



## News from the Bureau Chief

### CACFP Family,



**As** I write these notes to you and look at the calendar, I see Christmas is only days away. 2018 is upon us and time moves faster than I realize; I am sure you share my sentiments. In 2017, you experienced many changes along with the Family Nutrition Bureau (FNB) staff. For USDA, automated clinics and hospitals additional At-risk meals these examples come as a working with staff to find that do not represent the examples represent the USDA and changes that have in the past. I highlighted a few things that will improve upon a successful business model.



example, a new meal pattern from payments from EPICS, more WIC participating in Summer Food, and served around the state. Many of result of participating organizations ways to provide meals in settings typical places we serve meals. Other staff implementing changes from help you get paid sooner than you

In 2018, I expect to see additional changes that will make things easier for you as sponsors. Staff continue to bring needed changes to EPICS to improve this system and make it better as we identify areas of improvement. FNB collaboration with Licensing and Child Care Assistance staff continues as a priority to ensure payments are timely and accurate. Continued collaborative efforts with other state agencies remains a priority for 2018 to ensure we serve meals in areas of need and grow in areas that we have a proven model of success. Look for more exciting things to happen in 2018.



I wish you a very Merry Christmas and Happy New Year!

*-Reagan Smetak  
FNB Bureau Chief*

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# 2017: A Year of Change and Growth for SFSP



## Greetings Sponsors,

I take this opportunity to reflect back on this summer and bring attention to some of the highlights and successes of the 2017 Summer Food Service Program. In my experience with the Program over the years, I consider 2017 to be rather unique in that more change came to Summer Food than in any other year since I have been with the Program. Please take note of the successes that were achieved this summer:

1. 2017 saw the formation of the first Summer Food Service Program (SFSP) workgroup dedicated to expanding access to the Program and achieving sustainability in terms of meal site and Sponsor retention. This group is comprised of various SFSP stakeholders, as well as other NM State agencies such as NM Department of Health, NM Public Education Department, and NM Aging and Long-Term Services Department.
2. As a result of SFSP Expansion and Sustainability Workgroup efforts and collaboration, the Sandoval County Senior Program participated in the 2017 SFSP as a Sponsor. The State agency expects expansion in 2018 of the concept of summer meals in multigenerational settings in the communities of Cuba and Santa Fe, NM.



3. Growth to the SFSP feeding model in health care settings. This year the Program saw expansion in the area of SFSP meals in hospital cafeterias. Presbyterian Healthcare Services upped their commitment to feed children and increased their number of SFSP sites from 3 to 4. Currently, SFSP meals are served in Presbyterian

hospitals in Socorro, Albuquerque (2 sites), and Clovis. Meanwhile, Bernalillo County brought back onto the Program the First Choice Community Health Care location for the 3<sup>rd</sup> year running.

4. Growth to the SFSP feeding model in Women, Infants and Children (WIC) locations. This year NM WIC locations that doubled as SFSP meal sites increased from 2 sites in 2016 to 10 sites in 2017. In all, more than 7,000 lunches combined were served at these locations.
5. 2017 also saw the expansion of Summer meals in public assistance settings. For the second year running, the CYFD Maloof Building served lunches under the Sponsorship of the City of Albuquerque, while the concept of SFSP meals in such venues expanded to the CYFD Motel Blvd. location in Las Cruces, NM, under the SFSP Sponsorship of Families & Youth, Inc.
6. For the first time ever, SFSP staff began collaborating with various Sponsorships around the State to host Summer Food Service Program promotional kick-off events to bring attention to the Program and to increase awareness of the availability of SFSP meals. In 2017, SFSP hosted 2 such events. In

*In 2017, more change came to Summer Food than any other year!*

2018, SFSP staff plans to increase the number to possibly 4 or even 5. We thank Bloomfield Schools and Rio Arriba County Recreation Department for their willingness and cooperation in assisting the State agency in promoting the Program.

7. SFSP Management Evaluation (ME) – USDA conducts MEs on a semi-regular basis. MEs for the State agency is the equivalent of SFSP administrative reviews for Sponsors. An ME is USDA's opportunity to evaluate administration of the Program on the State level. This year's ME was the first to be conducted under my watch of the Program. Although there was a small number of areas for improvement, USDA Program Specialists found overall operations and administration of the Program to still be very much in compliance with federal rules, regulations, and policy as well as in-line with Program

intent. We thank USDA for their input and recommendations for Program refinement.

8. SFSP Compliance Officer Staff – For the first time during my SFSP tour, an additional Compliance Officer (CO) position was added to the roster. Although at the time of this article, the position has not yet been filled, I expect that the new CO will be beneficial to the Program in that our agency will have an additional resource to assist with providing training and technical assistance to Sponsors for successful operations.
9. Lastly, but not least, the 2.5 year development process for the system that will replace SPARCS came to a close in late November, and final production deployment (live site) is scheduled for February 17, 2018. I fully expect the system to be a shining example of current technology, and anticipate that EPICS (Enterprise Provider Information and Constituent Services) will serve the Program, State agency and Sponsors alike for many years after my tenure with State government. Aside from my commitment to the Program, and to New Mexico children, SFSP/EPICS will stand as my single largest contribution to the State of New Mexico, and the SFSP. Enjoy everyone!



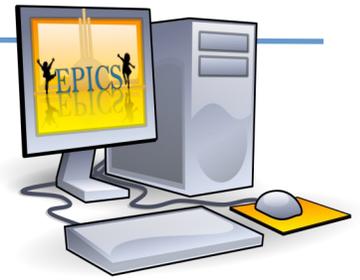
I take this final opportunity to wish SFSP, and CACFP organizations alike, a very Merry Christmas full of family and friends, and a happy, healthy and prosperous New Year.

