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Putting The Focus On Wellness

A wellness plan/policy provides written standards for creating and maintaining a healthy child care environment. The creation of a wellness plan/policy is strongly encouraged by the Indiana Child and Adult Care Food Program for the promotion of nutritious foods, physical activity, and an overall healthy environment. To assist facilities with developing a wellness plan/policy, the State Agency has some resources available at http://www.doe.in.gov/food/childadults/training_materials.html

In a recent conversation with Carol McCrory, I learned how Walnut Hill Early Childhood Center is working to create and maintain a healthier environment for staff, parents and children. One of the ways they are doing this, is through the creation and implementation of a wellness plan.

They started the wellness plan by using the CACFP resources found at the link mentioned above. From there, they included policies on current child care requirements as well as some additional policies they chose to add. Next, they approached staff and parents with the information and worked to gradually implement their new policies.

Parent support and feedback is important to Walnut Hill Early Childhood Center. They have been able to engage parents in the implementation of the wellness plan through parent surveys and a parent advisory council.

They have received staff support on this initiative by working closely with the kitchen manager to make menu changes and providing the opportunity for staff to learn and contribute at weekly meetings. The new health-focused environment even encouraged the staff to create a biggest loser challenge to manage their weight. And they have seen great results!

Carol created a guided reading sheet and training certificate for use when training staff on the wellness plan. She has agreed to let us share her resources on our website. They can be found on our CACFP webpage under resources: <http://www.doe.in.gov/food/childadults/>

If you are working on a wellness plan or policy and would like some assistance, feel free to contact Heather Stinson at hstinson@doe.in.gov

New Milk Policy For One Year Old Children

Many of you recently shared some concerns with our whole milk requirement for one year old children. It is a USDA recommendation that whole milk is served to one year old children, however we do understand that switching to 1% or skim milk at the age of 2 can be difficult for children who have only consumed whole milk. To assist you with transitioning children to a lower fat milk, we have updated our policy to allow whole milk or 2% milk to be served to one year old children.

Child Care Milk Requirements		
	CACFP	Licensing (FSSA)
Infants	Breast milk or formula	Breast milk or formula
Age 1	Whole or 2% (reduced-fat)	Whole or 2% (reduced-fat)
Age 2 and up	1% (low-fat) or skim (fat-free)	2% (reduced-fat) or 1% (low-fat)

Notice that the only difference in CACFP and Licensing milk requirements is for children age 2 and older. While our policy for this age group is not exactly the same, it does overlap. So for CACFP facilities that are licensed, you must serve children age 2 and older 1% (low-fat) milk.

For questions related to the CACFP milk policies, contact Heather Stinson at hstinson@doe.in.gov or 317-232-0869.

CACFP resources and information will be updated to reflect the change in milk requirements for one year old children.

“Water is the most neglected nutrient in your diet, but one of the most vital”

~ Julia Child



Elaine Haney
CACFP Field Consultant

Staff Spotlight: Elaine Haney

Elaine Haney has been with the School and Community Nutrition Division since August of 2008. Prior to working with IDOE, Elaine worked with children from first generation and low income families helping to prepare them for college. She was also a sponsor of the Summer Food Service Program for many years and thought it would be cool to have the job of a Field Consultant.

In her current position with the IDOE, Elaine oversees Marion county, the southeast portion of the state, and as far north as Delaware, Randolph, and Jay counties. She enjoys working with the sponsors and loves to hear them say (with a smile) 'I GET IT NOW'!

Elaine is a wife and mother of a very handsome four year old son named Zion. When she is not working

she is drumming up the extra energy to keep up with him. Elaine is very active in her church, and enjoys spending time with family, friends and her 80 year old aunt. One day she hopes to be an awesome scrap booker – putting together all the wonderful memories of her family and Zion.

Feel free to contact Elaine at: mhaney@doe.in.gov.



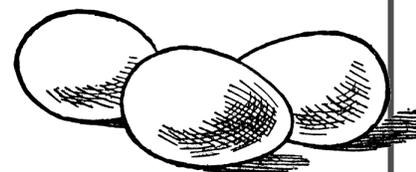
Please Welcome Our New Sponsors

Lake Ridge Schools	Gary	CACFP Contact: Toni Rattray
Mt. Calvary Evangelical Lutheran Church	Fort Wayne	CACFP Contact: Alice Tomten
Wells Community Boys & Girls Club	Bluffton	CACFP Contact: Tina Brown
Fairview United Methodist Church	Portland	CACFP Contact: Beth Stephen
Hamilton Heights School Corporation	Arcadia	CACFP Contact: Camille Bill
Calvary Temple of Indianapolis	Indianapolis	CACFP Contact: Stacey Fisher
Indiana Alliance of Boys and Girls Clubs	Statewide	CACFP Contact: Lana Taylor

Food Safety Tip: Egg Basics

Thorough cooking is an important step in making sure eggs are safe...

- **Scrambled eggs:** Cook until firm, not runny.
- **Fried, poached, boiled, or baked:** Cook until both the white and the yolk are firm.
- **Egg mixtures, such as casseroles:** Cook until the center of the mixture reaches **160 °F** when measured with a food thermometer.



