



May 8, 2018 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.

Attachments with this issue:

[CACFP Conference Agenda](#)

[CACFP09-2018 Grains Requirements Q&A](#)

[Income Eligibility Guidelines 2018-2019](#)



Every day, the **Child and Adult Care Food Program (CACFP)** serves over 4.4 million children and 131,000 adults nationally. May 8, 2018 marks the 50th anniversary of the CACFP!

Centers and day care homes have supported the wellness, health, and development of children and adults for half a century.

2018 CACFP
Conference

June 20-21

USDA Policy Memo

CACFP09-2018 - *Grain Requirements in the Child and Adult Care Food Program Q&A* is attached.

Federal Register Posting



AT&T
Conference
Center

Register and book
your room [here!](#)
Proposed agenda

attached

The new Child Nutrition Programs IEGs for July 1, 2018 through June 30, 2019 are attached.



Texas Farm Fresh Initiative

Cooking for the Seasons: Summer Cookbook

Serving Texas products in meals and snacks during summer and early fall just got easier with [Cooking for the Seasons: Summer](#). This resource contains more than 30 recipes that highlight ingredients that are harvested in Texas during the summer months. Each recipe contains a nutrient analysis conducted using the USDA-approved child nutrition database. The meal component contribution chart will help menu planners ensure that all menus meet federal meal program requirements.



Stay Connected — Subscribe to TDA's Farm Fresh E-Harvest

This newsletter provides a monthly update on farm to child/adult care and includes resources such as funding opportunities, a schedule of upcoming trainings and webinars, and more. Archive issues of the E-Harvest are available [here](#). [Subscribe today!](#)

Connect with your partners at TDA today at FarmFresh@TexasAgriculture.gov

Resources



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

Upcoming Topics

- June 21, 2018: Adding Whole Grains to Your Menu
- July 19, 2018: Feeding Infants: 0-5

Multicultural Recipes

TDA has released 25 updated multicultural recipes for Child Care Centers, Family Daycare Homes and Adult Daycare Centers featuring foods that reflect the cultural diversity of the Lone Star State. The set of Texas inspired recipes are standardized to yield 12 and 24 servings and include information on how the recipes credit towards CACFP meal pattern requirements. The Texas icon on the recipe cards represents locally sourced ingredients in Texas.

The recipe book will be distributed at the state CACFP Conference June 20th – 21st in Austin, and is also available from your regional Education Service Center (ESC) when attending trainings.

months

- August 16, 2018: How to Support Breastfeeding in the CACFP
- September 20, 2018: Feeding Infants: Starting with Solids

Check [USDA's website](#) to register.



Magnificent Milk!



STAY HEALTHY WITH MILK

WHY MILK?

- Supports proper growth and brain development
- Provides calcium, vitamin D, and protein
- Helps build strong and healthy bones

SKIM AND 1% MILK ARE SMART CHOICES FOR HEALTHY CHILDREN OVER 2 YEARS OF AGE:

Type of Milk	Serving Size	Total Fat	Calories
Skim (nonfat) Milk	1 cup	0 grams	85 calories
1% Low-fat Milk	1 cup	2 grams	100 calories
2% (reduced fat) Milk*	1 cup	5 grams	120 calories
Whole Milk*	1 cup	8 grams	150 calories

*Kern fat and calories from whole and reduced fat milk may cause weight gain and health problems.

SKIM AND 1% MILK HAVE THE SAME AMOUNT OF CALCIUM AS WHOLE AND 2% MILK

BEST PRACTICES
From the American Academy of Pediatrics

- Children one year old: whole milk
- Children age 2 years and older: 1% (low fat) or nonfat milk

MAKE A HEALTHY CHANGE TODAY!

U.S. DEPARTMENT OF AGRICULTURE
COMMISSIONER SID MILLER

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In the Child and Adult Care Food Program (CACFP), child meal patterns, offering milk at breakfast, lunch and supper is a requirement and an option at snack. For the adult meal pattern, the same regulations are true, but adults have the option of substituting yogurt in place of fluid milk once per day. In the adult meal pattern milk is not required at the supper meal. Milk must be fluid and pasteurized when used in the CACFP.

Children need an adequate and balanced intake of nutrients from foods and beverages to grow properly. Children should eat foods that will supply needed nutrients that support their growth and well-being. Empty calorie foods are to be limited and the majority of foods offered are filled with nutrients that will help their body grow and develop.

Adults need an adequate and balanced intake of nutrients from foods and beverages to maintain muscle mass, improve immune system and maintain a healthy weight. Just like children, the majority of foods and beverages consumed

are to be nutrient dense.

Milk contains nutrients that are needed for growth and development. Some of the nutrients include calcium, potassium, vitamin D, and protein. Calcium helps to make bones and teeth strong. Potassium helps to maintain a healthy blood pressure. Vitamin D helps to build and maintain strong bones and helps to maintain proper levels of calcium and phosphorus. Protein helps to grow and build muscles. Low-fat and skim milk are just as nutritious as whole milk. The major difference between whole and lower-fat milk is that low-fat and skim milks are lower in calories and fat.

Click on the image to download.

CACFP Meal Pattern Requirements for Milk

Children

- Allows 1 year old whole unflavored milk
- Allows 2 years and older skim or 1% low-fat unflavored milk
- Allows 24 months old a one month transition period when changing from whole milk to low-fat or skim milk
- Allows 6 years and older fat-free flavored milk
- Allows non-dairy substitutes that are nutritionally equivalent to cow's milk for participants with medical or special dietary needs

Adults

- Allows low-fat or fat-free unflavored milk
- Allows fat-free flavored milk
- Yogurt may serve as a fluid milk alternate once per day for adult
- Allows non-dairy substitutes that are nutritionally equivalent to cow's milk for participants with medical or special dietary needs

Open Enrollment

Don't Forget About Open Enrollment!

During open enrollment day care home providers and sponsored sites may select a new sponsor without prior approval from TDA.

Open enrollment periods are as follows:

Day care home providers, traditional sites, outside-school-hours care centers, emergency shelters, and traditional sites and emergency shelters that also participate in the at-risk afterschool care component may sign a permanent agreement with a different sponsor between June 1 and September 30 to be effective no earlier than October 1 of the following Program Year (PY).

Sites that are at-risk afterschool care centers ONLY may sign a permanent agreement with a different sponsor between June 1 and July 31 to be effective no earlier than August 1 of the same PY.

REMINDER: Sponsors may not obtain a newly signed Permanent Agreement Between Contracting Organization and Child Care Site during the open enrollment period from existing sites in an attempt to prevent the sites from transferring to another sponsor during open enrollment. A newly signed Permanent Agreement Between Contracting Organization and Child Care Site signed by a Sponsor and its existing site will not be considered as "signed earliest by both the sponsor representative and the site" if the site signs with another sponsor during the open enrollment period.

Permanent Agreements

REMINDER: Sponsors may not obtain a newly signed Permanent Agreement Between Contracting Organization and Child Care Site during the open enrollment period from existing sites in an attempt to prevent the sites from transferring to another sponsor during open enrollment. A newly signed Permanent Agreement Between Contracting Organization and Child Care Site signed by a Sponsor and its existing site will not be considered as "signed earliest by both the sponsor representative and the site" if the site signs with another sponsor during the open enrollment period.



Did you know? Cooking is an important part of food preparation that involves applying heat. In most cases this transforms the chemical make-up of food, altering its texture, flavor, nutritional properties and appearance.

[Previous Issue](#)



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