

SENDCAN NEWS

Volume 19 Issue 9

September 2017

You're Invited to our Annual Fall Conference!

October 28th, 2017
8:00am-12:00pm
at
DMF
4141 28th Ave. S Fargo.

Registration

An email invite was sent out to register electronically or you can call our office at

701-232-2452 ext. 132
to register

***NEW* This year's conference will be a 1/2 day worth 4 hours of Growing Futures approved credit.**

Conference Agenda

7:00-8:00am-Registration and continental breakfast

8:00-9:30am-Sarah Meyers "Common Health and Safety Hazards in the Childcare"

9:30-11:00am-Nate Hendrickson "Confident Movers"

11:00-12:00pm-Michelle Draxten "Practical Ways Providers Can Help Breastfeeding Moms"

Review of the New Meal Patterns Begin October 1st!

Infants

- * A mother may breastfeed on site and the provider may be reimbursed.
- * Infants are divided into two age groups, birth through 5 months and 6 through 11 months.
- * Solid food will be introduced around 6 months or when developmentally ready and parent permission.
- * Juice is no longer allowed for infants under age 1.
- * Cheese food and cheese spread is not creditable for infants.
- * Whole eggs and yogurt are now allowed for older infants.
- * Snack for older infants will require a fruit/veggie and a grain along with their infant formula/breastmilk.
- * Ready-to-eat cereals will be creditable for snack only for older infants.
- * Parents can supply no more than one component, such as breastmilk or infant formula, and the provider supplies all other creditable foods.

Children

- * Fruits and vegetables are now split into two separate groups.
- * A vegetable must be served at lunch and dinner.
- * Juice is limited to once per day.
- * Grain based desserts no longer count towards the grains component.
- * Unflavored whole milk is required for all 1 year olds.
- * Yogurt must have 23 grams of sugar or less per 6 oz.
- * Ready-to-eat cereals must contain no more than 6 grams of sugar per dry oz.
- * Meat/meat alternate may be served in place of the grains component a maximum of three times per week at breakfast.
- * Deep-fat frying is not an allowable method for on site cooking.
- * Flavored milk is no longer allowable to children ages 1-5.
- * At least one serving of whole grains per day must be served and recorded on menus.

Please refer to the training tools we have handed out. Everyone should have received a new meal pattern booklet (it was mailed in June) that contains cereal shopping lists and sugar limit charts for yogurt and cereal.

USDA has issued a transition period and sponsoring organizations will provide warnings and technical assistance with no deductions to items related to the new meal patterns as long as the providers are making a good faith effort to comply with the new guidelines.

As always, please feel free to call our office any time with questions about these changes.

Don't forget to send in your enrollments before the end of the month!

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Sendcaa Child & Adult Care
Food Program

Welcome

Amber Osowski
Andrea Jacobson

to the

SENDCAA
Food Program



KidKare Tip of the Month: How to Document Whole Grain

When your account has been upgraded for the new meal pattern, (which will happen for all providers starting Oct. 1, 2017) you'll notice a new option on the Enter Meals screen.

When you serve a whole grain-rich food, after you have selected the bread/alternate, be sure to click/tap the "Is this whole grain-rich" option to make it say **Yes**.

After you **Save** this menu, if its something you plan to serve again, you can hit the **+Create MyMenu** button, give the menu a name, and your menu and whole grain-rich option will be saved for you for next time!

Here is a week's worth of menu ideas!

	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast	<ul style="list-style-type: none"> • Kix (wgr) • Banana • Milk 	<ul style="list-style-type: none"> • Scrambled Eggs • Pineapple • Milk 	<ul style="list-style-type: none"> • Yogurt • Strawberries • Milk 	<ul style="list-style-type: none"> • Ham slice on a Biscuit • Mixed Fruit • Milk 	<ul style="list-style-type: none"> • WGR Waffle • Mandarin Oranges • Milk
Lunch	<ul style="list-style-type: none"> • Quiche • Broccoli • Apple Slices • WGR bread slice • Milk 	<ul style="list-style-type: none"> • Turkey Breast Sandwich • Applesauce • Snap Peas • WGR Bread slice • Milk 	<ul style="list-style-type: none"> • Oven Baked Chicken breast • Corn • Pears • Stuffing • Milk 	<ul style="list-style-type: none"> • HM Ham and Bean Soup • Carrots • Kiwi • Corn Bread • Milk 	<ul style="list-style-type: none"> • Beef Hamburgers • Cheese and Sausage • Lettuce and tomato Salad • Blueberries • WGR Bun • Milk
Snack	<ul style="list-style-type: none"> • Apple Muffin • Milk 	<ul style="list-style-type: none"> • English Muffin with Peanut Butter • Milk 	<ul style="list-style-type: none"> • Milk • Wheat Crackers 	<ul style="list-style-type: none"> • Hard Boiled Egg • Club Cracker 	<ul style="list-style-type: none"> • Banana • Tortilla with Peanut/Almond Butter

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Peanut Butter Banana Wraps

- Tortillas
- Peanut Butter/Almond Butter
- Banana

This is a great snack to for kids to prepare on their own. Just have them spread the tortilla with the nut butter, place the banana on top and roll it up!



Credits towards 1 grain and 1 fruit



USDA is an equal opportunity provider.