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DEPARTMENT OF
EDUCATION

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Table Talk

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USDA Introduces MyPyramid for Preschoolers

USDA has developed and introduced MyPyramid for Preschoolers to enhance the nutrition, activity and health of children ages 2-5 years old. By visiting the MyPyramid website, you can actually get a customized pyramid plan for your preschooler. The website also offers ways to help your preschooler develop healthy eating habits, introduce new or different foods, increase their physical activity, and be food safety conscious. The website provides Kitchen Activities for preschoolers and sample meal patterns, meals and snacks.

Since there are a number of things influencing the types of food a child eats, as well as how much, there are lots of ways parents and care givers can help children develop healthy eating practices. Setting a good example would be the first step in helping a child achieve good eating habits. Offering the child a variety of food choices, and starting them with small portions, will help them try new foods and learn to not over eat. Eating on a schedule and assisting the child in knowing when they have had enough to eat, are other ways to ensure they are maintaining proper portion control. Developing healthy eating habits is something that will stick with children well into their adult years.

With healthy eating, comes healthy growth. Growth is one of the best indicators of good health and nutrition in children. There are multiple factors influencing a child's growth. Family history is one factor, whether or not the parents and family members are tall or short will have some effect on the growth of the child. Healthy food choices are necessary for proper growth. Sleep plays an important role as well. Preschoolers need 11 to 14 hours of sleep each day. Whether or not the child is male or female also plays a role in growth as boys tend to be taller than girls. Health Status can also affect a growing child. Chronic illness or special needs can sometimes hinder proper growth.

These are some of the interesting facts that can be learned by visiting the MyPyramid website. To ensure healthy eating and proper growth for your preschooler, got to www.mypyramid.gov/preschoolers/index.html. By clicking on the blue MyPyramid Plan button, you can develop a personalized plan for your preschooler, as well as learn many other useful facts and information.

Safety Stuff

At The Grocery Store

When going grocery shopping, here are some ideas to keep food safe and ensure that you are purchasing safe food.:

- Do not purchase torn or open packages of food.
- Always look at the "Use By" date (the last date that the product should be used).
- Open egg cartons to check for cracked eggs.
- Pick up the frozen foods last and keep them together.
- Do not purchase cans with dents, cracks or bulging lids.
- Wrap all raw chicken, fish and meat so it does not drip on other foods.
- Keep all raw chicken, fish and meat away from ready to eat foods.
- In the summer bring a chilled cooler to store refrigerated and frozen foods.

Compliance Concerns

Medical Statements

Any child with a food allergy or intolerance that causes them to deviate from the CACFP meal pattern must have a medical statement on file. If a child has a food allergy or intolerance that does not deviate from the CACFP meal pattern, ADE does not require a medical statement to be on file. For example if a child is allergic to a certain fruit, but another fruit can be easily substituted, no medical statement would be needed.

Point of Service Meal Counts

Meal count documentation must be taken at the point of service. This means that when the participants are consuming the meal, the meal counts should be taken. Meal counts should not be taken after the meal has been eaten and cleaned up, nor should they be taken strictly based on attendance. The children that are marked as eating a meal must be present and consuming a CACFP reimbursable meal. If more than two meals and one snack or two snacks and one meal are served to a participant, remember to mark all meals served on the Point of Service Meal Count Sheet, then go back and mark the meals that will not be claimed.

Helpful Reminders when Submitting your Claim

* The claims submitted by the 10th of each month will be paid during the month of submission.
* Claims can be submitted for previous months within the 60 day deadline.
* Claim submission can start on the first of the following claim month.
* Claims cannot be submitted in the current month for the month ahead.
* Claims left in a "Pending" status will not be submitted.
* To estimate when a claim payment will be received, add 15 days to the "Submitted to Accounting Date" in the online system.

Trainings

Business Track:
3/11/09 (Tuc);
3/24/09 (Phx),
4/21/09 (Phx);
5/12/09 (Phx)

Nutrition Track:
3/12/09 (Tuc);
3/25/09 (Phx);
4/22/09 (Phx);
5/13/09 (Phx)

Computer Track:
3/10/09 (Tuc);
3/23/09 (Phx);
4/23/09 (Phx);
5/14/09 (Phx)

All classes can be registered for online via ADE's home page: www.ade.az.gov.

