

## EARLY CHILDHOOD SERVICES BUREAU

The mission of the Early Childhood Services Bureau is to improve the quality, affordability and accessibility of child care in Montana, with focused efforts on coordinated systems to best meet the needs of young children, their families, and the professionals who work on behalf of young children and families.

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# Montana Child and Adult Care Food Program

Fall 2014

## All Vegetables Have Nutritional Value

There is no such thing as a vegetable that is bad for you.

Sure, some are better for you than others. The ones that are the most brightly colored—red, orange, and dark green, for example; are the richest in content. Examples of these all-stars are carrots, tomatoes, broccoli, kale, sweet potatoes, peppers, and pumpkin to name a few. They provide generous amounts of iron, calcium, Vitamins A & C, folic acid, potassium and other nutrients.

All vegetables contribute something to your health, even if it's just some dietary fiber and small amounts of vitamins and minerals. Unless you add a dose of butter, salt or cheese sauce, fresh vegetables are low in calories, free of saturated fat and cholesterol, and are very low

in sodium.

Vegetables less packed with nutrients still add value to the diet. They add low-calorie bulk which can help displace higher calorie foods. Vegetables that are composed mostly of water can contribute to hydration. And they add variety and interest. Onions add flavor to foods, and cucumbers and celery add aroma and crunch.

It is important to note that just because a vegetable lacks color, that doesn't mean it lacks nutrients. White vegetables, such as onions and cauliflower, rank right up there with their colorful friends in terms of nutritional value. All vegetables have nutritional value!

~Mary Musil, RD, Program Manager  
Credit to Suzanne Havala Hobbs, RD, NewsObserver.com, 'On the Table,' July 1, 2014



*To share a meal with someone, is to know them. Until you have eaten a meal with them, you do not know them.*  
~Author Unknown

## Encouragement for Physical Activity for Children

In a Dennis the Menace cartoon, Mr. Wilson recalls that when he was growing up, he played outside. In comparison, Dennis spends his time indoors playing his video games. These appealing toys are here to stay, taking increasing amounts of children's playtime.

Video games involve sitting in one place, spending almost no calories and getting almost no physical exercise.

There is no substitute for physical activity. If children are going to be healthy, they need to move. Whenever possible, the best place for this to happen is outdoors. Once outdoors, then the fresh air and sunshine work their magic and inspire children to stay out longer.

Dennis enjoys playing his video games. It isn't going to be easy to steer him outdoors.

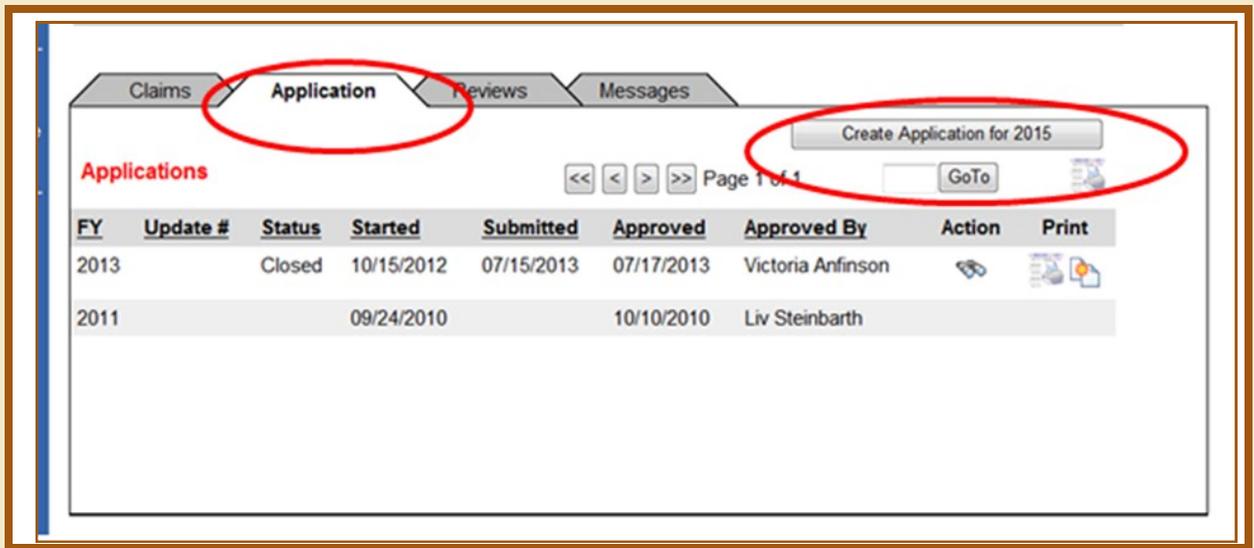
In today's world, adults are going to have to plan for children to spend time outdoors on purpose. Children need to go out there every day and stay out there long enough to have healthy bodies.

