



MEMO August 2016

4-C Child and Adult Care Food Program

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www.4-C.org

DUE NOW: monthly menus and new enrollments are due by September 5, 2016

The tentative date for claim reimbursements to be deposited or mailed is: Friday September 2, 2016

CACFP UPDATES

New Reimbursement Rates: The new reimbursement rates for July 1, 2016- June 30, 2017 are listed below. All Tier I rates decreased: 1 cent per breakfast, 1 cent per snack and 2 cents per lunch and dinner. Tier II breakfast and snack rates remain unchanged and the lunch and dinner rate decreased by 1 cent.

	Tier 1	Tier 2
Breakfast	1.31	0.48
Lunch & Dinner	2.46	1.49
Snacks	0.73	0.20

Why did the family child care reimbursement rates go down?

USDA is required to update the reimbursement rates for inflation by using the: Consumer Price Index for "food at home" to adjust family child care rates.

The Consumer Price Index for "food at home" went down (.7 percent) resulting in lower reimbursement rates for family child care homes. This decrease in reimbursement does not accurately reflect the real costs to providers.

Claim Reimbursement Payments: Your claim reimbursement either by direct deposit or check will be done by the date listed at the top of the memo. DPI required that we have the payment distributed within six days of receiving the reimbursement from DPI. Only call the office if you do not receive your payment by the date listed at the top of the memo.

On line providers: When sending in enrollments, income or other pertinent information to the office via email, please do not sent pictures of the form being sent. We need you to either scan and send as an attachment, fax or put in the mail. Pictures do not always show up clearly.

Important: During the school year, it is no longer required to record when school age children are in your care during school hours. This also includes Winter and Spring break. Continue to claim all children in your care during your hours of operation.

Health & Safety Services Manager

Brianne Heidke

Administrative Assistant

Bette Miller

Nutrition Specialists

Jan Howe	Robin Hunter
Mary Schott	Wanda Rodriguez

We Don't Need to Add Salt to Food



Table salt is made up of sodium and chloride, 2 chemicals that are essential for health but only in very small amounts. Sodium and chloride occur naturally in many foods and it's not necessary to add them to prepared foods.

A balanced diet based on the [Dietary Guidelines for Americans](#) contains more than enough sodium to meet our daily requirement.

- Americans on average eat about 1 to 3 teaspoons of salt a day (adding up to between 2,300 and 6,900 mg of sodium).
- The average daily sodium requirement is much less, ranging from 1,200 mg of sodium for 4 to 8-year-old children to 1,500 mg for 9 to 18-year-olds. This amounts to about half a teaspoon of salt a day.

We add salt to food from force of habit or because we've learned to like a salty taste. Adding moderate amounts of salt to food for taste is acceptable, but excessive amounts of salt should be discouraged as the child's taste preferences are formed early and large quantities of sodium may lead to [high blood pressure](#) later in life. So it's a good idea to train children to avoid unnecessary salt. One way is to keep the saltshaker off the dinner table. Taste food before you add salt and other seasonings. At the same time, keep in mind that most of the sodium in our diets does not come from salt added at the table or while cooking. Almost 80% of the sodium in our diets comes from processed foods like bread, soups, salty snacks, fast foods, canned foods, or processed meats

High-Sodium Foods:

- Smoked, cured, salted or canned meat, fish or poultry including bacon, cold cuts, ham, frankfurters and sausage.
- Frozen breaded meats and dinners, such as burritos and pizza.
- Canned entrees, such as ravioli, spam and chili.
- Salted nuts.
- Beans canned with salt added.

Excerpt from [healthy children.org](http://healthychildren.org)