



**BULLETIN:**

**Child and Adult Care Food Program**

**Child & Adult Care Centers,  
Emergency Shelters, OSHC, &  
Sponsors of Family Day Care Homes**  
[www.education.alaska.gov/tls/cnp](http://www.education.alaska.gov/tls/cnp)

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**To:** CACFP Agencies  
CACFP Program Reviewers

**Date:** January 26, 2015

**From:** Ann-Marie Martin  
CACFP Coordinator

**Bulletin:** 2015-04

Program changes as a result of USDA Policy Memos and Technical Assistance Memos are to be implemented immediately. Please file this bulletin for reference, guidance and compliance with the Child and Adult Care Food Program. Feel free to call the Child Nutrition Programs office if you need further clarification.

**USDA Policy Memos**

1. Child and Adult Care Food Program: Meal Pattern Revisions Related to the Healthy, Hunger-Free Kids Act of 2010 (Proposed Rule – Comments due by 4/15/15)
2. CACFP 05-2014 (v.2) Smoothies Offered in Child Nutrition Programs

**Bulletin Topics**

3. USDA Proposes New Science-Based Meal Patterns for CACFP
4. Meal Type Prior-Approval
5. Food Protection Manager training is Available February 4 through University of Alaska Cooperative Extension
6. Obese preschooler may slim down with Head Start programs (Fox News 1/12/15)
7. Mealtime Memo – Setting Goals for the New Year

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**1. Child and Adult Care Food Program: Meal Pattern Revisions Related to the Healthy, Hunger-Free Kids Act of 2010 - <http://www.fns.usda.gov/cacfp/federal-register-documents>**

This rule will propose modifications to implement section 221 of the Healthy, Hunger-Free Kids Act of 2010, for day care institutions participating in Child and Adult Care Food Program, schools serving young children who participate in the School Breakfast and Lunch Programs, and schools and institutions serving children of all ages who participate in the Special Milk Program. This rule will propose changes aimed at aligning the meals served in the CACFP with the Dietary Guidelines for Americans and will consider recommendations made by the institute of Medicine of the National Academies in the report Child and Adult Care Food Program: Aligning Dietary Guidance for All, and input from stakeholders, as well as cost and practical considerations.

In addition, this proposal would make additional revisions to the health and wellness components of CACFP to reflect several requirements set forth in the HHFKA, including changes to the purpose of the Program and making water available to Program participants.

The Food and Nutrition Service (FNS), USDA, invites interested persons to submit comments on this proposed rule. In order to ensure proper receipt, comments may be submitted through one of the following methods only:

- **Preferred method:** Federal eRulemaking Portal at <http://www.regulations.gov>. Follow the online instructions for submitting comments.
- **Mail:** Written comments should be addressed to Tina Namian, Branch Chief, Policy and Program Development Division, Child Nutrition Programs, Food and Nutrition Service, Department of Agriculture, Post Office Box 66874, St. Louis, Missouri 63166.

Comments sent by other methods not listed above will not be able to be accepted and subsequently not posted. Comments submitted in response to this rule will be included in the record and will be made available to the public. Please be advised that the substance of the comments and the identity of the individuals or entities submitting the comments will be subject to public disclosure. USDA will make the comments publicly available on the Internet via <http://www.regulations.gov>.

The Alaska Child Nutrition Programs **highly encourages you to comment** on the proposed rule. Please make sure to do the following before commenting by April 15, 2015:

- 1) Read the proposed rule found on the website listed above
  - 2) Follow the guidelines they provide on commenting
  - 3) **Use resources so you fully understand the proposed rule before commenting**
- ✓ Attend the FRAC webinar in conjunction with USDA on January 29<sup>th</sup>



**New Proposed Healthier CACFP Meal Standards: What You Need to Know**  
Thursday, January 29, 2015  
9:30 AM Alaska Time

[Register here](#) for the webinar.

USDA's proposed new healthier meal pattern for the Child and Adult Care Food Program and related programs has been released. Join the Food Research and Action Center and USDA for a webinar on the proposed rule.

Learn what you need to know about USDA's recently proposed rule, "Child and Adult Care Food Program: Meal Pattern Revisions Related to the Healthy, Hunger-Free Kids Act of 2010," including the revised meal patterns and nutrition standards for The CACFP in Head Start, child care centers, family child care homes, afterschool programs, emergency shelters and adult day care, and school meal programs in school-based PreK and afterschool programs.