~Mary Musil, RD, Program Manager

## From Diane's Desk:

### Annual Application Updates Now Available Online!

All centers participating in the CACFP must complete an annual application update each year per federal regulation. [7 CFR 226.6(b)(2)] Some recent changes to our online application system will make this process easier and less time-intensive going forward. When you are ready to update your online application for Federal Fiscal Year 2015 (which started October 1, 2014), log into the CACFP Production online site you currently use for applications and claims, and click on the Institution Detail link in the left-hand column. You will see the four tabs below at the bottom of the screen, as before. When you click on the Application tab, the option you want to choose is "Create Application for 2015". Do not click on the icon below the "Action" heading, as that will provide view-only access of your current online application and will not allow you to make changes.



When you click on the button to create your 2015 application update, you'll find some information already completed. Many items are carried over from year to year, to make the process more efficient. However, all of these items should be reviewed and can be updated as needed. A few things are removed from previous applications and need to be entered annually, such as the multiple certifications throughout the application, budget information, and sanitarian visits/insurance expirations. Once these items are complete, the application can be submitted; and once approved by CACFP staff, your update is finished for another year.

At this time, 78% of our CACFP centers have an online application and can use this application update option. If your center's most current application was submitted on paper rather than online, this would be a great opportunity to transfer the information to the online system, where it can be kept electronically for future updates. FY15 application updates can be completed at any time going forward, but must be completed no later than September 30, 2015. As always, please direct any questions or issues with the online system to the CACFP State agency at 444-4347 or [dedgar@mt.gov](mailto:dedgar@mt.gov).

~Diane Edgar, Administrative Assistant



## The Launch of Montana No Kid Hungry AmeriCorps!

On September 29<sup>th</sup>, 2014, five AmeriCorps members began their service in communities throughout the state. These members will primarily focus on expanding School Breakfast participation through implementing new breakfast programs and switching to alternative breakfast models such as *Breakfast in the Classroom* and/or *Grab and Go*.

Looking to get involved in the anti-hunger movement? Search no further! These members will also serve as a resource for their communities to build anti-hunger coalitions, to establish and expand Afterschool and Summer Meal Programs, to engage youth in the fight against childhood hunger, to conduct general outreach and advocacy, to gather information on the best practices for fighting childhood hunger, and to collaborate with new and existing anti-



hunger initiatives across the state. Located in Billings, Great Falls, Helena, Missoula, and Kalispell, these members are a great resource for individuals and organizations looking to get involved! Hunger is an issue that impacts 1 in 5 children in our state. Lack of food is *not* the problem. We have the resources; we just need the human-power! Take a stand and get involved.

More specifically, if you are looking to start a new afterschool meal or snack program, change from an afterschool snack to an afterschool meal, or expand participation in your existing afterschool program, we can help you!

Contact Lisa Lee at Montana No Kid Hungry: [LLee@mt.gov](mailto:LLee@mt.gov) or 444-3518. To like us on Facebook, follow our blog, and find out more about the MT No Kid Hungry AmeriCorps program, visit our website at: <http://mt.nokidhungry.org/no-kid-hungry-ameri-corps-program>

~Lily Herd, AmeriCorps VISTA,  
Montana No Kid Hungry



## Why is Healthy Food So Important?

Why is healthy food in child care settings so important and why do we stress the importance of your menus? There are many reasons, but a big reason is that there are many kids struggling with hunger issues at home. Often-times the only food that's available is provided by other sources besides mom and dad. Another concern is that what food they do receive at home may not be the best quality because parents might be trying to stretch precious food dollars. Many lower income families must choose between paying rent, utilities or medical bills and buying groceries. This is especially true at the end of the month when resources are running short. That's why it is so important that the food they receive at their childcare facility, at school, and at their afterschool program is the best quality it can possibly be.

It is interesting to note that "During World War II, the military discovered that at least 40 percent of rejected recruits were turned away for reasons related to poor nutrition. Stunted growth from inadequate nutrition and poor health was so common that the young men who made it into the military during World War II were more than an inch and a half shorter, on average, than young American men today.

After the war ended, General Lewis Hershey, the military's Selective Service Director, delivered testimony that helped win passage of the National School Lunch Program." ([Mission: Readiness Too Fat to Fight](#)) Furthermore, besides affecting growth, children who suffer from chronic hunger probably won't do as well in school, are likely to get sick more often, and are less likely to graduate from high school, which will result in these children being much less likely to be able to earn enough to feed their families. ([www.nokidhungry.org](http://www.nokidhungry.org)) Children are our future and as Jeff Bridges, Share Our Strength's No Kid Hungry campaign spokesman said, "You're not gonna have a strong America if you got weak kids." ([NBC News 8/1/2014](#)) It's a vicious cycle, but one that must be broken for the sake of our children and for the sake of our future.

