



## April 16, 2019 CE Edition

This information is to keep you informed of any changes in policies and procedures and of new communication originating from the State Office this month.

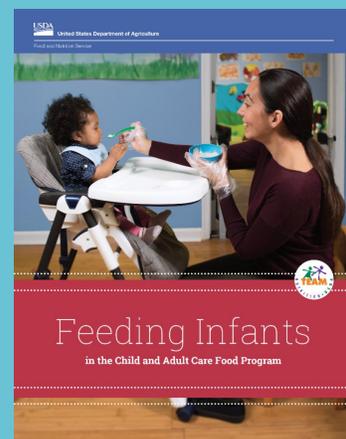
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### **New!** *Feeding Infants in the CACFP* Resource

The USDA's Team Nutrition initiative is excited to announce the release of *Feeding Infants in the Child and Adult Care Food Program*.

This guide supports Child and Adult Care Food Program (CACFP) operators in implementing the CACFP infant meal pattern requirements and best practices for infant feeding, including information on:

- CACFP infant meal pattern,
- developmental readiness for solid foods,
- hunger and fullness signs,
- handling and storing breastmilk and infant formula,
- creditable foods, and more!



*Feeding Infants in the Child and Adult Care Food Program* is currently available in English at [USDA's website](#). Spanish and print versions will be made available at a later date.

## Compliance

With application season just around the corner, some program reminders are in order!

TDA wants to ensure that our Contracting Entities (CEs) remain compliant with the new CACFP Meal Pattern which took effect in 2017. Below are some resources that you can utilize to aid you in meeting CACFP meal patterns for each meal service. Please refer to the [CACFP Handbook](#) Section 4000, or [SquareMeals](#) for the most up to date information



regarding the meal pattern and its implementation.

USDA's Meal Pattern one-pagers can be downloaded here:

[Infant Meal Pattern](#)

[Child Meal Pattern](#)

[Adult Meal Pattern](#)

The following self-paced trainings will provide a refresher on the components of a reimbursable meal in each of the CACFP program areas:

[Infant Meal Pattern](#)

[Child Meal Pattern](#)

[Adult Day Care Meal Pattern](#)

TDA partners with Education Service Centers (ESC) across the state to provide CEs with more in depth training on this and many other topics that can assist them in attaining more effective program operations. To locate the ESC in your area click [here](#).

## Important Reminder for Sponsors

TDA Assistant Commissioner for Food and Nutrition Angela Olige has an important reminder for sponsors in advance of CACFP applications opening for renewal on July 1. In the attached letter she outlines steps for ensuring clear communications with sites regarding the administrative cost percentage a sponsor can retain. Click [here](#) to read.

## Healthier CACFP Recognition Award and Grant Application

The *Healthier CACFP Recognition Award - Establishing 3Es Grants* request for application (RFA) has been released and posted. The Healthier Child and Adult Care Food Program Recognition Award (HCACFPRA) is a recognition system that supports the wellness efforts of child care centers participating in CACFP. Child care centers taking steps to improve their menus, physical activity, nutrition education and/or environment for children in their care. To participate in the HCACFPRA, independent and sponsoring contracting entities, must apply and be awarded the Establishing the 3E's Nutrition Grant Program. This program is geared toward 3-5 year old children and is a competitive grant. This program allows not only children, but their parents, to learn that proper nutrition education at an early age is pertinent to developing healthy eating and exercising habits. Deadline for application is **May 2, 2019**. You can access the RFA [here](#).



## Resources

### **New!** Food Buying Guide (FBG) Calculator on the FBG Mobile App

On March 18, 2019, FNS released the Food Buying Guide (FBG) Calculator as a new feature on the FBG Mobile App. The FBG Calculator is designed to assist Child Nutrition Program operators in creating

a shopping list to streamline food ordering needs for their programs. Currently, the FBG Calculator is included with the Food Buying Guide for Child Nutrition Programs Interactive Web-Based Tool. With this new release on the FBG Mobile App, program operators can now create and use their shopping list on-the-go!

The FBG Mobile App is currently available on the Apple App Store and the Google Play Store [here](#).



## Menu Calendar Templates

The Texas Department of Agriculture (TDA) has created fun and informative new menu calendar templates for August 2019 - July 2020. Each month, an exciting superhero makes a healthy meal fun and engaging for children and families.

These menu calendar templates are now available for download at [Squaremeals.org/CACFPresources](http://Squaremeals.org/CACFPresources)

TDA is responding to feedback and offering each customizable menu calendar template in both English and Spanish. Based on input, templates are available as new, easy to use PowerPoint files to address many of the previous issues with formatting, readability, and print quality.

If you have any questions, please contact TDA at [Outreach@TexasAgriculture.gov](mailto:Outreach@TexasAgriculture.gov).

## Breakfast for Little Ones

### Why is breakfast important?

When you wake up in the morning, your body needs food for energy so you can learn and move around.

- Food provides energy to walk, play, and have fun.
- Food helps the brain think, be alert, and make decisions.
- Choose foods that are nutritious and helps the body to grow .

Breakfast is when you “break-fast.” During the night, your body may be asleep but it is still working and using energy. So when you awake, replenish the body with food and beverage that will help children grow and maintain its function. When children eat at a CACFP child care facility, provide all components of a breakfast meal which includes (for children two through five years):

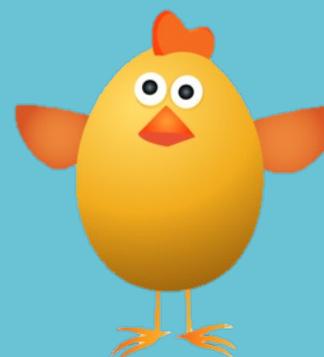
- Fluid unflavored skim or low -fat milk,
- Vegetables, fruits, or portions of both and
- Grains

Remember meat and meat alternates may be used to meet the entire grains requirements a maximum of three times a week.

### What to serve children 2- 5 years for Breakfast in the CACFP

There are so many options for what you can serve little ones for breakfast at the child care facility. Check out resources from TDA on Squaremeal.org or USDA Team Nutrition for ideas, recipes, and breakfast menus. Below are a few suggestions:

- Smoothies that are meal pattern compliant
- Yogurt (no more than 23 grams of sugar per 6 ounces)
- Fresh, frozen or canned fruit
- Breakfast cereals must contain no more than 6 grams of sugar per dry ounce.
- Whole grain or enriched breads, crackers, muffins, bagels



- Eggs
- Dried beans

## Webinars

Join the USDA Team Nutrition for monthly training webinars on hot topics related to the CACFP Meal Pattern requirements.

Webinars will be held on the third Thursday of every month in English from 2:00 to 2:30 PM ET and in Spanish from 3:00 to 3:30 PM ET



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