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CACFP Staff

CACFP Field Staff:

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Providing the Tools for Good Nutrition

Approximately six months ago the CACFP award program was launched, beginning with a series of online trainings. As of December, we have six facilities that have successfully completed the application process and received an award. We are proud to offer our congratulations to the following award winners...

Gold Winners:

- Darrough Chapel Head Start in Kokomo, Thomasa Butler
- YMCA Child Care Development Center in Kokomo, Katie Carroll
- Caring Heart Open Arms in Hobart, Judy Ford

Silver Winners:

- Starz Academy 3, Inc. in South Bend, Melissa Glass
- Starz Academy 5, Inc. in Mishawaka, Melissa Glass
- Starz Academy 4, Inc. in Osceola, Jessica Baldini

These award winners successfully implemented a nutritious four-week cycle menu of snacks and meals, modified or introduced school wellness plans, and added nutrition education and physical activity materials for both kids and parents. These sites found creative ways to introduce more fresh fruits and vegetables, more whole grain products, and less processed meat items. They also decreased the amount of sweet items served over the course of the month and began introducing more dried beans and peas in their menus.

Each facility found different areas that were more challenging than others. For Darrough Chapel Head Start in Kokomo, Thomasa found that limiting cereal bars and other sweets were a challenge at first. Katie, at the YMCA in Kokomo, had to overcome difficulties with limiting processed meats and juice. At Caring Heart Open Arms, Judy

found that she had to work at incorporating fresh fruits and vegetable into the snack menu but that the students quickly embraced the changes.

The award application process can be challenging but the rewards are worth the effort. For facilities that are interested in applying, here are some helpful tips to consider while completing the application process:

- Read **all** the criteria thoroughly before beginning. Many facilities forget important criteria when revising their menus.
- Remember that you can send in recipes, food labels, or cycle menus ahead of time for pre-evaluation. Recipes can be analyzed for added sugar content, food labels can be confirmed as whole grain (or not!), and we can help you see what areas need additional attention.
- Apply for the award level that most closely meets where you are right now. The changes that will be necessary to obtain an award will not be so overwhelming. You can always re-apply for a higher award level at a later time.
- If you are applying for more than one facility, but using all the exact same menus, wellness plans, and parent education materials, you can send in one packet of information while including an application form for each facility.
- We are always here to help you succeed in reaching the award level you are applying for. Contact us with questions at any time.

Again, congratulations to the award winners for your hard work and dedication to providing children, their parents, and your staff members with the tools for good nutrition!

Learn more at www.doe.in.gov/cacfp





“Man Is
What He
Eats” ~
Lucretius



Cheryl Moore
Child Nutrition Operations
Specialist

Food Allergies: Get the Facts

- Studies have shown that alcohol based hand sanitizers and washing with water alone are **NOT** effective in removing food allergens.
- 4 out of every 100 U.S. children have a food allergy.
- Unexpected food allergens can be found in non-food items such as:
 - modeling clay, paper mache (may contain wheat)
 - crayons (may contain soy)
 - shaving cream (may contain milk)
 - finger paints (may contain milk or egg whites)
 - soaps (may contain wheat, dairy, soy, or nut extracts)
- Eight foods account for 90% of all allergic reactions to food. They are:
 - milk
 - eggs
 - peanuts
 - soy
 - wheat
 - tree nuts (e.g., almonds, walnuts, pecans)
 - fish
 - shellfish (e.g., crab, lobster, shrimp)

For more information on food allergies, visit www.foodallergy.org.

Staff Spotlight: Cheryl Moore

Cheryl, a Child Nutrition Operations Specialist, is the newest addition to the team! She comes with extensive knowledge and human services experience. Cheryl holds a Bachelor's Degree from Illinois State University in General Home Economics and an Associate of Arts Degree in General Studies from Lincoln College. In December 2012, Cheryl will complete an additional Associate's Degree in Hospitality Administration from Ivy Tech Community College.

Cheryl has worked for the State of Indiana for a number of years. Past jobs include determining Food Stamps, TANF, and Medicaid benefit eligibility as a Public Assistance Caseworker for

Family and Social Services Administration (FSSA); investing allegations of abuse and neglect as a Family Case Manager for the Indiana Department of Child Services; working toward an efficient welfare system as Director of the Public Health and Assistance Ombudsman Program for Mental Health America of Indiana; and as Education Manager for the Indiana State Department of Health.