Thank you for your support of the NM SFSP!

*— Emiliano Perea, SFSP Program Manager*



# EPICS Roll Out and Required Training



## Greetings Sponsors,

As you are most likely already aware, the Summer Program, Application, Reporting and Claiming System (SPARCS) is scheduled to be decommissioned this coming December 31, 2017, and will be replaced by the new Summer Food Service Program (SFSP) application reporting and claiming system, EPICS.

In recognition of the significance differences in system navigation, functionality, and reporting methodology, the State agency will be providing training opportunities throughout the State. At this time, the exact dates and specific training facility locations have not been confirmed. Be that as it may, organizations can expect the trainings to be placed in locales that lend themselves to organizations having to conduct the least amount of travel to receive this training. The cities in which trainings will be offered are:

Albuquerque      Farmington      Gallup      Ruidoso      Santa Fe

**Sponsors will be pre-scheduled to attend one of the specific training locations** based appropriately on where each organization's headquarters is located. Due to limitations in computer lab capacity, the State agency plans on having two half-day sessions where and when it is appropriate. In all cases, and respectful of everyone's daily workload, EPICS trainings will not last longer than a half-day. Each organization will be provided with a folder of 2017 SFSP information that will be needed by each organization so that data can be placed into the "live site" production environment that will be available to all at the time of EPICS training.

Please keep watch for further correspondence from this office as it pertains to confirmed EPICS training date, and location for your organization. You or somebody within your organization should begin the process of identifying the most appropriate individual to receive this training. Again, **due to computer lab capacity, there will be little-to-no flexibility in the pre-determined EPICS training date and location for your organization.**

In consideration of the importance of a smooth transition from SPARCS to EPICS, and in consistency with the yearly required Program training each organization receives, this additional in-person EPICS training is a requisite for participation in the 2018 Summer Food Service Program (SFSP). Please contact me with any questions you might have regarding training attendance for your organization.

Thank you for your support of SFSP.

— *Emiliano Perea, SFSP Program Manager*



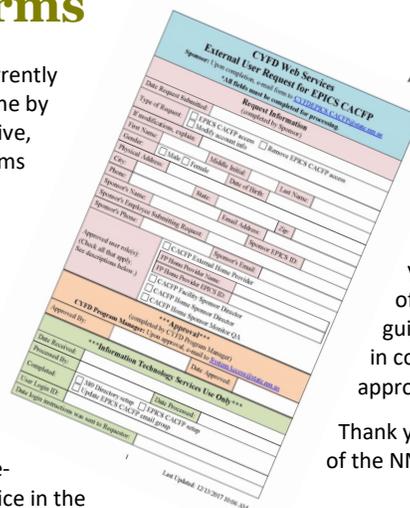
# EPICS SFSP User Permission Forms

## Greetings Sponsors,

In preparation for the deployment of EPICS into a production environment (live site), each organization will be required to complete user access forms. User access forms are used to establish a user's credentials to access EPICS, and ensure that the individual receives the appropriate system permissions to conduct their respective level of business on behalf of their organization. EPICS user access forms will be part of the new norm for your organization. Each individual user must complete one of these forms and then submit it to the CYFD, IT Department. Moving forward, and as your organization encounters employee turn-over, new users to the EPICS system must each complete and submit a separate user access form to gain their own respective access along with the appropriate system/user permissions.

As I write this article, we are currently developing a process and timeline by which all organizations will receive, complete and submit access forms back to the State so that system access is available when you, or your staff arrive at the required EPICS training session. User access forms and instructions will be provided to all 2017 Summer Food Service Program (SFSP) organizations via email.

Please keep an eye out for correspondence coming from this office in the very near future as it pertains to user EPICS/SFSP access forms for your organization, and the process and timeline for completion and submission back to the State. Once the State agency makes these user access forms



available to you, a SFSP Compliance Officer will be in direct contact with you, or someone from your organization to offer assistance and guidance as necessary in completing the forms appropriately.

Thank you for your support of the NM SFSP.

— *Emiliano Perea, SFSP Program Manager*

# Gear Up Now for the 2018 Summer Food Service Program!



## Greetings Sponsors,

Happy holidays and New Year! It's already nearly January, and the holiday season has come upon us so quickly. With the New Year upon us, now is a good time to start gearing up for the 2018 Summer Food Service Program (SFSP). This is the time to start planning on how to reach out to hungry children in New Mexico.



Hunger, poor health and the struggles that come with food insecurity impact children significantly during the summer months.

The Food, Research, and Action Center (FRAC) publication "Hunger Doesn't Take a Vacation," promotes breakfast to help raise awareness, so that

when people think of "summer meals," they don't just think lunch, but breakfast too! Activities are also a great incentive that attract children to summer sites! Check out the Summer Meals, Summer Moves toolkit for fun activities at [www.fns.usda.gov/sfsp/summer-meals-toolkit](http://www.fns.usda.gov/sfsp/summer-meals-toolkit)

Serving breakfast during the weekend gives an additional opportunity for sponsors to meet children's nutritional needs. Plus, community organizations often hold programming on the weekends, which makes it easier to bring children out to the sites.

Here are some other ways to reach out to your communities:

- Increase the number of service days
- Utilize your local radio and public service announcements (PSAs)
- Yellow SFSP outreach posters provided by the State Agency
- Sandwich boards and banners
- Feather flyers
- Hand out flyers door to door
- Promote the Program by inserting a flyer in the last report card for the school year
- Utilize the local school marquee

Thank you, sponsors, for all your hard work and feeding New Mexico children. I am looking forward to seeing you at the SFSP annual training.

