

# NUTRITION FIRST NEWS



May 2017



## New Regulation Coming Soon PLEASE TAKE NOTE

We know many of you are aware the USDA was required to update the CACFP (Child and Adult Care Food Program) to be consistent with the most recent version of the Dietary Guideline for Americans and the most recent relevant nutrition science. The final rule was published in April, 2016, by USDA's Food and Nutrition Service (FNS). That rule updated the CACFP meal pattern, and takes effect October 1, 2017.

It is important to note that our funder, Oregon Department of Education, will allow for technical assistance after October with the goal of complete compliance over the next year. We were just trained on most of the new rules last month and will be putting together a training to bring to each of you in your homes, beginning in June. In addition, we hope to hold several Saturday workshops in order to give you all the information we possibly can – there is a lot of it! These workshops will be held in August and September in various counties. All of you will be notified. We ask that you follow us on Facebook, as we post information about the new rules on our page, in addition to other resources, recipes, and reimbursement release dates. Just search for Nutrition First on Facebook.

**Rules are still being settled on by Oregon Department of Education. Here is some information of which we are certain:**

**Infants:** The infant feeding pattern changes the most. At this point, we know that **juice** will no longer be claimable for infants after October 1<sup>st</sup>. For infants six months of age or as developmentally ready, the new requirement is to serve a vegetable or fruit or both to infants at **snack** in addition to their formula/breast milk and bread product or cereal. Speaking of cereal, at snack, infants may be served ready-to-eat cereal with 6 grams or less of sugar per serving (this would include cereals such as Cheerios, Kix, Chex, etc.). We will have a list of claimable cereals by October 1<sup>st</sup>. Please remember, these rules do not take place until October 1<sup>st</sup>, so if you serve Cheerios to infants before then, those meals will be disallowed.

Additional new foods for infants will include yogurt and whole eggs.

**Children over age 12 months:** Here are changes to the milk regulation – children ages one to two **must** be served whole milk (or a parent and/or doctor-approved soy or other milk substitute).

After age two, children must be served fat-free or 1% milk. That hasn't changed from the current regulation. What has changed is that **flavored milk** (chocolate, strawberry or Ovaltine) will not be claimable until age six or older.

Under the updated meal pattern, **fruit juice or vegetable juice** may only be served at one meal or snack per day, for children over age one.

Breakfasts for children over age one may include **eggs or yogurt** (or other meat/meat alternate) 3 times per week in place of the grains component. Yogurt may be plain or flavored, unsweetened or sweetened. Yogurt must contain no more than 23 grams of total sugar per 6 ounces. We will have an easy math equation to figure out the total sugars – we will also devise a list of claimable yogurts. We ask that you send us a snapshot of the various yogurts you are using so we can keep it on file.

**The fruit/vegetable component** will now be two separate components. You will be able to serve both a fruit and a vegetable at snack. Lunches and dinners will require either two vegetables or one vegetable and one fruit (no longer two fruits after October 1<sup>st</sup>).

**Grain-based desserts** will not count toward the grain component at any meal or snack beginning October 1, 2017. This list of **non-claimable** foods includes all cookies, cakes, pies, cobblers, sweet crackers such as graham crackers and animal crackers, all granola bars, breakfast bars, energy bars, cinnamon rolls, bread and rice puddings, toaster pastries, pop tarts, sweet scones, brownies, and doughnuts – basically anything sweet and dessert-like. However, regular crackers (goldfish, saltines, Ritz, etc.) and fruit or vegetable bread such as zucchini and carrot bread, and all muffins and savory scones **will count** as a grain component.

**Soy burgers and tofu** will now be creditable (in October), but there are steps to go through to figure out what brands are claimable.

As you can see, there are many changes coming. While the Saturday workshops are not mandatory, we encourage you to try to attend one of these. We hope to have many handouts for you and will try to answer all your questions. We are new to these rules also, so if we don't know the answer on the spot, we will ask USDA and ODE and get the answers.

