

"This institution is an equal opportunity provider."

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

(800) 735-5434 or (540) 347-3767

### IDENTIFYING WHOLE GRAIN-RICH PRODUCTS

The Child and Adult Care Food Program (CACFP) requires that at least one serving of grains each day contains a whole grain-rich component. Foods that meet the whole grain-rich criteria are foods that contain at least 50% whole grains and the remaining grains in the food are enriched, or are 100% whole grain.

#### SIX WAYS TO HELP IDENTIFY IF A PRODUCT IS WHOLE GRAIN-RICH

1. **Food is labeled whole wheat and meets FDA's standard of identity.** An FDA Standard of Identity is a set of rules for what a product must contain to legally be labeled with that product name. List available at [cacfp.org](http://cacfp.org).
2. **WIC (Women•Infants•Children:)** Any grain product found on a State agency's WIC-approved whole grain food list meets CACFP whole grain-rich criteria.
3. **FDA Statement** - one of the following FDA statements is included on the labeling:
 

*"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."*
4. **Rule of Three** - the first ingredient (second if after water) must be whole grain, and the next two grain ingredients (if any) must be whole grains, enriched grains, bran, or germ.
5. **Food Meets the Whole Grain-Rich Criteria Under the NSLP (National School Lunch Program)** - Use of the National School Lunch

Program whole grain-rich criteria may ease menu planning and purchasing for child care programs.

6. **Manufacturer Documentation or Standardized Recipe** - proper documentation from a manufacturer or a standardized recipe can also demonstrate that whole grains are the primary grain ingredient by weight.

### WELCOME NEW PROVIDERS

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

<i>Hania Amenzoui</i>	<i>Shaista Khan</i>
<i>Sonya Babil</i>	<i>Jami Williams</i>
<i>Mulatua Bullo</i>	

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.

### IMPORTANT REMINDERS



- Use **only** a #2 pencil when filling out attendance forms. Do not use pen or marker.
- Review all forms before mailing them to our office to be sure there is no missing or incorrect information.

### PARENT SURVEYS

Parent Surveys are conducted each month for 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.

Thank you to Barbara Simmons, Nadia Khan, Silvia Miranda and all of our providers for doing a great job serving healthy and delicious meals.



## MAY / JUNE WINNER

Congratulations to Tabitha Courtney, Provider #2505 from Charlottesville! 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.

There 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 July / August 2018 Newsletter when you email or call.

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## JULY / AUGUST 2018 ENTRY

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

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



## RECIPES

### FRIENDSHIP POCKET

Whole-Wheat Pita Bread  
Sliced Turkey or Ham  
Lettuce or Spinach  
Low-Fat Shredded Cheese (Yellow or White)  
Apple Slices or Grapes



Fold a slice of turkey or ham, put it in the pita pocket.

Tear lettuce or spinach and add to the pita.

Put some shredded cheese in the pita.

Serve the pita pockets with apples or grapes.

### FRUIT-A-LICIOUS BREAKFAST CUP

Low-Fat Yogurt  
Cereal  
Fruit (such as blueberries, bananas, pineapple or peaches)



Spoon yogurt into a cup.

Spoon cereal on top of the yogurt.

Add some fruit on top of the cereal.

Add more yogurt, then cereal, then fruit.

*Let children make their own friendship pocket or breakfast cup!*

## FUN FOOD FACTS

☞ Avocado has one of the highest protein contents of all fruit.



☞ Eggplants are fruits and classified as berries.

☞ Ginger can reduce exercise-induced muscle pain by 25%.



☞ Oregano has more antioxidant than blueberries.