—Debra Candelaria, Senior Compliance Officer



Save-the-dates  
Celebrate  
**CACFP**  
Week  
March 11-17, 2018

Help spread the word that the Child and Adult Care Food Program serves over 4,000,000 children with healthy meals and snacks. **awareness** is the key to fighting hunger together.

Resources & tools coming soon.

NATIONAL CACFP SPONSORS ASSOCIATION



## New CACFP Training Opportunities from Team Nutrition!

Join us for our new webinar series, *CACFP Halftime: Thirty on Thursdays*, for hot topics related to the updated Child and Adult Care Food Program (CACFP) meal patterns!

### When will the webinars be held?

Webinars will be held the third Thursday of each month:  
English: 2:00-2:30 p.m. ET / Spanish: 3:00-3:30 p.m. ET

### What topics will be covered?

**January 18th:** Serving Milk in the CACFP  
**February 15th:** Meal Planning Options for the CACFP

### Who is this webinar series for?

State agencies  
Sponsoring organizations  
CACFP providers and program operators  
School Nutrition Professionals working with the Pre-K meal patterns  
Others who work with CACFP are welcome to attend

### How can I register?

Please visit the *CACFP Halftime Webinar* page at [www.fns.usda.gov/tn/cacfp-halftime-thirty-thursdays-training-webinar-series](http://www.fns.usda.gov/tn/cacfp-halftime-thirty-thursdays-training-webinar-series).

All webinars will be recorded and made available at a later date on the USDA Team Nutrition [website](#). Certificates of participation will be provided for those who attend the entire thirty-minute webinar.

## From Finance.....



### Claims & Payment

First, I want to apologize for all of the updates regarding claims. EPICS has experienced several upgrades during 2017 and 2018 will bring a few more.

⇒ **EPICS will receive a major update February 2018.**

One thing to keep in mind is that all these upgrades are to your benefit!

With that said...I have an updated payment run schedule.



**Out with the OLD.... DISCONTINUED PROCEDURE:**  
**Prior to December 31, 2017** = First Friday after the 10<sup>th</sup> and two weeks after that. Do not follow this schedule.

### In with the NEW... NEW PROCEDURE:

Payment run will be every second and fourth week (CACFP Only)



### What does this mean?

The submitted and approved claims on the second and fourth Wednesdays of the month will be sent to the financial system to generate payment. Payments will be sent out on Friday and received on Monday (ACH only, manual check will be mailed out).

- ⇒ **Reminder:** The claims need to be approved by the fiscal staff for the claim to be processed with the payment run.
- ⇒ Claims are processed and approved in the order that it is submitted to the Family Nutrition Bureau.
- ⇒ **NOTE:** No need to contact the department to verify if we have received the claim.
- ⇒ **Reminder:** If you send a claim accidentally, contact the department immediately, so the claim is not processed with the next payment run. Once the claim is batched with the payment run the claim will be processed.
- ⇒ **NOTE:** Federal regulations state that the State Agency shall have valid claims paid within 45 calendar days of receipt of the claim.
- ⇒ **Reminder:** Sponsoring organizations shall issue a payment to Childcare Homes and Sponsored Centers within 5 working days of receipt of payment from Family Nutrition Bureau.



### W-9's

If you would like to make address or bank account changes to your account, feel free to contact one of the fiscal staff and we will send you a State of New Mexico authorized W-9 to fill out, sign, and return to one of us.

To receive a State of New Mexico authorized W-9 form contact:

**Lupita Perez, Management Analyst Supervisor—(505) 827-9964**  
[Guadalupita.perez2@state.nm.us](mailto:Guadalupita.perez2@state.nm.us)

**Jolyne Copple, Business Operations Specialist—(505) 827-9953**  
[Jolyne.copple@state.nm.us](mailto:Jolyne.copple@state.nm.us)

- *Lupita Perez, Management Analyst Supervisor*



## Make Mealtime a Happy Nibbling Time!

**As** a CACFP sponsor, you need to provide children with nutritious, colorful meals. Menus must include foods from the five food groups: Milk, Fruits, Vegetables, Grain/Bread and Meat/Meat Alternates. Offering a variety of foods will promote healthy growth and development. But how do you get children to “nibble” at what you offer?

Allowing children to **assist you** in or around the kitchen with various age appropriate tasks will often encourage them to nibble what they have helped prepare. Two year olds are developing their large muscles. They can wipe the table or carry unbreakable things. Three year olds are using their hands more. They can rinse fruits and vegetables, pour liquids or set the table. Four and five year olds are mastering their small muscles such as fingers. They can do many things such as, scrub veggies, measure ingredients, or peel eggs.

Always introduce a **new food with an old favorite**. This could take up to 12 times! But don't give up! Repeated exposure will hopefully pay off. Accepting new food is a skill that children usually learn gradually. Also, when children see their friends or peers nibbling a new food, they are much more likely to try it too.

Ensure that the food you offer to children is **safe**. That is, make sure they can swallow it without choking. For example, cut grapes in half or even quarters. Food should also be the proper temperature and texture. Younger children, under age 5, need smaller pieces, lower temps and less texture.

Plan your menus to comply with the CACFP and incorporate different colors, shapes and textures. Serve fruits and vegetables to add a **rainbow of color**. Children “eat with their eyes” so if a meal looks interesting, they might just give it a whirl!

Establish a **routine mealtime**. Serve meals at or near the same time daily. Children feel more secure when they are given a schedule or routine. Ensure that they **wash their hands** with soap and warm water. Teach them to sing a short, fun song such as, “Twinkle, Twinkle Little Star”, to help pass the time. Always make sure **children are sitting** down when they nibble. They should not be running around or playing, while nibbling food. This will prevent choking and/or upset tummies.