Ways that you can help include making sure that the food you serve in your child care facility is the best your budget will allow. Strive to serve as many fresh fruits and vegetables, whole grains and non-processed foods as you are able to. You might be surprised by what kids will eat. Despite what many people think, kids will eat things besides hot dogs, chicken nuggets, pizza and bologna sandwiches. Help them learn to make healthy eating choices while they are young by not serving these items in your child care facility. By doing so you will not only help them now, but you will help them and their future families for many years to come.

~Noele Bryson, Program Specialist

## Recognizing and Documenting a Civil Rights Complaint

During a review, one question the State Agency will ask is “Do you have a way to document complaints of discrimination or potential complaints?” Your first response might be, “We’ve never had a civil rights complaint.” Consider these questions:

- ◆ Would you or your staff recognize a civil rights complaint or potential complaint?
- ◆ Do all employees know what to do if a civil rights complaint or potential complaint is received?
- ◆ Have all employees been trained on civil rights in the CACFP?

The CACFP application contains ten civil rights assurances including the agreement to document civil rights complaints. This statement reads; “I assure the institution understands that civil rights complaints and/or potential civil rights complaints must be documented and the institution must have a system in place to document such complaints.”

Some examples of discrimination that may lead to a civil rights complaint are:

- ◆ Refusal to enroll a child based on a disability
- ◆ Failure to provide reasonable accommodations for disabled participants

- ◆ Selectively distributing Income Eligibility Forms
- ◆ Failure to provide foreign language materials regarding the CACFP

These are only a few scenarios; the list is endless.

How should a civil rights complaint be handled? Any person alleging discrimination on the basis of race, age, gender, disability, national origin or color has a right to file a complaint within 180 days of the alleged action. Complaints can be written or verbal. Anonymous complaints should be handled the same as any other complaint. If a person refuses to put their allegation in writing, it is the responsibility of the person to whom the allegations were made to document the complaint. Instructions for filing a complaint of discrimination are included in the ‘Justice For All’ statement. The ‘Justice For All’ statement is to be posted in a visible location at the child care facility, in the parent handbook and on the institution’s website.

With any complaint, include the following information:

1. Name, address, phone number or other means of contacting the person with the complaint.

2. The location and name of the State agency, institution or other facility delivering the service or benefit.
3. The nature of the incident or action that led the person to feel discriminated against and the bases: race, color, gender, age, national origin, and/or disability.

All staff are responsible for ensuring civil rights compliance. Training is the first step. Institutions are required to provide civil rights training to all staff members within the first month of participation in the CACFP and annually thereafter. Civil rights training must be provided to all new staff members. Maintain records of all trainings including an agenda with time, date, presenter, location and participant sign in sheet. Civil Rights Training Guide and Power Point slideshows can be found on the Montana CACFP website at:

[www.dphhs.mt.gov/hcsd/childcare/cacfp](http://www.dphhs.mt.gov/hcsd/childcare/cacfp) > Training > Civil Rights Training.

~Vicki Anfinson, Program Specialist



### Montana DPHHS and CACFP websites have been redesigned!

The DPHHS homepage can be found at:

[dphhs.mt.gov](http://dphhs.mt.gov)

The CACFP homepage can be found at:

[dphhs.mt.gov/hcsd/childcare/cacfp](http://dphhs.mt.gov/hcsd/childcare/cacfp)

Though they have a different look and things have been rearranged a bit, we hope you will find it easier to use. If you have trouble finding something, please contact us so that we can help you find it.

A supportive mealttime environment is important for nurturing healthy eating habits in young children. Child care providers serve as role models for children by trying new foods, eating healthy foods served, and by not bringing unhealthy foods into the classroom. Providers set the feeding environment for children by helping children stay in touch with their internal hunger and fullness cues to self-regulate their food intake. Young children's appetites often vary day to day and their tastes can change overnight. When feeding young children, the "division of responsibility" should be followed. It is the provider's duty to buy, prepare and serve healthy meals and snacks. It is the child's duty to decide how much (if any) and what to eat. If this "division of responsibility" is respected, children will learn to try new foods, respect their fullness cues, and maintain lifelong healthy eating habits. It is important to remember that children will not starve; avoid turning mealtimes into power struggles.

