

CACFP TALKING POINTS

Compliance with Program Regulations Talking Points

- The menus you submit for reimbursement **MUST** show what you actually served.
- Menus, attendance and meal counts must be completed each day.
- Children offered the meals and snacks must be recorded each day.
- If you make a substitution to a planned menu, you need to write that substitution on your menu.
- If you get behind in recording what you served or which children were offered the meal, you cannot go back and fill it in.
- It would be unusual for us not to see the regularly claimed children when we come for an unannounced visit.
- It is unusual for us to not be able to see regularly claimed children because they are napping more than one visit in a row.
- Claiming children for a Holiday, when you did not document you did care on a Holiday might indicate you didn't know it was a holiday and you were not recording your records daily.
- Submitting cycle menus without ever making a substitution might indicate you are not recording what you actually served.
- Not serving the foods listed on the cycle menu (when you follow a cycle menu) at an unannounced meal visit might indicate you are not recording what is actually served.
- If you claim a meal, we need to be able to observe the meal at an unannounced visit.
- If you are doing child care, we should be able to conduct unannounced visits.
- If you are doing childcare, we must be able to review the program paperwork.
- Sponsors are required to ask randomly selected parents to verify the days their children have been in care.
- Providers must retain their program records – enrollment forms, menus, meal count and attendance forms – for three years and ninety days.

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Variety of Foods Talking Points

- φ A variety of foods from within each food group promotes good health.
- φ A variety of foods balances nutrients in the diet for good health.
- φ Gradually increase the variety of food offered to children over time.
- φ Begin introducing a wide variety of foods to children between the ages of 1 and 2 years-old. Help set the stage for a lifetime of healthy food choices.

Remember:

- φ Good habits are learned
- φ Teach by example.
- φ Children learn good eating habits from the important adults in their lives.
- φ Adults are powerful role models for eating habits.
- φ Respect the adult and child roles.

Adults' main roles are to:

1. Plan and serve healthful meals and snacks,
2. Serve meals and snacks at regular times, and
3. Serve meals and snacks in a pleasant setting.

Children's roles are to:

1. Choose which foods to eat from those offered, and
2. Choose how much to eat.

φ Children learn good eating habits over time. When children are allowed to choose, they learn important eating skills.

φ Make nutrition activities a part of daily life to interest children in trying new foods.

CACFP home visits offer a valuable opportunity to highlight program requirements and best practices in nutrition. Keeping the focus on the program and nutrition helps providers and children make healthy changes over time and creates a lifetime of good eating habits.