Teachers should make it a habit to sit with children at mealtimes. They can monitor **family style meal service** while engaging in polite conversation. After all, mealtime should be a happy nibbling experience!

-Teresa Taylor, Nutrition Specialist  
Adapted from ICN's Mealtime Memo, 7/17

# Need Help Revising Your Menu Cycle? Identifying Whole Grain-Rich Foods? Call NET!

If you are not sure your revised menu cycle is compliant with the new CACFP meal pattern requirements, please email it to one of the Nutrition Education & Training (NET) Section staff—Teresa, Laura, or Pam. We will review it, and if needed, give you recommendations so it will be 100% compliant with the new federal requirements. We are also looking forward to answering any of your questions you might which might include: creditable products, product documentation, and recording the meal pattern changes on the new menu record pages for infants and children. Please do not hesitate to contact us either by email or phone. Our contact information is on the front cover of the Visionary.

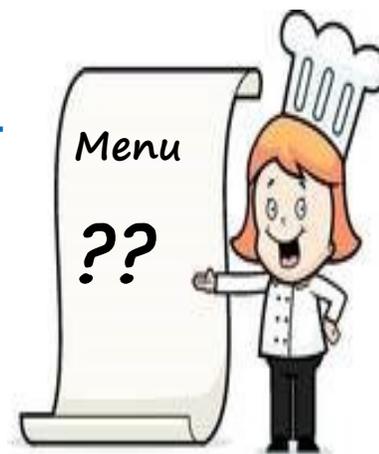
The USDA Food and Nutrition Service has released memos to help Sponsors learn about the new meal pattern requirements. These memos are listed below for your reference. A chart summarizing the changes is also provided.

CACFP 01-2018 – Grain Requirements in the CACFP/Q&A  
<https://fns-prod.azureedge.net/sites/default/files/cacfp/CACFP01-2018os.pdf>

CACFP 02-2018 – Feeding Infants and Meal Pattern Requirements in the CACFP/Q&A  
<https://fns-prod.azureedge.net/sites/default/files/cacfp/CACFP02-2018os.pdf>

CACFP 08-2017 – Questions and Answers on the Updated CACFP Meal Pattern Requirements  
<https://fns-prod.azureedge.net/sites/default/files/cacfp/CACFP08-2017os.pdf>

CACFP 09-2018 – Vegetable and Fruit Requirements  
<https://fns-prod.azureedge.net/sites/default/files/cacfp/CACFP09-2017os2.pdf>



- Pam Mitchell,  
Nutrition Section  
Manager



[www.cacfp.org](http://www.cacfp.org)

## INFANTS

- ▶ Vegetable or fruit, or both, required to be served at snack for infants 6 through 11 months old.
- ▶ Juice or cheese food or cheese spread are no longer allowed to be served.
- ▶ Allows ready-to-eat cereals at snack.

## CHILDREN

- ▶ The combined fruit and vegetable component is now a separate vegetable component and a separate fruit component.
- ▶ At least one serving of grains per day must be whole grain-rich.
- ▶ Grain-based desserts no longer count towards the grain component (sweet crackers allowed).
- ▶ Meat and meat alternates may be served in place of the entire grains component at breakfast a maximum of three times per week.
- ▶ Yogurt must contain no more than 23 grams of sugar per 6 ounces.
- ▶ Unflavored whole milk must be served to 1 year olds; unflavored low-fat or fat-free milk must be served to children 2 through 5 years old; and unflavored low-fat, unflavored fat-free, or flavored fat-free milk must be served to children 6 years old and older and adults.
- ▶ Non-dairy milk substitutes that are nutritionally equivalent to milk may be served in place of milk to children or adults with medical or special dietary needs.
- ▶ Breakfast cereals must contain no more than 6 grams of sugar per dry ounce.
- ▶ Frying is not allowed as a way of preparing foods on-site.
- ▶ Ounce equivalents (oz eq) are used to determine the amount of creditable grains (starting October 1, 2019).
- ▶ Tofu counts as a meat alternate.
- ▶ Juice is limited to once per day.



## BREAKFAST MEAL PATTERNS - Serve Milk, Grains\*, Vegetables or Fruit



\* Meat and meat alternates may be served in place of the entire grains component at breakfast a maximum of three times per week.

	AGES 1-2		AGES 3-5		AGES 6-12 & 13-18		ADULTS	
	Previous	Updated	Previous	Updated	Previous	Updated	Previous	Updated
MILK	1/2 cup	1/2 cup	3/4 cup	3/4 cup	1 cup	1 cup	1 cup	1 cup
VEGETABLES, FRUIT OR BOTH	1/4 cup	1/4 cup	1/2 cup	1/2 cup	1/2 cup	1/2 cup	1/2 cup	1/2 cup
GRAINS	1/2 serving	1/2 oz eq	1/2 serving	1/2 oz eq	1 serving	1 oz eq	2 servings	2 oz eq

oz eq = ounce equivalents

## LUNCH & SUPPER MEAL PATTERNS - Serve all 5 components



	AGES 1-2		AGES 3-5		AGES 6-12 & 13-18		ADULTS	
	Previous	Updated	Previous	Updated	Previous	Updated	Previous	Updated
MILK	1/2 cup	1/2 cup	3/4 cup	3/4 cup	1 cup	1 cup	1 cup	1 cup*
MEAT & MEAT ALTERNATES	1 oz	1 oz	1 1/2 oz	1 1/2 oz	2 oz	2 oz	2 oz	2 oz
VEGETABLES	1/4 cup	1/8 cup	1/2 cup	1/4 cup	3/4 cup	1/2 cup	1 cup	1/2 cup
FRUIT	1/4 cup	1/8 cup	1/2 cup	1/4 cup	3/4 cup	1/4 cup	1 cup	1/2 cup
GRAINS	1/2 serving	1/2 oz eq	1/2 serving	1/2 oz eq	1 serving	1 oz eq	2 servings	2 oz eq