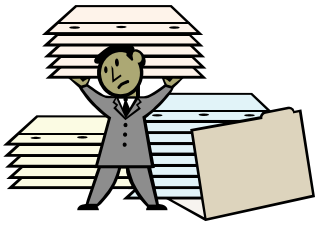
CACFP Required Center Policies

There are certain policies and procedures required by ADE, that a center must have and follow. When a center is reviewed, the specialist will look for the following policies to be on file and implemented:

- Meal Count Edit Check – This policy should include the positions responsible for ensuring meal counts are being done properly and at the point of service, where they are being recorded and where these records can be found. This policy should also list the position responsible for consolidating the meal counts onto the Daily Meal Count Sheet. The position responsible for double checking meal counts for accuracy should be identified, along with a time frame and explanation of how and when these meal counts will be double checked.
- Record Maintenance Policy- This policy should include where all CACFP records are stored, how long those records are stored, and which positions have access to them. This policy must also include how these records can be accessed if the positions responsible for them are not present at the time they are requested.

For centers with multiple sites, there are a few other policies that are also required.

- Block Claiming Policy– Every multiple site center is required to have this policy. It must include how with each monitoring visit, 5 or more days of enrollment, attendance and meal counts are reconciled. It must include how an unannounced review will be done within 60 days of an identified block claim, and how the reasons for the block claim will be validated and documented. It must also list the actions to be taken based on the results of the follow-up.



- Parental Contact Policy – This policy should be used to support valid practices or document deficiencies and fraud. Parental contacts can either be in writing, where mailed Household Contact Surveys will be sent with self addressed stamped envelopes; or by phone, where the Household Contact Survey will be completed. The Household Contact Surveys can be found on the ADE website at www.ade.az.gov/health-safety/cnp/cacfp/Forms/FY2009/child.asp. The policy must include the process of compiling a list of parental contacts, how the contacts will be conducted, and what actions will be required based on the results, as well as the positions responsible for carrying out these functions.

Word Scramble

Try unscrambling these CACFP terms. The answers will be in the next issue of Table Talk.

1. triniontu _____
2. muen _____
3. licam _____
4. ciyplo _____
5. wveier _____
6. vpdiroer _____
7. rtimono _____
8. vdaitffia _____
9. nlamau _____
10. emsal _____

Introducing Herbs and Spices to Children

Activities for introducing Children to Herbs and Spices

Step 1- Start by explaining to the children that herbs and spices are used to help things smell and taste good. Let the children smell and taste different herbs and show them the difference between fresh and dried herbs.

Step 2- Plant an Herb Garden. Use small clay pots with saucers, fill 1/2 inch of the bottom of the pot with gravel, fill the rest of the pot with soil, and plant packages of herb seeds according to package directions. Label the pots with the herbs planted and water when needed.

Step 3– Save and use herbs once they are cut.

Sweet Basil can be cut and dried and stored in a plastic bag. It is good with cheese, eggs and salad.

Chives can be cut and used fresh or dry. They are also good with cheese and in salads.

Dill should be cut and stored in a plastic bag and is good with salads (especially pasta salads) or cucumbers.

Mint leaves can be chewed by the children once they are washed, and the can also be added to lemonade or tea.

Parsley should be stored in a glass of water in the refrigerator. It is good in marinades and Italian dishes. Make sure flower stalks don't form in the parley though, otherwise it can become tough and bitter.

Remember to wash all herbs before tasting or cooking and to store them in the refrigerator.

National Food Safety Management Institute, Oakley Charlotte Beckett NFSMI c. 2004

The Cooking Corner

Broccoli Quiche

3 10 inch unbaked pie shells
10 c fresh chopped broccoli
$^3/_4$ c minced onion
6 Tbs margarine or butter
1 qt lowfat milk
6 fresh large eggs
$^1/_2$ tsp salt
$^1/_2$ tsp pepper
$^3/_4$ c bread crumbs
3 $^1/_2$ c lowfat shredded cheddar cheese
1 $^1/_4$ c shredded cheddar cheese

Prick the bottom and sides of the pie shells and bake in pan for 5 to 7 min. at 425 degrees. Set aside. Steam or boil broccoli until tender (approx. 10 min.) In a small pan sauté onions in margarine or butter about 3 to 5 min. Set aside to cool. In a bowl combine milk, eggs, salt and pepper. Add onions and stir to blend. Combine bread crumbs and shredded lowfat cheese. Sprinkle 1 cup of this mixture into the bottom of each baked crust. Next add 2 $^1/_2$ cups of steamed broccoli to each crust. Finally poor 2 $^1/_3$ cups of egg mixture over broccoli in each crust. Bake at 375 degrees for 30 to 35min. Top each quiche with $^1/_2$ cup of cheese. Cover with foil. Continue baking for 15 min. Cut each pie into 9 slices. Serves 27.

1 piece provides the equivalent of 1 $^1/_4$ oz. meat, meat alternate, $^1/_4$ cup vegetable, and the equivalent of 1 slice of bread.

UDSA-Food and Nutrition Service, FNS-304, 1999

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