Speakers: Kevin Concannon, Undersecretary for Food, Nutrition, and Consumer Services, USDA, Jim Weill and Geri Henchy, Food Research and Action Center, Laura Carroll, Child Nutrition Division, USDA

- ✓ Read the Proposed rule to Update Meal Patterns in the CACFP PowerPoint from FNS
  - Attached to this bulletin
- ✓ Read the Proposed Rule Materials on USDA Website: <http://www.fns.usda.gov/cacfp/meals-and-snacks>
  - Proposed Rule
  - Press Release on the Proposed Rule
  - Summary of Proposed Infant meal Patterns
  - Summary of Proposed Child and Adult Meal Patterns
  - CACFP Proposed Meal Pattern Webinar
- ✓ WIC guidelines on allowed foods:
  - Attached to this bulletin or you can find it at: <http://dhss.alaska.gov/dpa/Pages/nutri/wic/participants/wicfoodlist.aspx> link at the bottom of the page for the link and see page 3 for cereal

## **2. CACFP 05-2014 (v.2) Smoothies Offered in Child Nutrition Programs**

This memorandum replaces previous guidance on smoothies, addresses the crediting of vegetables and yogurt in smoothies, and clarified the use of fruit concentrates in CNP. This memorandum allows yogurt (meat/meat alternate) to be used and credited in smoothies at lunch in CACFP and does not replace the milk component. It also allows vegetables to be included in a smoothie with specific requirements.

## **3. USDA Proposes New Science-Based Meal Patterns for CACFP** WASHINGTON, Jan. 9, 2015 –

The U.S. Department of Agriculture (USDA) released a proposed rule today with new science-based nutrition standards for meals provided through USDA's Child and Adult Care Food Program (CACFP). With over 3 million children receiving meals from the CACFP each day, the proposed meal patterns will help ensure children have access to healthy, balanced meals throughout the day. The rule will also provide older adults and adults in nonresidential daycare settings greater access to nutritious foods.

Under the proposed rule, meals served to children and adults in day care will include a greater variety of vegetables and fruits, more whole grains, and less sugar and fat. These changes support the ongoing efforts of numerous parents, and the many public and private organizations that serve children, to solve the current obesity crisis. Today's proposal is the first major update of the CACFP meal patterns since the program's inception in 1968.

USDA designed meal pattern changes that would not increase cost for providers. The proposal focuses on incremental changes that reflect the science behind the nutritional needs of CACFP's diverse participants, and are practical and achievable for the program's varied service providers to implement. Along with the updated meal patterns, USDA is proposing best practices as a guide for providers when choosing to take additional steps to offer high-quality and nutritious meals in their program.

“With over one in five children under the age of five being overweight or obese, the proposed improvements to the CACFP meal patterns will help safeguard the health of children early in their

lives,” Agriculture Undersecretary Kevin Concannon said. “Providing children access to nutritious food early in life helps instill healthy habits that can serve as a foundation for a lifetime of healthy choices.”

Mandated by the Healthy, Hunger-Free Kids Act of 2010, the proposed meal pattern updates delivered to the *Federal Register* today for publication next week are designed to work in concert with USDA’s school meals standards, now implemented in schools across the country. Additionally, the proposed changes support breastfeeding and improve access to healthy beverages, including water and low-fat and fat-free milk. These updated meal patterns are based on the Dietary Guidelines for Americans, scientific recommendations from the Institute of Medicine, and stakeholder input.

CACFP contributes to the nutritious foods that young children need for healthy growth, development, and wellness. Each day, the program provides millions of meals and snacks to children in their regular day care, children residing in emergency shelters, youth participating in afterschool programs, and participants in adult day care programs. While data shows childhood obesity rates are starting to level off, the proposed CACFP meal patterns are critical to creating stronger community nutrition programs and continuing successful obesity prevention efforts to help our youngest children learn to enjoy healthy foods and resolve the obesity problem.

“Not only does this program ensure nutritious meals for children,” Concannon said, “It also enables child care providers to sustain their businesses and provide affordable care to low income families.”

USDA is seeking input on the proposed rule from the public. Those interested in reviewing the proposal and offering comments during the 90 day period are encouraged to do so once it is published at [www.regulations.gov](http://www.regulations.gov), a Web-based portal to make it easy for citizens to participate in the federal rulemaking process. All comments received will be considered carefully in finalizing the rule before it is implemented.

The Child and Adult Care Food Program is one of 15 nutrition assistance programs, including the National School Lunch and School Breakfast programs, Supplemental Nutrition Assistance Program, the Special Supplemental Nutrition Program for Women, Infants and Children, and the Summer Food Service Program. These programs touch the lives of one in four Americans each year and, taken together, comprise America’s nutrition safety net.

For more information about the proposed changes, please visit: [www.fns.usda.gov/cacfp/federal-register-documents](http://www.fns.usda.gov/cacfp/federal-register-documents).