*The important thing to realize is that the new regulations hope to increase the health and well-being of our children. The folks at Partnership for a Healthier America Have published the following grim realities: One out of three children are obese or overweight. This is the first generation with a shorter life expectancy than their parents. And we spend an estimated \$190 billion in health care costs of obesity-related illness. Those are sobering statistics. It is up to all of us to turn this trend around.*

Мы уже говорили вам о некоторых предстоящих изменениях которые вступят в силу в октябре этого года. Во время летнего визита мы предоставим вам более точную информацию. Больше всего изменений ожидается для младенцев. Нельзя будет сервировать сок для младенцев но будет разрешено сервировать сириал с пониженным содержанием сахара например: Kix, Cheerios, Chex. Для детей после года, фруктовый или овощной сок можно будет сервировать только один раз в день замещая фрукт или овощ. Меню где сок будет записан более одного раза в день не будет оплаченным. Шоколадное и клубничное обезжиренное молоко можно будет сервировать только детям после 6 лет. Так же детям после года будет разрешено сервировать белок (йогурт, яйцо, мясо) на завтрак три раза в неделю. Оплачиваться будет только йогурт с низким содержанием сахара (не более 23 грамма сахара на 6 унций йогурта). На обед и ужин воспитатели должны будут сервировать овощ и фрукт или два овоща. Так же можно будет сервировать одновременно овощ и фрукт на перекуску как два продукта с разной группы (в данное время овощ и фрукт продукты одной группы). Любая сладкая выпечка больше не будет считаться хлебом и заменителем хлеба и не будет оплачиваться программой. Этот список включает в себя сладкое печенье, рулеты и пироги со сладкой начинкой, торты, зерновые батончики.... Разрешены будут несладкое печенье (goldfish, saltines, ritz), хлеб "на быструю руку" (морковный, банановый), кексы (muffins).



Пожалуйста звоните если у вас есть вопросы. Мы надеемся что все вышеописанные изменения помогут обеспечить здоровое будущее наших детей.

## Nuevo Reglamento Viene Pronto POR FAVOR TOME NOTA

Muchas de ustedes saben que USDA estaba obligado a actualizar el CACFP (Programa de Comida para Niños y Adultos) para que fuera compatible con la versión más reciente de la pauta dietética para americanos y la más reciente Nutrición Científica correspondiente. La regla final fue publicada en abril de 2016, por USDA y el servicio de nutrición (FNS). Esta norma actualiza el patrón de comida CACFP y toma efecto 01 de octubre de 2017.

Es importante tener en cuenta que nuestro fundador, el Departamento de Educación de Oregon (ODE), solo permitirá asistencia técnica, no permitirá período de gracia. Y apenas fuimos entrenadas en la mayoría de las nuevas reglas el mes pasado. Por lo tanto pondremos en plan un entrenamiento que necesito que todas tomen, será en sábado y espero que todas puedan asistir. Favor de buscarme en Facebook, y denle like a la pagina para que reciban cambios e información sobre el programa a como valla poniendo.

Las reglas aun están en proceso por ODE. Pero aquí hay alguna de las que ya estamos seguros:

El patrón de alimentación para bebé - Ya no podrá servir jugo a los niños menores de un año de edad. Y necesitara ofrecer todos los componentes a los niños comenzando los 6 meses, o a como se vaya desarrollando para comer sólidos el infante. Y a la hora de las botanas, tendrá que ofrecerle una fruta o verdura al junto con la formula o leche materna y el pan.

Habrà también cambios positivos que le daràn mas flexibilidad con lo que sirve pero estos cambios **no toman efecto hasta Octubre primer 2017**. Podrà servir yogur, blanquillos enteros, como proteína y cereal de adulto a la hora de la botana (**no en el desayuno**). Les tendré una lista de cereales aprobados pronto.

El patrón de niños mayores de un año - Aquí están los cambios en la regulación de la leche - a los niños de un año tiene que servir le la leche entera. (Con la hoja de aprobación del padre / o médico con alguna otra leche aprobada)

Después de dos años, los niños solo pueden tomar leche libre de grasa o de 1% esta regla no a cambiado. **Lo que ha cambiado es que la leche con sabor** (chocolate, fresa, Nesquik, o Ovaltine) no será reembolsable hasta después de los seis años, y solo en leche libre de grasa.

El jugo solo se puede servir una vez por día, y cualquier licuado o smoothie que sirva con fruta o verdura será contado como jugo.

Los desayunos pueden incluir proteína tales como huevos o

yogurt 3 veces por semana en lugar del componente de granos.