\* A serving of milk is not required at supper meals for adults.

oz eq = ounce equivalents

## SNACK MEAL PATTERNS - Select 2 of the 5 components



	AGES 1-2		AGES 3-5		AGES 6-12 & 13-18		ADULTS	
	Previous	Updated	Previous	Updated	Previous	Updated	Previous	Updated
MILK	1/2 cup	1/2 cup	1/2 cup	1/2 cup	1 cup	1 cup	1 cup	1 cup
MEAT & MEAT ALTERNATES	1/2 oz	1/2 oz	1/2 oz	1/2 oz	1 oz	1 oz	1 oz	1 oz
VEGETABLES	1/2 cup	1/2 cup	1/2 cup	1/2 cup	3/4 cup	3/4 cup	1/2 cup	1/2 cup
FRUIT	1/2 cup	1/2 cup	1/2 cup	1/2 cup	3/4 cup	3/4 cup	1/2 cup	1/2 cup
GRAINS	1/2 serving	1/2 oz eq	1/2 serving	1/2 oz eq	1 serving	1 oz eq	1 serving	1 oz eq

oz eq = ounce equivalents

[www.CACFP.org](http://www.CACFP.org)

Visit us online for more nutrition education resources!

CACFP is an indicator of quality child care. This institution is an equal opportunity provider.



## Whole-y Grains! Best Bets vs. Risky Business

By now, CACFP centers and homes know that the new 2017 Meal Patterns require at least one grain/bread serving per day to be whole grain (WG) or whole grain rich (WGR). But, in identifying products or recipes to meet this requirement, many of us are finding it to be more tricky than it sounds! Products that at first glance appear to be whole grain or whole grain rich sometimes really aren't. Especially deceptive is marketing language used on the front of the package, like "multi-grain" or "made with whole grains." Such statements are designed to make a grain/bread item seem healthy and to encourage a consumer to buy it, but these claims often don't relate to actual whole grain content. Even more complicated, some methods of processing foods made with whole grains alter the grain kernel, making it no longer whole—for example, treating a whole corn tortilla product with lime. So, how can we tell a real whole grain or whole grain rich item from a "fake" one? It all starts with reading the ingredient label. One rule of thumb: if the first grain ingredient is described as "enriched" or "white," it is likely NOT whole grain, even if the second or third grain ingredients say "whole." These products could still be creditable, just not as your whole grain for the day. **Following are some hints:**

### Risky Business (usually not WG/WGR)

Crackers or other items labeled "multi-grain," "stone-ground," "100% wheat," "seven-grain," or "bran"  
Corn tortillas, shells or chips (especially if "lime" is mentioned)  
Whole grains listed after the words "contains 2% or less"  
Pearled barley  
Wheat and corn starch (*not a creditable grain*)

### Best Bets (WG)

Whole wheat or whole grain bread  
Brown rice or wild rice  
Bulgar (cracked wheat)  
Graham flour  
Oatmeal or rolled oats  
Cereals on the new CACFP list (*just revised in December!*)  
Whole grain barley  
De-germinated cornmeal  
Wheat flour / enriched wheat flour

### Here are some more tips for identifying a whole grain or whole grain rich item:

- 1) If the food is labeled as "**whole wheat**," you can count it as your whole grain.
- 2) A whole grain is listed as the **first ingredient** (or second after water), and the next two grain ingredients are creditable—this is also known as the "rule of three."
- 3) The product carries one of the following **FDA statements** on the labeling:
  - A) "Diets rich in whole grain foods and other plant foods and low in total fat, saturated fat, and cholesterol may reduce the risk of heart disease and some cancers." OR
  - B) Diets rich in whole grain foods and other plant foods, and low in saturated fat and cholesterol, may help reduce the risk of heart disease."
- 4) Proper documentation (from a manufacturer or a standardized recipe) showing that whole grains are the primary ingredient by weight.

You'll also find a handy **one-page reference guide to identifying WGR items on the following page** of this issue of the *Visionary*. Remember that whole grains must be documented on menu record pages – acronyms like WG, WGR, or WW are fine. Also, please keep a sample of the packaging for these items as proof. Along with this month's *Visionary* newsletter comes the **newly revised CACFP Cereal List**, showing cereals that meet the new limit of 6 grams sugar per 1 dry ounce of cereal, and which are also whole grain rich! (*Note: this list is not exhaustive; other brands not listed may also be creditable and whole grain rich.*) If using one of these cereals as your WGR item, it is NOT necessary to keep the packaging – just write the cereals' complete name in the menu record page for documentation.

As always, if you find a cereal not on the list, please send in the ingredient list / packaging to the NET team for nutritional analysis to be sure it qualifies as whole grain (and doesn't exceed the sugar limit).



- Laura Spencer, Nutritionist II

## January is National Oatmeal Month

Try this **whole grain rich recipe**, featuring delicious, nutritious oatmeal, courtesy of the Cornell Cooperative Extension, Division of Nutritional Sciences!

