

T&T Tutor World, Inc.

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<https://www.facebook.com/TandTTutorWorld/>



Dear Center/Home,

As you may already know, a healthy diet is the key to success. It is important that you and your staff know and understand as much information about the standards provided by the CACFP as possible. To help with this process we have provided a few tips on how to help plan healthy menus for your young learners.

Purchased Combination Food Items

All purchased combination food items must have a child nutrition label (CN Label) or a product analysis sheet specifying contribution of product toward meeting pattern requirements; otherwise it is not creditable. This includes items such as corn dogs, chicken nuggets, fish sticks, ravioli, beef stew, etc...

Homemade Combination Food Items

Homemade combination food items, must have a standardized recipe specifying contribution toward meeting meal pattern requirements.

Sweet Food Items

Serve sweet food items no more than twice per week.

CN Labels

All approved CN Labels can be found at the site below. If the label you have is not on this site then it is not approved.

https://www.fns.usda.gov/sites/default/files/cn/cnl_verificationreport.pdf

Recipes

Having trouble figuring out new meals? Go to the link below and you will find the recipes recommended by the USDA.

<https://whatscooking.fns.usda.gov/>

More Important Info

Serve foods that are a good source of iron da

Upcoming Training

March 25

8 am- 3:15 pm

Charleston Area Convention Center

5000 Coliseum Dr. North Charleston, SC 29418

April 1

10:30am- 1 pm

Richard B Harrison Community Library

1313 New Bern Ave. Raleigh, NC 27610

April 8, 2017

10:00 am-1:30 pm

Northeast Library

1241 Military Cutoff Road

Wilmington, N C 28405

910-798-6371

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

Meats/Meat Alternates that Contain Iron		
<i>(Meats in general)</i>		
Beef	Mackerel	Soybeans
Chicken	Mussels	Trout
Clams	Oysters	Tuna
Liver	Sardines	Turkey
	Shrimp	

Serve foods that are high in sodium no more than two times per week.

Meats/Meat Alternates High in Sodium	Grains/Bread Alternates High in Sodium
Bologna	Food with batter-type or bread coating
Canned, pressed luncheon meat	Cheese puffs
Corndogs	Grain based chips
Frankfurters	
Processed meats and combination foods	
Pepperoni	
Polish Sausage	

Limit the foods that are high in saturated fat and cholesterol.

Meats/Meat Alternates High in Fat	
Bologna	Peanut butter
Canned, pressed luncheon meat	Pepperoni
Corndogs	Polish Sausage
Frankfurters	Processed meats and combination foods
Nuts and seeds	

KidKare

All providers who file electronically through Minute Menu, and any new providers, must sign up for KidKare by or before June 30, 2017. KidKare is user friendly and if you need any help with using it, please, visit the link below. The link has short tutorials that show how quick and easy the program is. It is web based so there is not anything that has to be downloaded. All you have to do is log in using your username and password from Minute Menu and all of your information is converted over.

Help.kidkare.com

Recordkeeping

Homes should record all meals before midnight each day in order to be credited the meals for that day. Centers have until Sunday night to record their meals and attendance for the week. Starting April 1, 2017, if this does not happen in the appropriate time frame, there will no longer be an option to input it in afterwards.

T & T Tutor World, INC President's Comments

- ✓ No deep-fried food prepared on site of homes/centers.
- ✓ Pan and stir fry are ok
- ✓ Water must be made available and offered to children daily
- ✓ Team Nutrition has recipes for different cultures
- ✓ If you serve flavored milk, it should be skim or fat free for 6 year olds and older.

