

FOOD PROGRAM Memo



AUGUST 2021

The July claim payment will be deposited or checks sent by Friday, August 27, 2021.

OUNCE EQUIVALENTS FOR GRAINS

Starting October 1, 2021, Ounce Equivalents (Oz. Eq.) for Grains will be required to be used in the CACFP meal Pattern (for both children and infants). Using Oz. Eq. only changes the method of measuring and portioning grains - as a result, the required serving sizes change for a few grain items. There are several reasons for the change. It streamlines the CACFP with other Child Nutrition Programs (such as school lunch & breakfast programs) which already use Oz. Eq. It updates the grains requirements to be in-line with the National Dietary Guidelines for Americans and consumer messaging, such as MyPlate. It also helps us know the right portions of grains to serve for meeting the nutritional needs of our children

The term used for a serving of grains will change from “serving” (or “slice” for bread) to Oz. Eq. The required amount of grains per serving will increase from 14.75 grams to 16 grams (g). 1 Oz. Eq. of grains is the amount of food, or the serving size, needed to provide 16 g of grain. This does not change how you document the grain items you serve.

There are lots of resources available to help with this transition – many of which have been shared in previous memos. 4-C CACFP will be providing you with printed copies of the following resources to learn more about transitioning into Oz. Eq. for Grains.

- **Meal Pattern Chart 1+ Year olds**
https://dpi.wi.gov/sites/default/files/imce/community-nutrition/pdf/gm_12c_meal.pdf
- **Infant Meal Pattern Chart (*Infant Grains Chart on back*)**
https://dpi.wi.gov/sites/default/files/imce/community-nutrition/pdf/gm_12c_infantmeal_patt.pdf
- **CACFP Grains Chart**
https://dpi.wi.gov/sites/default/files/imce/community-nutrition/pdf/grain_bread_chart_cc.pdf
- **Cereal Types Handout**
https://dpi.wi.gov/sites/default/files/imce/community-nutrition/pdf/cereal_types.pdf

During home visits starting in October 2021 (the new fiscal year), Nutrition Specialists will check in with you about all of the resources provided and review portion sizes of grains you are serving and give technical assistance on using Oz. Eq.

FOOD PROGRAM

Memo



USDA TEAM NUTRITION

Have you checked out USDA Team Nutrition resources lately? Below are some newer resources to check out:

Reducing the Risk of Choking in Young Children at Mealtimes <https://fns-prod.azureedge.net/sites/default/files/resource-files/ReducingRiskofChokinginYoungChildren.pdf>

Serving Snacks in the Child and Adult Care Food Program <https://fns-prod.azureedge.net/sites/default/files/resource-files/serving-snacks-cacfp.pdf>

Serving Meats and Meat Alternates at Lunch and Supper in the USDA Child and Adult Care Food Program https://fns-prod.azureedge.net/sites/default/files/resource-files/CACFP_MMA.pdf

RECIPES

Avocado Egg Salad Finger Sandwiches

<https://www.cacfp.org/2021/04/26/avocado-egg-salad-finger-sandwiches/>

Ingredients

8 large eggs
2 ripe, fresh avocados, pitted and peeled
1 teaspoon Dijon mustard
1 tablespoon lemon juice
1/4 teaspoon salt
1 tablespoon chopped parsley (optional)
For assembly: 2 slices of whole wheat bread per serving



Directions

Place eggs in a saucepan and cover with water. Bring to a boil, remove from heat, and let eggs stand in hot water for 10 minutes. Remove eggs from hot water, cool under cold running water, and peel. Chop eggs and set aside. In a large bowl, mash the avocados with a fork or potato masher until mostly smooth. Stir in the eggs, mustard, parsley (if using), lemon juice and salt. Spread between whole wheat bread, then slice as desired into bite-sized sandwiches. Prepared avocado egg salad can be stored sealed in the refrigerator for 3-5 days.

FOOD PROGRAM

Memo



Monster Green Avocado, Ham, and Egg Bites

<https://www.cacfp.org/2021/04/26/monster-green-avocado-ham-egg-bites/>

Ingredients

6 eggs
1/2 cup reduced fat milk
1 ripe, fresh avocado, halved, pitted, peeled and diced
1 cup baby spinach leaves, packed
1/2 teaspoon baking powder
4 ounces lean deli ham, diced



Directions

Preheat oven to 375° F. Line twelve 2 1/2 inch-muffin cups with foil cupcake liners. Place eggs, milk, avocado, spinach and baking powder into a food processor. Process on high until avocado and spinach are smooth. Spoon 1/4 cup egg mixture into each muffin cup. Bake 20-24 minutes until eggs are set in the middle and lightly browned. Remove from oven to cool. Serve immediately or transfer to a self-sealing plastic bag or container with a tight lid and store in the refrigerator for up to 2 days. Optional: For an added monster-like look, top each bite with candy eyeballs.

Guacamole Chicken Wrap

<https://www.cacfp.org/2021/05/18/guacamole-chicken-wrap/>

Ingredients

1 ripe, fresh avocado, halves, pitted and peeled
1/4 cup lowfat plain Greek yogurt
2 cups cooked chicken breast, diced
2 fresh green onions, thinly sliced
2 stalks fresh celery, diced
6 8" whole wheat tortillas
2 cups fresh green lettuce, sliced or shredded
1/2 tsp sea salt
1/4 tsp black pepper
1/4 tsp garlic powder



Directions

In a food processor, puree avocado, yogurt, salt, pepper and garlic powder until smooth. In a large mixing bowl, add avocado puree to diced chicken, sliced green onions and diced celery. Mix well to combine. To assemble wraps, place 1/2 cup of chicken mixture onto each whole wheat tortilla. Top each with 1/3 cup lettuce. Roll each tortilla like a burrito or leave one end open.

FOOD PROGRAM *Memo*



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