Source, accessed 11/30/17:

<https://whatscooking.fns.usda.gov/recipes/supplemental-nutrition-assistance-program-snap/oatmeal-bread>



### Oatmeal Bread

**Yield: 20 servings (1 slice = about 2 oz.)**

#### Ingredients:

- 1 cup **rolled oats**
- 1 teaspoon salt
- 1 1/2 cups boiling water
- 1 packet dry yeast (active)
- 1/4 cup warm water (105-115 degrees)
- 1/4 cup molasses
- 1 1/2 tablespoons vegetable oil
- 2 cups **whole wheat flour**
- 2 1/2 cups flour (all purpose)

#### Directions:

1. Combine rolled oats and salt in a large mixing bowl. Stir in boiling water; cool to lukewarm (105 - 115 degrees).
2. Dissolve yeast in 1/4 cup warm water in small bowl.
3. Add yeast water, molasses, and oil to cooled oatmeal mixture. Stir in whole wheat flour and 1 cup all purpose flour. Add additional all purpose flour to make a dough stiff enough to knead.
4. Knead dough on lightly floured surface until smooth and elastic, about 5 minutes.
5. Place dough in lightly oiled bowl, turning to oil top. Cover with clean towel; let rise in warm place until double, about 1 hour.
6. Punch dough down; turn onto clean surface. Shape dough and place in greased 9 x 5 inch pan. Cover with clean towel; let rise in a warm place until almost double, about 1 hour.
7. Preheat oven to 375 degrees. Bake 50 minutes or until bread sounds hollow when tapped. Cover with aluminum foil during baking if bread is browning too quickly. Remove bread from pan and cook on wire rack.

- Laura Spencer, Nutritionist II

# Grains Component



This handout provides information about the new grain requirements for infants and child and adult participants in the Child and Adult Care Food Program (CACFP). Throughout the handout, the term *program* will be used which refers to all facility types: group child care centers, family day care homes, afterschool programs, emergency shelters and adult care centers.



## New Requirements Effective October 1, 2017

- At least 1 serving of grains per day must be whole grain-rich
- Grain-based desserts are not creditable
- Breakfast cereals must contain no more than 6 grams of sugar per dry ounce

### What can you start doing now?

You may start following all new grain requirements now.



### What is Whole Grain-Rich (WGR)?

Whole grain-rich (WGR) foods contain **100% whole grains**, or at least **50% whole grains**, and the remaining grains are enriched.

This whole grain-rich requirement only applies to meals served to children 1 year and older, and adult participants; it **does not** apply to infant meals.

### Identifying Whole Grains *(This is not an all-inclusive list)*

Whole Grains	Not Whole Grains
Amaranth	All-purpose flour
Brown rice, wild rice	Bread flour
Buckwheat	Bromated flour
Bulgur (cracked wheat)	Cake flour
Bromated whole wheat flour	Corn grits
Crushed wheat	Couscous
Graham flour	De-germinated cornmeal
Millet	Durum flour
Oatmeal or rolled oats	Enriched flour
Quinoa	Enriched rice
Triticale	Enriched wheat flour
Whole grain barley	Farina
Whole rye	Long-grain white rice
Whole grain corn	Pearled barley
Whole cornmeal	Phosphate flour
Whole grain sorghum	Unbleached flour
Whole grain triticale	White flour
Whole durum wheat	Whole flour
Whole-wheat	Wheat flour



Grains like quinoa, brown rice, oatmeal, etc. may not have the word *whole* before their name, but are 100% whole grains.

Foods labeled with the words *multi-grain*, *stone-ground*, *100% wheat*, *seven-grain*, or *bran* are usually not whole grain.

### Whole Grain-Rich Criteria

To determine if a grain is whole grain-rich, foods must meet at least **ONE** of the following **4** options below:

#### 1. Label says **100% Whole Grain** or **100% Whole Wheat**



#### 2. Use the **Ingredient List**:

- A **whole grain** (see list to the left) is listed as the first ingredient, or second after water

**Ingredients:** Whole-wheat flour, water, enriched unbleached wheat flour, yeast, sugar, wheat gluten

- If the first ingredient (or second ingredient after water) is not whole grain, obtain a Product Formulation Statement (PFS) from the manufacturer to determine if it is WGR

#### 3. The package includes one of the following **health claims**:

- “Diets rich in whole grain foods and other plant foods and low in total fat, saturated fat, and cholesterol may reduce the risk of heart disease and some cancers.”
- “Diets rich in whole grain foods and other plant foods, and low in saturated fat and cholesterol, may help reduce the risk of heart disease.”

*This means at least 51% of grains are whole grain. Look at the ingredients to ensure all other grains that are not whole grain are enriched.*

- #### 4. All commercially prepared mixed dishes (i.e. pizza, burritos, pasta entrée), must have a CN label or PFS to credit all meal components, including the grain component, to the meal pattern.

### Recordkeeping Requirements



Whole grain (WG) or whole grain-rich (WGR) must be written on menus next to the grain item. If you do not serve a WGR item on a given day, **the least reimbursable meal or snack serving a grain must not be claimed.**

Rev. 4/4/2017

*Adapted from the Wisconsin Department of Public Education, November 2017—NM CACFP*

# New CACFP Meal Pattern Reminders and Upcoming EPICS Revisions



**2017** is almost over, and winter is here. We've had about three months of getting used to the new meal pattern requirements and I'm pleased to report that most sponsors are making the transition very well.

There are a few reminders that we'd like to bring to your attention based on some of the issues we have encountered during some program reviews.

**Whole grain once a day.** Keep in mind, if you serve a meal once a day, a whole grain is required to be served. The requirement is to serve whole grains at least once a day. If your only meal service is a snack, every snack which has a bread/grain/cereal item as one of the components will need to have that grain item be a whole grain item.

**Dessert type items are no longer creditable.** These food items include granola bars, fruit grain bars, all types of cookies, pies, and pastries. The National School Lunch Program (NSLP) is able to still serve some dessert type items which are prohibited in CACFP. If you are vending with a school, please be sure to notify them of CACFP's restriction on these items. CACFP and NSLP are two separate programs with different requirements. Foods that meet NSLP standards do not automatically comply with CACFP regulations.

