do not serve sugar-sweetened beverages.
- Serve water every day.
- Serve a fruit and/or low-priced vegetable (such as carrots or celery) every day.
- Use price savings from replacing 100% juice with tap water towards purchasing and serving whole fruit because of its higher fiber content and effects on satiety (feeling full after eating).
- Offer fresh fruits or vegetables over more expensive canned or frozen versions.
- When serving grains (such as bread, crackers, and cereals), serve whole grains.
- Avoid foods with trans fat.

If you figure that each school year lasts about 165 days, that's only 165 chances you have to serve a healthy snack each year. Strive to make each one count! *(Working Healthy Snacks Into After-School Programs, Harvard School of Public Health)*

~Noele Bryson, Program Specialist

The Beauty of Knowing How to Cook

Chef Jamie Oliver said, "I'm convinced that the best way to face the future and tackle diet-related problems is to arm people with knowledge and skills. The more people understand food, the more they are likely to respect it. The beauty of knowing how to cook makes you resilient, adaptable and resourceful, no matter what ingredients you have in front of you."

ExchangeEveryDay, August 1, 2013

FY14 Annual Director's Training

Director's Training for this year will tentatively be available online in January 2014. This training will be open from January 2014 through September 30, 2014 and is required for all centers participating in the CACFP. Directors are required to take the training, and food service managers, cooks, or other food service staff are also encouraged to take the course. Two (2) persons from each center can take the training at no cost.

Please send the names of all the persons who will take the training from your center to Diane Edgar at dedgar@mt.gov by October 31, 2013. After we receive the names, we will assign specific training time frames for all participants. The schedule will be available on our CACFP website in the training section should you need to verify your assigned time.

The training content will be the same for everyone and will include four (4) topics, 1 hour each in length: Food Service Accounts, Culinary Calculations, Staff Training, and Reviews and Audits. The training can be taken on any computer, completed at your own pace and does not have to be completed all at one time. The training is pass/fail and is approved by the Early Childhood Project (ECP) for 4 hours of continuing education credit. When you have completed the course you will receive a certificate of completion. The content of the course will be available on the CACFP website.

If you have any questions, please contact Debbie Hansen at 406-444-9467 or deborahansen@mt.gov .

~Debbie Hansen, Program Specialist

Did you know?

Children from families experiencing long term food insecurity had lower arithmetic scores, were more likely to have repeated a grade, to have seen a psychologist and to have had more difficulty getting along with other children, than similar children whose families were food sufficient. ***Feeding America Child Food Insecurity: The Economic Impact on Our Nation***

Ten Child Nutrition Questions

These are ordinary questions that child care providers can ask parents about how their child is fed.

1. Tell me about your experiences feeding your child.
2. Is your child seated at a table for meals? (If applicable, do you have a high chair for your child?) Do you have a dining table and chairs enough for everyone to sit up to the table for meals?
3. Do you sit at the table with your child for meals?
4. What meals does your child eat at home? (Breakfast, morning snack, lunch, afternoon snack, bedtime snack?)
5. Does your child have a good appetite?
6. Are there any foods that your child cannot have? (Medical reasons, cultural reasons, religious reasons or personal preference?)
7. Do you or anyone else in your household like to cook?
8. Does your family have enough to eat? (Do you ever run out of food at home? Do you or your child ever go hungry? Do you have a garden? Do you receive SNAP/Food Stamps, Food Distribution on Indian Reservations (FDPIR), WIC, Medicaid, food bank distribution, or other?)
9. Do you give your child any pills or tablets? (Do you give your child dietary supplements, what kinds, and how frequently? Is this your decision or did someone tell you to give these to your child?)
10. Is there anything else I should know about feeding your child that you haven't already told me?

It's the food!

Summer break: Kids dream of it all year long, some parents dread it. As the school year winds to a close, what to do with the kids begins to dominate conversations across the country. Forgive me for a moment as I tell a story about my own kids. In the middle of the summer my children's care plan had to be drastically altered. Our original plan fell through so plan B was quickly put into place. Though plan B was the plan we had followed for the previous two summers, my kids were not happy about it. So imagine my surprise when I picked them up at the end of the first day and discovered they had had a wonderful day. Though I feared it might be the newness of it all, their happiness continued into day two. At that point I decided to figure out what had changed. When asked how his day went, my son declared that the program was "the best summer program ever!" So I asked, "What's your favorite part?" Excitedly he declared "IT'S THE FOOD!" (In case you were wondering, yes this program is participating in the CACFP.) Amazingly enough, it wasn't the activities, or his friends, it was the food, plain and simple as that. I was reminded again that what we do here in our capacity as part of the CACFP matters on so many different levels.

~Noele Bryson, Program Specialist

NO KID HUNGRY SHARE OUR STRENGTH MONTANA

Meals Matter!

Are afterschool meals important? Do they impact your program? According to the new national survey conducted by the No Kid Hungry Campaign of Share Our Strength, you bet they do! No Kid Hungry has long recognized the importance of afterschool meal programs and in the interest of bettering strategies to increase participation in these programs, has invested in a study to understand the need for and interest in afterschool care meal programs, by low-income families.

- **The survey reports that:**
  86% of parents say their children go home after school.
- **59%** of parents report that they have tight household budgets, making it difficult to provide food after school - on average, low-income families spend $743 per year on afterschool food.
- **81%** of parents expressed at least some interest in having their children participate in a free or affordable afterschool program that offers educational, recreational and social activities.
- **73%** of parents would be more interested in an afterschool program if it provided free, healthy food - food insecure and those participating in food assistance programs express the highest interest.
- **Nearly half** of low-income parents surveyed prefer an afterschool program that provides both a snack and a meal - many families see afterschool meals as an addition to dinner, not a replacement.
- **Only 43%** of parents are aware of a free or affordable afterschool program in their community and only 1 in 5 of those parents is aware that the program provides food.

Parents prefer to learn about these programs through school and in the mail.

~Cassie Drynan, MSU Dietetic Intern
Montana No Kid Hungry

In Montana, 1 in 5 kids live in families that struggle to put meals on the table. This amounts to 45,700 children or 20.9% of all

Montana children

This means if you are caring for 20 children in your center, chances are, 4 of them are dealing with hunger issues. What are YOU doing to make a difference for the children you serve?

~*Montana Partnership to End Childhood Hunger*

Welcome new centers!

- Big Sky Country Preschool - Evergreen
- Play n' Learn Childcare - Great Falls
- Rockin' Kids Fun House - Polson
- The Next Best Thing - Great Falls

CACFP Meal Count Totals
April—June 2013

510,741	Breakfasts
602,140	Lunches
67,338	Suppers
704,894	Snacks
1,885,113	**Total Meals and Snacks Served!**

Upcoming Events:

- November 13th: Quarterly New Center Director Conference Call, 10:00 am
- January 8, 2014: Quarterly At-Risk Afterschool Program Conference Call, 1:00 pm
- January 15, 2014: Quarterly Sponsor Conference Call, 9:00 am

The USDA is an equal opportunity provider and employer.
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

Or call:
Toll Free (866) 632-9992
Federal Relay Service (800) 877-8339
Spanish (800) 845-6136

CACFP *Contact Information*

111 North Jackson Street, 5th Floor
PO Box 202925
Helena, MT 59620-2925
Toll Free: (888) 307-9333
Telephone: (406) 444-1788
Fax: (406) 444-2547
Website: www.bestbeginnings.mt.gov