Source: www.foodsafety.gov



Events Calendar

- ⊕ 1/31/12: New Sponsor Workshop, IDOE Offices (9am-1:30pm)
- ⊕ 2/23/12: Refresher Workshop, IDOE Offices (9am-4pm)
- ⊕ 3/27/12: New Sponsor WebEx Training (1:30pm-3:30pm)

New Sponsor Training also available on-line at: http://www.doe.in.gov/food/childadults/online_training.html

*Note: A photo ID is required at all times at the IDOE offices.

Did You Know... About Our Online Resources?

One of the most widely served fruits in CACFP facilities is bananas. We checked the USDA Food Buying Guide and found this information:

- Most facilities use regular size bananas (not the petite ones)
- 1/4 cup raw fruit (1/2-inch slices), unpeeled is about 1/2 banana
- 1 lb bananas, as purchased = about 1-3/4 cups peeled 1/2-inch slices of banana
- Make sure you are serving the correct amount when the meal pattern calls for 1/2 cup fruit. One-half a banana may not be enough.

Visit www.doe.in.gov/food/childadults to learn more.

USDA Food Buying Guide: <http://www.fns.usda.gov/tn/Resources/foodbuyingguide.html>

Fresh Fruits and Vegetables in the Winter

Though many fruits and vegetables are available canned, frozen or dried all year long, the links below will provide information on the fruits and vegetables available fresh and in abundance during the winter months. Seasonal produce will vary according to geographic region. Click on the pictures below for information and nutrition education materials relating to the fruits and vegetables listed.

			
Grapefruit	Bananas	Kale	Lemons
			
Onions and Leeks	Oranges	Pears	Mushrooms
			
Potatoes	Rutabagas	Sweet Potatoes and Yams	Winter Squash
	<p>Buying fruits and vegetables in season is a great way to save money and eat healthy!</p> <p>Source: Snap-Ed Connection Resource Library</p>		
Turnips			



Adding More Fiber to Children's Diets

Few kids would say they crave a good fiber-rich meal. Although the thought of fiber might bring gags and groans from kids, many appetizing foods are actually great sources of fiber — from fruits to whole-grain cereals. And kids are probably eating them without even knowing it.

Not just for the senior-citizen crowd, foods with fiber are beneficial because they're filling and, therefore, discourage overeating — even though fiber itself adds no calories. Plus, when combined with adequate fluid intake, high-fiber fare helps move food through the digestive system and may protect against gut cancers and constipation. It may also lower LDL cholesterol ("bad" cholesterol) as well as help prevent diabetes and heart disease.

Here are some creative, fun, and tasty ways to incorporate more fiber-rich foods into children's diets:

Breakfast

- Make oatmeal (a whole grain) part of morning meals.
- Choose whole-grain cereals that have 3 grams or more fiber per serving.
- Make pancakes with whole-grain (or buckwheat) pancake mix and top with apples, berries, or raisins.
- Serve bran or whole grain waffles topped with fruit.
- Offer whole-wheat bagels or English muffins, instead of white toast.
- Top fiber-rich cereal with apples, oranges, berries, or bananas.
- Mix kid-favorite cereals with fiber-rich ones or top with a tablespoon of bran.

Lunch and Dinner

- Make sandwiches with whole-grain breads (rye, oat, or wheat) instead of white.
- Make a fiber-rich sandwich with whole-grain bread, peanut butter, and bananas.
- Serve whole-grain rolls with dinner instead of white rolls.
- Use whole-grain pastas instead of white.
- Serve wild or brown rice with meals instead of white rice.
- Spice up salads with berries, chickpeas, cooked artichokes, and beans (kidney, black, navy, or pinto).
- Use whole-grain (corn or whole wheat) soft-taco shells or tortillas to make burritos or wraps. Fill them with eggs and cheese for breakfast; turkey, cheese, lettuce, tomato, and light dressing for lunch; and beans, salsa, taco sauce, and cheese for dinner.
- Add lentils or whole-grain barley to soups.
- Create mini-pizzas by topping whole-wheat English muffins or bagels with pizza sauce, low-fat cheese, mushrooms, and pieces of grilled chicken.
- Add bran to meatloaf or burgers. (But not too much bran or the kids might catch on!)
- Serve sweet potatoes with the skins as tasty side dishes. Regular baked potatoes with the skins are good sources of fiber, too.

Recipe: Baba Ghanoush [bah-buh guh-noosh]

Kids love to dip! Having trouble getting them to try eggplant? Give eggplant dip a whirl. Baba Ghanoush is a roasted eggplant dip or spread that is often served with pita bread or vegetables. Here is a simplified version of a Baba Ghanoush recipe...

Ingredients:

- 4 lbs eggplant (about 4 medium eggplants)
- 1/2 cup lemon juice
- 3 T salt
- 2 T minced garlic
- 5 T olive oil
- 2/3 cup chopped parsley
- 1/2 cup sesame tahini (substitute yogurt)

Preheat oven to 400 degrees F. Prick eggplant all over with a fork. Bake whole until tender (about 30 minutes). Remove from oven, halve and scoop out the flesh. Blend the flesh in a food processor with the lemon juice until smooth.

Mash the salt and garlic together and combine with the eggplant and yogurt. Cool and stir in the parsley. Before serving, drizzle with the olive oil. Serve as a dip with vegetables.



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-Dr. Tony Bennett, State Superintendent of Public Instruction.