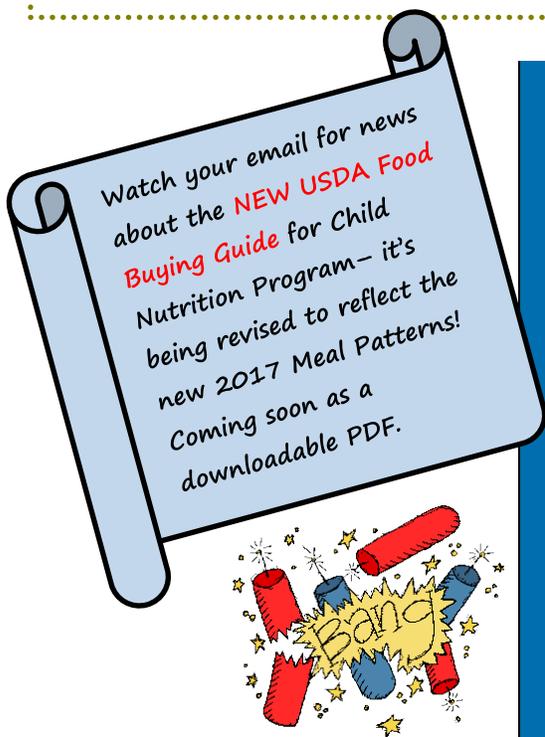
**The maximum sugar content in yogurt is 23 grams per 6 oz. of yogurt,** which equates to 15.33 grams of sugar in 4 oz. or 30.66 in 8 oz. Remember to do the math when your serving size is different from 6 oz. The USDA handout, "Choose Yogurts Lower in Sugar" lists a range of portion sizes.

**The vegetable and fruit component are now 2 separate components.** This means you can now serve a fruit and a vegetable as the only two components for a creditable snack. For those serving 6-12 year olds, keep in mind that the vegetable component needs to be 1/2 cup. Together the fruit and vegetable requirement is a total of 3/4 cup, and the vegetable quantity is to be greater than the fruit component. Typically this means serving 1/2 cup for vegetable and 1/4 cup for fruit, but you could serve 1/2 cup of each and exceed the minimum amount required for the fruit portion.

In other news, **EPICS will be rolling out a revised version in February 2018.** Stay tuned for updates. Please be sure to get your claim entered as soon as possible so it doesn't get held up in the transition to the new system. Also keep in mind that reviewers will be looking at financial information in more depth during future reviews.

Thanks for your participation with the Child and Adult Care Food Program. Happy and Healthy eating! Have a wonderful Christmas season and we will see you in the New Year!

— Loren Miller, CACFP Program Manager



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# Healthy Kids Healthy Childcare

BUILDING HEALTHIER TOMORROWS

The Healthy Kids Healthy Childcare (HKHCC) team would like to **welcome the newest addition to our team, Monique Perish**, from Choices for Families. Monique brings a wealth of New Mexico Early Care and Education experience and will be working with licensed childcare centers and Head Start programs in northern New Mexico on HKHCC initiatives. We're delighted to be working with her! Monique wrote a short article introducing herself and encouraging you to contact her and begin working on your childcare Wellness Policy. —Rita Condon

## Healthy Kids, Healthy Child Care Wellness Policies: Building a Healthier Future for Our Children One Center at a Time!



**Monique Perish**  
Healthy Kids Healthy Childcare Specialist,  
Northern & Central NM  
Executive Director at Choices for Families  
[directorchoices@yahoo.com](mailto:directorchoices@yahoo.com)  
Cell (505) 358-2145 or office (505) 884-0211

Obese, overweight, fat. There's no nice way to put it when you are not a healthy weight. I've been called all of these names before, and it has affected me in so many ways. When I was pregnant with my first child, I was terrified and was repeatedly told by doctors that my weight was a problem. I had gestational diabetes and preeclampsia. I knew that if my child and I made it through this, there would be no way he'd eat unhealthy and have a future of medical problems. I've made sure to follow the CACFP meal patterns with both my children, and when we're out for dinner everyone finds it shocking that they'd rather have fruit and broccoli than fries. We exercise, go camping, dance, play outside and ride bikes, and instead of playing video games, we go to local museums, the zoo, aquarium and botanical gardens. When I first read about the Healthy Kids and Child Wellness policies for Centers, I knew this was my calling.

The wonderful staff at the Department of Health and Children, Youth, and Families Department; Rita Condon, Leah Yngve, Alberto Zavala, and Pam Mitchell have made me feel so welcome to the Healthy Kids team. I get emotional seeing how many centers throughout New Mexico are genuinely excited about adopting a Wellness Policy and making sure our children are fed healthy meals, exercise regularly, reduce screen time and help educate parents and staff. While most of us go to our daily 9 to 5 careers, we have these extraordinary educators watching our children, and teaching them a healthy lifestyle now! So, what is a wellness policy, you're asking? Let me give you a quick description of this wonderful program.

**A Wellness Policy** is a written plan incorporated into your existing family and staff handbooks within your center. It sets clear and consistent standards and is a tool for educating staff and parents on current wellness practices. It also provides the opportunity to evaluate and improve practices in these 7 goal areas:

1. **Physical Activity**- Provide structured and unstructured physical activity 1 to 2 hours per day
2. **Reduced Screen Time**- 2 year olds and under should have ZERO screen time, and over 2 years of age, less than 30 minutes per week. Let's help these kiddos build their active imagination!
3. **Nutrition**- Provide fruits and vegetables at every meal! Serve meals family style and limit fried foods. Trust me; after being picked up from your center they probably get a fast food meal, a bath, and to bed! You are helping these little ones live a healthier lifestyle. And if you're currently participating in the Child and Adult Care Food Program (CACFP), you're already doing this!
4. **Beverages**- Provide water to children throughout the day.
5. **Breastfeeding**- Welcome mothers to breastfeed on site. And guess what, it's creditable too!
6. **Staff Wellness**- Encourage staff wellness at work with fit breaks, healthy eating, self-care, and wellness-goal setting.
7. **Family Engagement**- Hold family events to encourage and educate families about healthy eating and active living practices. Use social media to post healthy eating ideas!

