

FOOD PROGRAM Memo



MARCH 2017

The February claim payment will be deposited or checks sent by Friday, March 31st.

NEW MEAL PATTERNS

The DPI has posted two more handouts in their New Meal Pattern series – one about fruit and vegetable components and one about feeding infants. You can find the handouts by going to <https://dpi.wi.gov/community-nutrition/cacfp/family-day-care-home> and clicking on the tab on the left side called "New CACFP Meal Pattern" and then scrolling down on the right to find the section called "New CACFP Meal Pattern Component Handouts."

For Fruit and Vegetable Components, the biggest changes will be: fruit and vegetables will be separate components at lunch, dinner, and snacks/a vegetable will be required at lunch and dinner; a fruit and vegetable may be served as a snack; juice may only be served at one meal or snack per day.

For infants, the biggest changes will be: there will be only 2 infant age groups (birth through 5 months and 6 months to 11 months); yogurt and whole eggs will be allowable meat alternates; juice, cheese food or cheese spread will not be allowable; and parent will only be able to provide one meal component.

How do you know if the cheese you served is a cheese food or spread? The easiest way is to look at the label on the product. See some examples below.



Please remember, these changes do not go into effect until October 1st.

DID YOU KNOW...

March is "National Nutrition Month®". According to the Academy of Nutrition and Dietetics, the theme for 2017 is "Put Your Best Fork Forward", which acts as a reminder that each bite counts. Making just small shifts in our food choices, can add up over time.

This year's theme for National Nutrition Month® inspires us to start with small changes in our eating habits – one forkful at a time.

For more information, go to www.eatright.org/nnm.



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RECIPES

In honor of National Nutrition Month® we'd like to challenge providers to serve a variety of nutritional snacks. Below are a few ideas:

Yogurt: Sweeten plain Greek yogurt with honey, mix in berries and freeze into ice pops.

Nut Butter: Spread on a (whole grain) tortilla. Add chopped fruit. Roll and slice.

Cheese: Cut into shapes and make kabobs with fruit and cheese.

Strawberries: Blend into a smoothie with a frozen banana, yogurt and milk.

Sweet potatoes: Slice thinly into chips and bake until crispy.

Hummus: Layer it with veggies in a colorful sandwich.

Whole grain waffles: Toast, slice into strips, spread with cream cheese, and dot with jelly.

Eggs: Tuck leftover frittata into pita bread.

Ham: Roll up a slice with cheese in a crepe.

Oatmeal: For a special snack bake oatmeal cookies chock-full of fruit. Dried fruit work best.

<http://www.parents.com/toddlers-preschoolers/feeding/healthy-eating/the-20-best-snacks-for-kids/>

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