Yogur puede ser sin sabor o con sabor, sin endulzar o endulzado, pero ahora el yogur debe contener no más de 23 gramos de azúcar por 6 onzas. Tenemos una ecuación de matemáticas fácil de usar. El programa requerirá que usted nos envíe la etiqueta nutritiva de los yogures que usas para que podamos mantener los en su archivo. Y solo los yogurts de las etiquetas que enviase podrás cobrar.

El componente de frutas y verduras serán dos componentes separados. Usted podrá servir una fruta y una verdura para la hora de la botana. Y para el almuerzo y cenas se requiere que sirva dos verduras o una verdura y una fruta. (**No podrá servir dos frutas a la hora del almuerzo y la cena después del primero de octubre**).

El cambio más grande será en el grupo del pan: ningún pan, galleta, o barra dulce podrá ser servido esto incluye el pan mexicano, polvorones, donuts, galletas: Graham, chocolate, vainilla, canela, de animalitos, empanadas, churros con y sin azúcar. Las barras de cereal, barras de granola, cualquier tipo de barra de grano. Básicamente cualquier cosa dulce o tipo postre. Sin embargo, galletas crujientes (goldfish, saladas, Ritz, etc.) y los panes rápidos de calabacín, zanahoria, o plátano y todos los muffins seguirán contando como un componente del grano.

El tofu y comidas de soya será acreditables (**en octubre**), pero necesitare la etiqueta de nutrición antes de que lo pueda cobrar para ver si es una de las aprobadas.

Lo importante a de recordar es que las nuevas regulaciones aumentar la salud y el bienestar de nuestros niños.

# The Everyday Chef: Swiss Chard & Chickpea Soup

*This time of year, I'm a big fan of simple soups. I love the convenience of a one-dish meal simmering on the stovetop, ready for eating whenever I am. That's the true beauty of soup, it's almost impossible to overcook. Sometimes I'll enjoy soup as soon as it's ready (usually after a 30-minute simmer) and other times, I'll let it go for hours before I finally enjoy a bowl.*

*This soup is a great way to enjoy Swiss chard, especially if you need a break from spinach, kale or other greens. I kept the ingredient list fairly short for ease, but feel free to add in your favorite vegetables: zucchini, potatoes, and squash would all be great here. **To thicken the soup** without having to rely on additional cream or fillers, purée 1 cup of the chickpeas with broth before adding to the soup. This gives a nice, silky body to the soup while still keeping it light*

- ✓ 2 (15 ounce cans chickpeas), drained and rinsed
- ✓ 4 cups vegetable broth, low-sodium if desired
- ✓ 1 tablespoon olive oil
- ✓ 1 white or yellow onion, diced
- ✓ 1 large carrot, diced
- ✓ 2 ribs celery, diced
- ✓ 3 cloves garlic, diced
- ✓ 3 large tomatoes, diced
- ✓ 1 teaspoon dried rosemary
- ✓ 2 bay leaves
- ✓ 1 small bunch Swiss chard, chopped
- ✓ Freshly grated Parmesan cheese, for topping, if desired

Place 1 cup of the chickpeas in a blender along with 1 cup of vegetable broth. Purée until creamy and smooth, then set aside.

Heat the olive oil in a large pot over medium heat. Add the onion, carrot, celery and garlic then sauté until very soft and onions are cooked through, about 10 minutes. Add in the tomatoes and rosemary and cook another 5 minutes, stirring often.

Add in the bay leaves, remaining vegetable broth, chickpea mixture, remaining chickpeas and Swiss chard. Reduce heat to medium-low and simmer for 20-30 minutes until Swiss chard is soft and mixture is heated through..[fruitsandveggiesmorematters.org](http://fruitsandveggiesmorematters.org)



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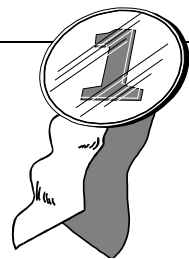


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## MENU WINNERS

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- **The menu winners for March are: Jennifer Clendenin of Newport & Alan Amos, of Eugene**
- **The menu winners for April are: Jolene Haylett of Corvallis & Candelaria Carrillo-Reyes of Tillamook.**
- **Keep those menus coming in on time – you might be next!**
- **Remember – to enter, menus need to be in an envelope with your name and address on the outside. Thanks!**



*Thanks and Good Luck!!*

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### "Good nutrition is the right of all children."

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