

CACFP CENTERS/HOMES JANUARY 2017 NEWSLETTER

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HAPPY NEW YEAR

Each year one strives to be better and better at what he/she does i.e., the choices one makes, and the bad patterns he/she want to break. T&T Tutor World, Inc. is not excluded from making these decisions. We have set goals for our company and our Homes/centers.

The goal for our homes/centers this year is to be so knowledgeable of the CACFP that the claim has no errors on the error report. Some ways to obtain that knowledge are to make yourself more familiar with the handbooks, crediting guide, website and attend the Annual Training. Also, never be afraid to ask questions.

TIPS

As you may know, one of T&T Tutor World, Inc.'s requirement is to introduce children to a variety of foods. Serving the same main dish to the same children two and three times a week is not acceptable. We want the meals to be healthy and exciting for our young learners. As seasons change present foods that go along with each season.

Each month's menu should have two weeks of different "main dish" items for lunch and/or supper. At the end of the two weeks, you may repeat the same "main dish" for two more weeks or you may change the "main dish". Below are some examples of Different "main dishes".

Different Main Dishes

Baked Chicken/Chicken Nuggets
Baked Scrambled Eggs/Deviled Eggs
Hamburger/Meat Loaf
Hot Dog/Beans-N-Franks
Sweet Sour Chicken/Chicken Stir Fry
Chicken Noodles/Chicken and Dumplings

Fruits and Vegetables

Serve **fresh** fruits and vegetables at least three times a week. A fresh fruit is not frozen or canned. Serve fruits two times a day preferably at lunch and breakfast, this is not including juice. However, fruit can be served at snack as well. Starting October 2017, a fruit will be required at lunch. Please see your Menu Planning Guide to reference fruits and vegetables with good a sources of vitamin A and C.

T&T Tutor World, Inc. is the leader in guidance and tools for supporting child care providers to serve nutritious meals.

INFANTS

USDA recently revised the CACFP meal patterns to ensure children and adults have access to healthy, balanced meals throughout the day. CACFP centers and day care homes must comply with the updated meal patterns by October 1, 2017.

- ✚ Encourage and Support Breastfeeding:
 - Providers may receive reimbursement for meals when a breastfeeding mother comes to the day care center or home and directly breastfeeds her infant; and
 - Only breastmilk and infant formula are served to infants 0 through 5 month olds.
- ✚ Developmentally Appropriate Meals:
 - Two age groups, instead of three: 0 through 5 month olds and 6 through 11 month olds; and
 - Solid foods are gradually introduced around 6 months of age, as developmentally appropriate.
- ✚ More Nutritious Meals:
 - Requires a vegetable or fruit, or both, to be served at snack for infants 6 through 11 months old;
 - No longer allows juice or cheese food or cheese spread to be served; and
 - Allows ready-to-eat cereals at snack.

CHILDREN

USDA recently revised the CACFP meal patterns to ensure children and adults have access to healthy, balanced meals throughout the day. Under the updated child and adult meal patterns, meals served will include a greater variety of vegetables and fruit, more whole grains, and less added sugar and saturated fat. CACFP centers and day care homes must comply with the updated meal patterns by October 1, 2017.

- ✚ Greater Variety of Vegetables and Fruits
 - The combined fruit and vegetable component is now a separate vegetable component and a separate fruit component; and
 - Juice is limited to once per day.
- ✚ More Whole Grains
 - At least one serving of grains per day must be whole grain-rich;
 - Grain-based desserts no longer count towards the grain component; and
 - Ounce equivalents (oz eq) are used to determine the amount of creditable grains.
 - More Protein Options
 - Meat and meat alternates may be served in place of the entire grains component at breakfast a maximum of three times per week; and
 - Tofu counts as a meat alternate.
- ✚ Less Added Sugar
 - Yogurt must contain no more than 23 grams of sugar per 6 ounces; and
 - Breakfast cereals must contain no more than 6 grams of sugar per dry ounce.
- ✚ Making Every Sip Count
 - Unflavored whole milk must be served to 1 year olds; unflavored low-fat or fat-free milk must be served to children 2 through 5 years old; and unflavored low-fat, unflavored fat-free, or flavored fat-free milk must be served to children 6 years old and older and adults;
 - Non-dairy milk substitutes that are nutritionally equivalent to milk may be served in place of milk to children or adults with medical or special dietary needs; and
- Additional Improvements
- Frying is not allowed as a way of preparing foods on-site.