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

Winter 2013

2013 CACFP Cook's Trainings: Featured Foods

- Apples
- Bananas
- Beans
- Beets
- Cabbage
- Carrots
- Corn
- Cheese
- Eggs
- Meat
- Milk
- Onions
- Potatoes
- Spinach
- Pumpkin
- Tomatoes
- Whole Grains

The foods listed above will be featured in the upcoming 2013 CACFP Cook's Trainings in March and April. Our theme will be snack meals and training will include practice in turning these foods into delicious snack meals. These featured foods are widely available, culturally significant, and contribute substantial amounts of nutrients at a low cost.

Fruits such as apples, bananas and oranges have enormous nutritional value because they contain vitamin A, vitamin C and fiber. They are also very versatile and can be eaten raw or prepared in many different ways.

Brightly colored vegetables including beans, beets, cabbage, carrots, corn, tomatoes, onions, potatoes, spinach and squash supply generous amounts of vitamins and minerals per calorie. The darker the color (including white), the higher the nutrient content. These foods are grown and used by all cultures to supply daily nutrient and energy needs.

Eggs, meat, milk and cheese are great contributors of protein, iron, calcium, and other essential vitamins and minerals to build and maintain blood, muscle and bone.

Whole grains such as wheat, corn and rice are rich in B-vitamins, minerals and iron and are the major source of energy for diets of children and adults throughout the world.

The theory of the CACFP Cook's Trainings is that enhancing cooking skills leads to improved menus and an increase in nutritious foods served. The eighteen (18) trainings statewide each provide three (3) hours of food laboratory work followed by sharing in eating the items prepared. Look for the sign up on the CACFP website home page!

~Mary Musil, RD
Program Manager

2012 CACFP Total Meals Served

The number of hungry children has been steadily increasing each year! Though we will still be receiving 2012 claims until the end of February, total 2012 claims received to date reflect:

2,005,143	Breakfasts
2,350,286	Lunches
234,648	Suppers
2,771,052	Snacks
6,361,129	**Total Meals and Snacks Served!**

Welcome new centers!

- **A Leap Ahead Learning Center**
- **Chokecherry Lane Childcare**
- **Gallatin Valley Food Bank Community Café**
- **Hawk's Nest Early Learning Center**
- **Little Blessings Early Learning Center**
- **Little People's Academy LLC**
- **Mini Hearts & Hands Childcare**
- **Yellow Rose Childcare Center**
- **YMCA Billings Afterschool Program**

From Diane's Desk

- *Online applications*
- *Electronic communication*
- *Cook's Trainings*
- *Annual press releases*
- *Annual audit questionnaire*

Happy New Year! As we look ahead to 2013, I'd like to take a moment to talk about some of the changes we've implemented this year, and look ahead to important information for the year ahead.

As you all know, the CACFP Online application and claims site was unveiled last fall. We are truly grateful for the feedback you've provided, as it's helping us improve the site and make it as useful as it can be for each of you. We're happy to report that the number of centers submitting their claims online continues to increase, and applications are steadily being submitted. We hope that the extended application due date of January 31, 2013 will allow all centers adequate time to complete the application successfully. Once this initial online application is complete, annual renewals will become much more simple and require less time to complete. As always, if you encounter any problems with the site, please don't hesitate to contact the State agency for assistance.

You may have noticed more electronic correspondence from the State agency this year. At our FY12 Director's Trainings, we collected a list of e-mail addresses from those in attendance and have found that it is a quick and efficient means of communication when large numbers of individuals need the same information. Please help us keep you informed by updating e-mail addresses any time they change. This switch to electronic communication helps us keep you updated in "real time", and also saves the amount of paper we pass back and forth. The CACFP website is also an excellent resource for the most up-to-date information on the program. We continue to look for efficiencies in the area of communication, and welcome any suggestions you may have.

Looking forward, the CACFP will again be hosting 18 Cook's Trainings this March and April throughout the state. Look for registration information to be posted online in January. All centers will be contacted once the registration is available on the CACFP website. Also in January, the State agency will create a press release announcing all centers and Sponsoring Organizations participating in the CACFP. This release will be sent to several newspapers throughout the state, and will also be posted on the CACFP website. Please remember as well that in early April, all centers and Sponsoring Organizations will receive their annual audit questionnaire, which will need to be completed and returned to the State agency office by June 1.

Please feel free to contact the State agency at any time with questions, comments, or concerns. Again, we look forward to a wonderful year of working with all of you, and

thank you for all your work on behalf of the children of Montana!

~Diane Edgar, Administrative Assistant

What is the At-Risk Afterschool Meals Program?

You may have heard about the CACFP At-Risk Afterschool Program in passing, but perhaps you don't really know what it is or maybe you don't know if you qualify for the program. If this is you, read on!

What are the requirements to participate?

Something you may not know is that this program is not just for centers that only provide after school care. Centers that provide all day care can also qualify. If you care for children who only attend after school as well as children who attend all day, you may also qualify to participate.

The basic requirements are as follows:

1. Be organized primarily to provide care for children after school or on the weekends, holidays, or school vacations during the regular school year (this does not mean that you are closed when school is not in session) and
2. Provide organized regularly scheduled activities and
3. Include education or enrichment activities and
4. Be located in an eligible area.

"While the at-risk component of CACFP is primarily geared towards non-traditional child care centers such as drop in after-school programs, traditional child care centers already participating in CACFP also may participate." *USDA At-Risk Afterschool Handbook, June 2012*

An eligible area is described as being located in the attendance area of a public school where at least 50% of the students are eligible for free or reduced price meals under the National School Lunch Program (NSLP).

What are the benefits to participation?

