

"This institution is an equal opportunity provider."

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[www.cni-usda.org](http://www.cni-usda.org)

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### UPDATED MEAL PATTERNS FOR CACFP

USDA recently revised the Child and Adult Care Food Program (CACFP) meal patterns. Under the updated meal patterns, meals served will include a greater variety of vegetables and fruit, more whole grains, and less added sugar and saturated fat.

CNI will begin implementation May 1, 2017.

### CHILDREN AND ADULTS

#### Greater Variety of Vegetables and Fruits

- The combined fruit and vegetable component is now a separate vegetable component and a separate fruit component.
- Juice is limited to once per day.

#### More Whole Grains

- At least one serving of grains per day must be whole grain-rich.
- Grain-based desserts no longer count towards the grain component.

#### More Protein Options

- Meat and meat alternates may be served in place of the entire grains component at breakfast a maximum of three times per week
- Tofu counts as a meat alternate.



#### Less Added Sugar

- Yogurt must contain no more than 23 grams of sugar per 6-ounce serving.
- Ready-to-eat breakfast cereals must contain no more than 6 grams of sugar per dry ounce.

### INFANTS

#### Encourage and Support Breastfeeding

- Providers may receive reimbursement for meals when a breastfeeding mother comes to the day care home and directly breastfeeds her infant.
- Only breastmilk and infant formula are served to infants 0 through 5 months old.

#### Developmentally Appropriate Meals

- Two age groups, instead of three: 0 through 5 months and 6 through 11 months.

- Solid foods are gradually introduced around 6 months of age, as developmentally appropriate.

#### More Nutritious Meals

- Requires a vegetable or fruit, or both, to be served at snack for infants 6 through 11 months old.
- No longer allows juice or cheese food or cheese spread to be served.
- Allows ready-to-eat cereals at snack.



### WELCOME NEW PROVIDERS

We would like to welcome the following new providers who have joined the food program in February and March.

*Marisela Aguilar*

*Ruqeshana Aktar*

*Safeena Bibi*

*Sharla Boatright*

*Karita Burrill*

*Esperanza Caballero*

*Jennifer Corbin*

*Hilda Diaz*

*Ana Fermin*

*Carolyn Johnson*

*Delaram Kabiri*

*Cynthia Kay Simmons*

*Anne Wickramaratne*

*Sara Wilfong*

We look forward to working with each of you. Please feel free to contact your field specialist or call our office at 1-800-735-5434 if you have any questions.

### PARENT SURVEYS

Parent Surveys are sent out each month to parents of those children who participate in the Child and Adult Care Food Program. The results from the surveys tell us if providers are serving nutritious snacks and meals and if they are maintaining records correctly.

Positive comments from recent surveys include - When asked if their child is happy with food being served, parents are happy to say: "Yes! Excellent variety and nutrition level!" "Yes, always healthy food!"

Thank you to Harmony Amnathvong, Sandra Eguez and all our providers for doing a great job serving healthy and delicious meals.

### MARCH/APRIL WINNER

Congratulations to Giti Fardad, Provider #1076 from Sterling! Her name was chosen in the drawing. She will receive a \$25 restaurant gift card.

Thank you to everyone who entered.

### NEWSLETTER DRAWING

As a thank you for all you do, we would like to give you an opportunity to receive a gift card to a local restaurant!

All providers who submit their name from this newsletter will be entered in the drawing.

These are three ways you can enter

- send in the entry form from this newsletter
- send an email to [sheilaj@cni-usda.org](mailto:sheilaj@cni-usda.org)
- call our office at 1-800-735-5434

Be sure to mention the May/June 2017 Newsletter when you email or call.

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### MAY/JUNE 2017 ENTRY

NAME: \_\_\_\_\_

PROVIDER NUMBER: \_\_\_\_\_



### RECIPES

#### BANANA QUESADILLAS

- 2 Tablespoons creamy peanut butter
- 4 Tablespoons low-fat cream cheese
- 1  $\frac{1}{2}$  teaspoons honey\*
- $\frac{1}{4}$  teaspoon ground cinnamon
- 4 (8-inch) whole-wheat flour tortillas
- 3 ripe bananas
- Non-stick cooking spray



Stir together peanut butter, cream cheese, honey, and cinnamon in a small mixing bowl.

Lay tortillas flat, and spread 1  $\frac{1}{2}$  Tablespoons of the peanut butter mixture on one half of each tortilla.

Peel and slice bananas  $\frac{1}{4}$  inch thick.

Lay  $\frac{3}{4}$  cup banana slices, in a single layer, over peanut butter mixture on each tortilla.

Fold each tortilla in half to enclose filling.

Coat a frying pan with non-stick cooking spray and heat over medium-high heat.

Place tortillas in hot frying pan and cook for 1-2 minutes on each side or until golden brown.

Makes 4 servings.

*\*Honey must not be given to infants under 1 year old*

### FUN FOOD FACTS

☞ Americans eat over 300,000 tons of yogurt each year.

☞ Pears ripen from the inside out.



☞ Avocados have more protein than any other fruit.



☞ Food can only be tasted if mixed with saliva.

☞ Early explorers used watermelon rinds as canteens to carry water.



☞ Americans eat 900% more broccoli now than we did 20 years ago.