



Changes are Coming More Vegetables



In the past several newsletters, potential updates to the nutritional requirements of the food program have been presented such as serving more whole grains, less processed meats and other foods containing excessive saturated and trans fats.

The final detailed revisions in the regulations may not be released for some time - probably mid year 2012. Once released, all food program participants will be expected to come into immediate compliance in a short amount of time or experience deductions in your reimbursements. Please note that we do not know what the final changes will be but will do our best to prepare you as soon as possible beforehand.

Another recommended change to the CACFP is to update the meal pattern for lunch and dinner requiring an additional vegetable to be served. So, instead of two fruits or two vegetables or one of each, *as is the current rule*, you would have to serve **one fruit and two vegetables**.

Why would this be changed?

Obviously, children do not eat enough vegetables (*or fruits for that matter*). Eighty-five percent of children do not eat the minimum amounts of fruits and veggies on a daily basis. Adults are not much better with 80% not getting enough. Since children who do not eat veggies grow up to be adults who probably do not eat enough veggies - this is a concern. By exposing children to a variety of fruits and vegetables at a young age, there is hope that they will grow to like them and eat them into their adult years with the long term benefit of improved health overall.

Why are fruits and vegetables so important for good health?

1- They contribute a number of nutrients that are underconsumed in the United States, including folate, magnesium, potassium, dietary fiber and vitamins A, C, and K.

2 - Consumption of vegetables and fruits is associated with reduced risk of many chronic diseases. There is moderate evidence that indicates that at least 2.5 cups of vegetables, and fruits per day is associated with a reduced risk of cardiovascular disease, including heart attack and stroke. Some veggies and fruits protect against

certain types of cancer, as well.

3 - Most vegetables when prepared without added fats or sugars, are relatively low in calories. Eating them instead of higher calorie foods can help children and adults achieve and maintain a healthy weight.

So, we all accept the fact that eating more veggies (and whole fruits) is good for our health. However, those of you who struggle with getting the children to taste, let alone eat one vegetable at a meal time are probably thinking, "*Great! Now there will be more food to go into the garbage!*"

So, in preparation, *in case this becomes a regulation*, consider the following:

- Serve your veggies family style! You are required to have enough full servings available on the table to give each child but placing a few pieces on a reluctant child's plate is OK. Waste will be significantly reduced!

- Be a good example and start visibly eating and enjoying more veggies in the presence of the children. Talk about how good they are for their bodies. Soon they will like them too!

TWO HOURS OF FOOD PROGRAM TRAINING REQUIRED FOR 2011

Most of you have completed the first required hour - **CIVIL RIGHTS AND CACFP GUIDELINES - STEPS TO SUCCESS IN THE CACFP** and approximately one-third of you have completed the second hour. **Congratulations!**

If you have not met this requirement, the second hour is your choice:

- 1) You may attend an ICCB workshop;
- 2) Complete a newsletter quiz (*enclosed in the January, May and September issues*).
- 3) Read an ICCB training packet, then send in the completed quiz. (*Available on our website.*)
- 4) Complete a training quiz provided at a home visit.



If you have not yet done so, consider this an important reminder and make it your goal to complete and submit the training this week.

Summer Visits



It is very important to let us know when you will be **CLOSED** this summer or not available for a home visit due to a field trip, etc. If you claim on Minute Menu, you may note CLOSED days on your Calendar. Call the office (*or leave a message after hours*) to let us know if you will be taking the children on a field trip.

Visit our website

www.illinoischildren.com for:

the latest CACFP updates, past newsletters, training packets, recipes, downloadable forms, reimbursement dates. Contact us at: ICCB@illinoischildren.com

June is Fresh Fruit and Vegetable Month



New Providers

ICCB welcomes providers who began participating in the program in April 2011:

Chiquita Ash	Niles
Margaret Johnson	Chicago
Robin Poppie	Bonfield
Eufracia Soto	Waukegan

Provider Tip of the Month!

Check Enrollments on School Aged Children



Summer is upon us and children who are normally in your care **only** before and after school, may be with you **all day** for the next few months.

Take a few minutes to check their **CE's (Child Enrollment) forms** to make sure that lunch is indicated as an approved meal for each of them. If not approved, you will not be reimbursed for any lunches that are claimed for these children.

To update a CE, you may submit your copy with the changes noted and initialed by the child's parent or print a new copy from your Minute Menu account, note the changes on this form, have a parent sign it and then fax or mail it to the ICCB office.

Whole Grains Items Added to Minute Menu Food Chart

You may have noticed that a number of whole grain items have been added to the Minute Menu food selections under Breads.

You will receive more information on these changes at your next home visit! In the meantime, select these items when you know you are serving them.

Keep Menu and Attendance Records Daily

This is one of the most important regulations of the food program. Unfortunately, it is one that many providers fail to keep. At the very least, reimbursement dollars are not paid for the days the provider is behind and at the very worst, a provider is eventually terminated from future participation in the food program for a period of seven years. Since your Program Advisor and Illinois State Board of Education monitors conduct unexpected, unannounced visits routinely, it is extremely important that you record the foods that you have served the children and indicate the children who were present at each meal or snack, **EVERYDAY!**

If you claim online, make it a priority to access your Minute Menu account and enter this information at least once each day!!

Daily Meal Worksheets

If you are not familiar with the above form, you should be!!! The Daily Meal Worksheet is available from your Minute Menu account. On the toolbar go to Reports / Claim / Daily Meal Worksheet.

If your computer is down or for any other reason you are not able to enter your records online, then use this form. It lists your children for you. All you need to do is record your meals and snacks and check off the children who are there! Keep these forms even after you have entered the information into your account in order to prove that you kept your menus and attendance daily.

THE KID'S FAVORITE RECIPE CORNER

Broccoli Salad

This recipe may help to make broccoli a favorite of your kids!



- 4 - 5 cups raw broccoli florets
- 3 - 4 slices cooked bacon, crumbled
- 1 - cup raisins, 1 - cup sunflower seeds

Mix the above ingredients together. Toss with dressing below:

1/2 c mayonnaise, 1 Tbsp vinegar, 3 - 4 Tbsp sugar

Yield: Approximately 5 cups

1/4 cup = 1 fruit/veg alternate for 1 - 5 yr olds

1/3 cup+ = 1 fruit/veg alternate for 6 - 12 yr olds

Source: Somebunny's Cooking

Each month, a provider's site number is hidden in this newsletter. If it happens to be your number, contact our office to claim your fabulous prize! Not sure what your site number is? It's located on the top, left corner of your site sheet and on the bottom of reimbursement check stubs.

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