1. **A larger reimbursement check each month.** All meals or snacks served to the afterschool children are reimbursed at the free rate (see below). With this program you may serve up to one meal and one snack per child per day.
2. **All children attending after school do not need to have Income Eligibility Forms (IEFs) on file.** However, you would need to make sure you have a valid form for these children during the summer break if they continue attending your facility.

"The At-Risk Afterschool Program is NOT just for centers that only provide after school care."

Find out more!

You can access the USDA's At-Risk Afterschool Meals Handbook on our website under *Resources>Materials>At-Risk Afterschool Programs*. If you are interested in finding out more about this program, contact the CACFP office at your earliest convenience, we are ready to help you get started!

~Noele Bryson, Program Specialist

At-Risk Afterschool Meals Program Reimbursement Rates:

Snacks: $0.78

Lunch/Suppers: $2.86

To find out more information on Afterschool Meal Programs:

Visit the CACFP website or call (888) 307-9333 or (406) 444-4347

Kids Don't Need "Kid Food"

"Learning to eat a variety of ordinary nutritious foods is an important part of child development."

As long as food is developmentally appropriate for children, kids don't need kiddie food. Ordinary, nutritious family foods are fine for children. Foods with childlike names, shapes and flavors are not better, even if the wrapper says they are.

Child care staff sometimes use childlike food products or food preparations to try to please children and their parents. It isn't necessary, and it doesn't help.

Offering new foods at a meal along with familiar ones gives children a chance to look at the new food and decide if they will try it. Adults who model good eating behaviors themselves help children to accept new foods more quickly. Learning to eat a variety of ordinary nutritious foods is an important part of child development.

If kids are offered real foods to eat when they are young, it will help them to be great eaters as they grow up and will help them have a good relationship with food for a lifetime.

~Liv Steinbarth, RD
Program Specialist

Putting it into action!

Not too long ago, I was explaining to a center director that kids didn't need "kid food." Though she seemed pretty skeptical about the whole thing, I was able to convince her to try it for a few weeks and to then give me a call and let me know how it went. When she called, she was amazed because despite her reluctance, it worked! She said that some kids took longer to warm up to the non "Kid Food," but overall

it was a success!

The center director told me that it helped to have the teachers eat with the children and that she thought that this might have been the key to her success.

~Liv Steinbarth, RD, Program Specialist

Quarterly Conference Calls *for* New Centers and New Directors

Have you started a new child care business or become a new director in the past year?

Attending to the details of a new position can be overwhelming, especially in the first year. In order to assist you with managing your Child and Adult Care Food Program we will begin quarterly conference calls with new Centers and Directors.

The calls will be an opportunity for you to ask questions, hear input from others and to discuss topics such as requirements, records, food, nutrition and feeding children. The call will not last longer than 1 hour. An email will be sent to new centers and directors with instructions on how to participate in the call. I look forward to talking with you on January 23, 2013.

~Vicki Anfinson, Program Specialist

Montana No Kid Hungry

How can YOU help to end childhood hunger in Montana?

The Montana No Kid Hungry campaign, funded by Share Our Strength, is working to end childhood hunger in Montana by ensuring all children get the healthy food they need, every day.

In 2012, a partnership formed between Montana No Kid Hungry and the CACFP to connect kids to healthy food. Together, CACFP and Montana No Kid Hungry are working to feed more kids in Afterschool Meal Programs by increasing the participation of children in existing programs, starting new Afterschool Meal Programs, and expanding services by offering suppers as well as snacks.

~ Lisa Lee, Director
Montana No Kid Hungry

1 in 5 children in Montana live in families that do not know where their next meal will come from. That's 20.9% or 45,700 children!

Here are several ways for you to get involved and
make a difference in YOUR community:

Make a Difference Within Your Center

- Teach the kids at your center about nutrition and healthy living and offer activities that give a hands-on cooking experience.
- Start a garden at your center and get the kids involved in growing, caring for, and harvesting their own food.
- If your center qualifies, consider offering a snack or supper as part of the afterschool meals program.
- Provide information on what public food assistance programs are available for families to encourage participation in multiple programs. Also give assistance with filling out applications.
- Tell parents about the availability of summer feeding sites and free/low cost meals in your community.
- Provide an encouraging feeding environment where kids can build healthy eating habits for a lifetime.

Make a Difference Outside Your Center

- Volunteer at your local . . .
  - Food Bank/Pantry
  - Summer Feeding Site
  - Backpack Program
  - Church
  - School
- Utilize . . .
  - Facebook
  - Twitter
  - Blogging

  to spread awareness about childhood hunger.
- Donate to . . .
  - Share Our Strength
  - Montana Food Bank Network or your local food pantry. Plan a food drive, or donate food.
  - The Montana Partnership to End Childhood Hunger: Mail checks to the Montana Food Bank Network.
- Watch and share . . .
  - Video 1: School Breakfast in Maryland
  - Video 2: What Does Hunger Feel Like?
  - Video 3: 2012 Share Our Strength Teachers Report

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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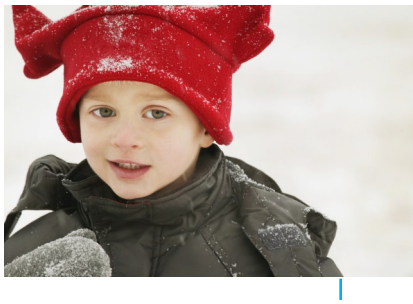

Upcoming Events:

- January 23: New Director/New Center Conference Call 10:00 am
- February 6, 13, 20, 27: Sponsor Annual Trainings by Webex 10:00 am
- March and April 2013: Cook's Trainings (see website for details)
- September 23-24, 2013: End Child Hunger Summit, Montana State University, Bozeman