**Release No.**  
FNS 0001-15

**Contact:**  
FNS Office of the Chief Communications Officer (703) 305-2281

#### **4. Meal Service Needs Prior-Approval**

Meal Service (days, times, preparation) need to be Pre-Approved in CNP Database prior to implementation. We have had centers that contact the state office after the month is over to tell us they changed their meals or added a meal. We cannot approve this retroactively so please make sure you update the CNP database with any changes prior to implementation.

#### **5. Food Protection Manager training is Available February 4 through University of Alaska Cooperative Extension**

A certified food protection manager training will be offered February 4 in Fairbanks and Palmer and by videoconference in Kodiak, Unalaska and Craig. The food safety workshop, which is hosted by the University of Alaska Fairbanks Cooperative Extension Service, will run from 9 a.m. to 5 p.m. State regulations require that all food establishments have at least one certified food protection manager on staff to ensure compliance with food safety regulations. Register online by January 23 at <http://bit.ly/ces-workshops> to receive a study guide and class locations. The \$200 fee includes one certification exam. For more information, go to [www.uaf.edu/ces/](http://www.uaf.edu/ces/) or contact Kathy McDougall at 907-474-2420 or [kmmcdougall@alaska.edu](mailto:kmmcdougall@alaska.edu).

## **6. Obese preschoolers may slim down with Head Start programs (Fox News)**

Published January 12, 2015 [Associated Press](#)

Head Start programs have been shown to help poor children do better in school, but they may also help them fight obesity, a study suggests. During a year of Head Start preschool, obese and overweight children were much more likely to slim down than comparison groups of kids.

The study involved almost 44,000 preschool-aged children in Michigan and the researchers, from the University of Michigan, acknowledge it has weaknesses. But they say the potential benefits are important because obesity is so hard to treat and affects low-income children disproportionately.

Five things to know about the research, published online Monday in Pediatrics:

**HEAD START:** Head Start is a federal pre-kindergarten program offered free in every state to low-income families. It often involves full-day preschool, focusing on school readiness, healthy eating and physical activity. Many programs provide children two daily meals, and give families health and nutrition advice. More than 1 million U.S. children participate.

**THE CHILDREN:** Almost 44,000 children participated, including about 19,000 Head Start kids. They were compared with children from Medicaid families and with those from wealthier, privately insured families. Health records and Head Start data provided height and weight measurements between the ages of age 2 and 6.

**THE RESULTS:** About 16 percent of kids entering Head Start were obese, versus 12 percent of Medicaid kids and 7 percent of the others. After a year, almost 11 percent of initially obese Head Start kids became normal weight, compared with none of the Medicaid kids and less than 2 percent of the others. The improvements lasted through the end of the study, or when the kids entered kindergarten.

Similar trends were seen in kids who started out overweight but not obese.

Nationwide, about 8 percent of preschoolers are obese, but the rate was mostly higher during the 2005-13 study.

**THE SKINNY:** The study found a reverse benefit for underweight children. Those in Head Start were more likely to gain weight and achieve a healthy weight after a year than other underweight kids.

**THE LIMITATIONS:** The Head Start group had fewer blacks and more whites than the Medicaid group; the non-Medicaid group had the fewest number of minority kids.

A more rigorous test would have compared more similar groups, randomly assigning only some children to attend Head Start. That would be unethical because of Head Start's educational benefits,

said lead researcher Dr. Julie Lumeng. It's likely that many kids in the comparison groups attended some kind preschool, perhaps including Head Start. That means it's not certain that participation in Head Start explains the weight improvements, she said.

But Dr. David Ludwig, a Harvard Medical School pediatrics professor and director of an obesity prevention center at Children's Hospital Boston, called the results are impressive and encouraging despite the limitations.

He said the researchers chose a "very reasonable" alternative study design, and that the results make sense, given the services Head Start programs provide.

## 7. **Mealtime Memo –**

The beginning of the year is a great time for reflection and change – and setting goals for the new year. This issue of Mealtime Memo includes information on SMART Goals as well as a nutrition tip, a nutrition fact, and information about the fruit of the month – Clementine. You can find the memo in English and Spanish at the following website: <http://www.nfsmi.org/ResourceOverview.aspx?ID=488> and also on the CACFP Bulletins webpage: <http://education.alaska.gov/tls/cnp/CACFP4.html>.

### **Contact Information**

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### **Commonly Used Acronyms**

CACFP – Child and Adult Care Food Program  
CNP – Child Nutrition Programs  
FNS – Food & Nutrition Services  
FNSRO-Food & Nut Services Reg. Office  
USDA – U.S. Department of Agriculture  
LEA – Local Education Authority  
DEC – Department of Conservation

All attachments for this bulletin can be found on the State of Alaska Child Nutrition Programs, CACFP Bulletins page: <http://education.alaska.gov/tls/cnp/CACFP4.html>.

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