In her spare time, Cheryl enjoys spending time with her family, traveling and cooking.

You can contact Cheryl regarding claims, audits, or just to say hi at cmoore@doe.in.gov or 317-234-2516

Please Welcome Our New Sponsor

- EdPower Indianapolis CACFP Contact: Edreece Redmond

IDOE Has A New Mailing Address

All mail for the CACFP should be sent to:

School and Community Nutrition

115 West Washington Street

South Tower, Suite 600

Indianapolis, IN 46204



Events Calendar

Note: All workshops and training will be provided in conference rooms at the Indiana Government Center South (IGCS). Attendees must enter at the 302 West Washington Street door. You will need a photo ID for admittance to the building.

⊕ Monday, January 21, 2013	Martin Luther King Jr. Day	State Offices Closed
⊕ Wednesday, January 23, 2013	New Sponsor Workshop	IGCS, Conference room 19
⊕ Wednesday, February 13, 2013	Refresher Workshop	IGCS, Conference room 19
⊕ Friday, March 29, 2013	Good Friday	State Offices Closed

New Sponsor Training also available on-line at:

<http://www.doe.in.gov/student-services/nutrition/cacfp-online-new-sponsor-training>

Did You Know...

Institutions that have an agreement with the Indiana Department of Education are responsible for keeping the information in the CNPweb® current and accurate. This includes names and contact information for CACFP staff, license effective and expiration dates, and email addresses. In addition, if the CACFP contact person at your organization changes, you need to notify the State Agency and make arrangements for training for the new staff person—a refresher workshop or a technical assistance visit.

Update CNPweb: <http://scnweb.doe.state.in.us/Login.asp>

Register for a Refresher Workshop: www.doe.in.gov/cacfp



Child and Adult Care
Food Program



March is National Nutrition Month®

Make preparations now to celebrate nutrition
in the month of March!

The National Nutrition Month® 2013 theme, "Eat Right, Your Way, Every Day," encourages personalized healthy eating styles and recognizes that food preferences, lifestyle, cultural and ethnic traditions and health concerns all impact individual food choices.



Educational Materials for Children:

- [Cooking Connection](#) - Easy cooking activities
- [Craft Connection](#) - Fun and simple arts and crafts projects with a nutrition message
- [Learning Connection](#) - Just about any early education concept can be learned through food
- [Music, Movement and Play Connection](#) - Active games and music with a good nutrition theme

Educational Materials for Adults:

- [20 Ways to Enjoy More Fruits and Vegetables](#)
- [25 Healthy Snacks for Kids](#)
- [Color Your Plate with Salad](#)
- [Eating Right for a Healthy Weight](#)
- [Eating Right Tips for Older Adults](#)
- [Everyday Eating for a Healthier You](#)
- [Eat Right with MyPlate](#)
- [Healthy Eating on the Run](#)
- [Power Up with Breakfast](#)
- [Shop Smart — Get the Facts on Food Labels](#)
- [Smart Snacking for Adults and Teens](#)

Spanish language materials are also available for download. [Resources in Spanish »](#)

Learn more at <http://www.eatright.org/NNM/>

Recipe: BBQ Chicken Pizza

Ingredients:

6 English Muffins
1 cup bbq sauce
2 cups cooked chicken (cut-up)
1 cup cheddar cheese (shredded)
1 bell pepper (chopped)

Yield: 12 servings

Serving Size: 1 Pizza

Provides: 1 serving of grain and 1 serving of meat/meat alternate for 3-5 year olds for lunch or supper

1. Wash hands and all cooking surfaces
2. Heat oven to 450 degrees F
3. Slice English muffins in half and place on ungreased , large cookie sheet
4. Cut-up bell pepper
5. Spread bbq sauce on English muffins and top with chicken, cheese, and bell pepper
6. Bake 7-12 minutes or until cheese is melted

Source: Adapted from Texas Cooperative Extension



Indiana Department of Education
SUPPORTING STUDENT SUCCESS

School and Community Nutrition

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South Tower, Suite 600
Indianapolis, IN 46204

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