*The mealttime environment, which includes the physical surroundings, the mealttime routine, the procedures for serving, and the social interactions during meals play an important role in encouraging healthy behaviors and promoting well-being.* (Child Care Culinary Workshops, Indiana Department of Education. Funded by USDA 2007 Team Nutrition Training Grant)

#### What is the optimal mealttime environment?

The optimal mealttime environment allows children to serve themselves and provides the physical surrounding, equipment, routine, and instruction for that to happen successfully. This environment is referred to as "family-style service."

#### What is "family-style service"?

"Family-style service" is when food is placed in serving bowls on the table and the children are encouraged to serve themselves rather than being served pre-plated food. The providers sit at the table with the children, assisting the children in serving, eating the same foods as the children, and engaging the children in pleasant conversation.

The most common reasons for not doing family-style service are:

- ◆ It may result in spills and messes.
- ◆ It might take longer than having adults do the serving.
- ◆ Children might contaminate the food by touching it.
- ◆ Children might take too much food, leading to waste, or they may take too little food, thus not meeting the guidelines for what children need.

Which ones keep you from doing family-style service?

#### Why is "family-style service" recommended?

Mealttime is much more than just a time to feed children. It is a time for children to learn new skills and independence, to practice getting along with others in a community setting, to learn manners, to practice the art of conversation, and to learn from adults and other children in a relaxed and pleasant setting. Mealttime is just as much an opportunity for learning as any other activity that takes place in your child care program.

~Deb Hansen, Program Specialist

"A starved brain cannot be expected to work efficiently any more than a starved body." |

~Lydia J. Roberts

### The Apple: The Superstar of Autumn

**Yield:** 1 pound of apples equals 2 large, 3 medium or 4 small apples.

**Selection:** Look for firm, crisp, well-colored apples. The color should be bright and appropriate for the variety. Brownish areas on the skin are generally caused by the weather, and does not affect the quality of the flavor.

**Storage:** Always refrigerate fresh apples as cold as possible without freezing them. Apples will ripen and turn soft faster at room temperature. Keep small quantities of apples in a plastic bag in the refrigerator, away from strong smelling foods. The plastic bag helps the

apples retain moisture and prevents shriveling. Refrigerator storage life is one to two weeks depending on the variety and maturity of the apple. Larger quantities may be stored in a cool, dark, airy place such as a garage or a cellar. Line the box with plastic and cover them with a towel.

~Mary Musil, RD,  
Program Manager  
Credit also to Linda Minges, RD,  
Gaston Gazette, Sept. 23, 2014



## Welcome New Centers!

- Belt Community Church, Belt
- Discovery Kidzone Montessori, Clancy
- Youth Services of the Rockies, Helena
- Ennis Community Children’s Center, Ennis

## CACFP Meal Count Totals April—June 2014

486,016	Breakfasts
572,056	Lunches
83,486	Suppers
659,838	Snacks
<b>1,801,396</b>	<b>Total Meals and Snacks Served!</b>

## 10 Food Cost Fixes

The cost of many ingredients is going up. Here are ten strategies to help you keep food costs low.

1. Buy what’s in season.
2. Build on an inexpensive foundation.
3. Stay with some traditional items.
4. Avoid hot sellers and trendy items
5. Find successes in innovation. Review and update your menus at least quarterly. Update only what needs updating.
6. Simpler can be more efficient. Review your recipes and the ingredients you use. Keep preparations simple; this helps contain labor costs.
7. Remember that low cost does not equal low taste.
8. Remember, presentation is a big factor in perceived value.
9. Use cultural textures and flavors to create an authentic result.
10. Look at the big picture. Deliver flavor with high quality ingredients that do not need to be expensive.

~Mary Musil, RD, Program Manager  
Credit to Restaurant Hospitality, Nov. 2011.

## Upcoming Events:

- ◆ January 14, 2015 9 AM: Quarterly Sponsor Conference Call
- ◆ January 20, 2015 10 AM: Quarterly Head Start Conference Call
- ◆ February 1, 2015: Anticipated start of FY15 Director’s Training
- ◆ February 4, 11, 18, 25, 2015 10 AM: FY15 Sponsor Training
- ◆ April 25, 2015: Ellyn Satter Institute Training, Missoula



The USDA is an equal opportunity provider and employer. To file a complaint of discrimination, write:

United States Department of Agriculture  
Office of the Assistant Secretary for Civil Rights  
1400 Independence Avenue, S.W.  
Washington, DC 20250-9410



Or call:  
Toll Free (866) 632-9992  
Federal Relay Service (800) 877-8339  
Spanish (800) 845-6136

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Website: [dphhs.mt.gov/hcsd/childcare/cacfp](http://dphhs.mt.gov/hcsd/childcare/cacfp)