So, are you ready to get your Center a Wellness Policy? Our staff is ready to help you begin, and it may sound like a lot, but I guarantee you and your staff are already doing a majority of these, and just need to write them down. Please feel free to contact our staff and we'll get you started giving our children a healthier lifestyle for a better future!

— Monique

## Small Hands Crafting

To make puffy snowflakes and snowmen, mix equal parts salt and flour in a bowl. Food coloring is optional. Add enough water to make the consistency of pancakes. Pour the mixture into a squirt bottle and let the children make their snowflakes on heavy paper. Microwave the drawing on high for about 30 seconds. The paint is dry and puffy!



# Happy Winter

Did you know that maintaining a healthy diet also means you are careful with what you drink?

- High sugar drinks take away a child's appetite for healthy foods.
- Sugar can provide the calories, but not the vitamins and minerals children need to grow and be healthy.
- Fruit juice contains 6 teaspoons of sugar in an 8 oz serving.
- A 20 oz soft drink can contain 15-20 teaspoons of sugar.
- There are 15-20 teaspoons of sugar with 500-700 calories in a 20 oz milkshake.
- Children over the age of 2 should drink 1% or skim milk.

It is important to be aware of the sugar and fat in your favorite beverages. As a CACFP provider, we use the best practice of only serving non-flavored milk or water to keep your child healthy and strong!

## Inside Fun: Movement in Winter

**Mitten Match** – Place numbered mitten pairs around the room. The kids locate all of the mittens and practice numbers while hanging all of the mittens on a clothesline. Try greatest to least and least to greatest. Make sure the the kids move around to complete the task.

**Masking Tape Fun** – You can use masking tape to make lines (Straight and curved), designs (zigzags, grids) hopscotch/obstacle course, alphabet mazes, and large tic tac toe boards all of over the floor to get the kids moving. Ask the kids to follow the lines. Can they jump between them? If they're on a grid can they put a foot and a hand each in a different box? Can they follow the letters through the maze?

**Twister** – Make your own large twister board. Using colored feet or circles secure them on the ground with clear contact paper.

## Winter Stew

- 1 cup winter squash (diced, or 1/2 can, about 8 ounces, low-sodium sweet potatoes, drained)
- 1 cup turnips (diced, or 1/2 can, about 8 ounces, low-sodium sliced potatoes)
- 1/2 cup onion (diced)
- 2 1/2 cups low-sodium tomato juice
- 1/4 teaspoon black pepper
- 1 tablespoon paprika (optional)
- 1 1/2 pounds cooked stew meat
- 1/4 cup canned apricots (drained and diced, about 2 ounces, optional)

In a large pot, combine all ingredients except beef and apricots and mix well. Bring the pot to a boil for 5 minutes. Cook over low to medium heat for 30 minutes. Stir every 15 minutes. Add beef and apricots to the pot and mix well. Cook over low heat for 10 minutes.

*Recipe from USDA Mixing Bowl*





## 2018 FNB Calendar of Events and Trainings

- January** 1—New Year's Day Holiday; State offices closed  
15—Martin Luther King, Jr. Holiday; State offices closed  
19—Cook's Academy Training, 9:30-2:30 (CNM, Albuquerque)—Contact Laura Spencer, (505) 841-4856
- February** 16—Cook's Academy Training, 9:30-2:30 (CNM, Albuquerque)—Contact Laura Spencer, (505) 841-4856  
24—Carlsbad RECEC—Contact SENMCAC, Sherra Hester, (575) 887-3939
- March** 9—Cook's Academy Training, 9:30-2:30 (CNM, Albuquerque)—Contact Laura Spencer, (505) 841-4856  
11-18—CACFP Week—See National CACFP Association, [cacfp.org/cacfpweek](http://cacfp.org/cacfpweek)  
17—Anthony RECEC—Contact CAA, Adela Trujillo, (575) 523-4085 ext. 119  
22-23—Homes Quarterly—Contact Teresa Taylor, (505) 841-4854
- April** 13—Cook's Academy Training, 9:30-2:30 (CNM, Albuquerque)—Contact Laura Spencer, (505) 841-4856  
19-21—National Child Nutrition Conference (San Antonio, TX)—See [cacfp.org/childnutritiontoday](http://cacfp.org/childnutritiontoday)  
21—Las Vegas RECEC—Contact HELP, Juliette Varela, (505) 766-4938
- May** 16—Cook's Academy Training, 1-4 pm (Roswell)—Contact Laura Spencer, (505) 841-4856  
17—CACFP Annual Training 8-5 (Roswell)—Contact Jesus Aguilar Jr., (505) 827-9961  
28—Memorial Day Holiday; State offices closed

**PULLTOGETHER.ORG**



Do you have any events to share with other sponsoring organizations? Please submit announcements for publication to:



**New Mexico Children, Youth & Families Department**  
**Early Childhood Services / Family Nutrition Bureau**  
**3401 Pan American Freeway NE**  
**Albuquerque, NM 87107**  
or call 1-800-328-2665 or fax (505) 841-4858



CHILD & ADULT CARE FOOD PROGRAM

