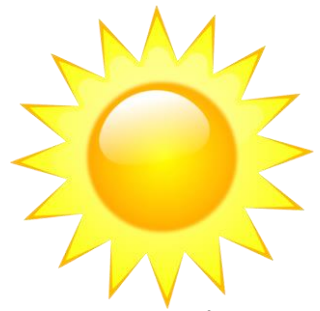


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An important reminder for those using Minute Menu:

-  Foods for meals may be recorded ahead of time or on the day they are served.
 -  Attendance may be recorded anytime during or after that meal is served but never ahead of time.
- All foods and attendance must be entered by the end of the day to be reimbursed.

Since this information you enter on MM has a timestamp, you may be disallowed for meals not recorded properly. If you cannot record meals/attendance or if you have any questions, please contact your program coordinator directly. You are also welcome to contact the main office with any concerns or questions by email info@swhuman.org or phone 1-800-369-9082

How To... Re-enroll or Inactivate Children for the School Year!

Now that the school months are upon us, "summer kids" might be returning to school full time and your regular school-year children might be returning to your daycare. If a child has attended your daycare previously and has since been withdrawn, you can re-enroll! Also if a child is temporarily leaving your daycare for the school months and will be returning (either next summer or on holidays), do not withdraw that child – he can instead be "inactive."

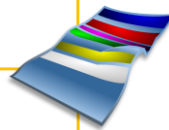
Using paper enrollment forms:

- Write out the child's information completely on the form.
Write "re-enroll" at the very top of the form.
- If a child is leaving for an extended period of time, state that on your yellow CIF and mail into the office instead of withdrawing the child.



On MM Kids Online:

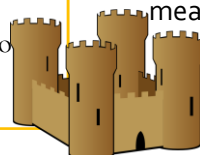
- Reprint the child's enrollment form from your computer.
 - Select all from the righthand dropdown list and then the withdrawn kid from the lefthand dropdown list. Click "print child enrollment."
- Obtain a new signature from the parent. In the margin, write Re-enrolled and what date he will be entering your care. Mail/fax a copy to the office.
- If a child is leaving for an extended period of time, his status can be made "inactive" directly on MM Kids Online.
- After signing into the program and at the main screen 1)Click on the Child Information icon 2)Select the child's name 3)Click on the "Active" status and select "Inactive." This will prevent the child from showing up on the Meal Counts screen. When the child is in your care again, follow the same steps and change "Inactive" to "Active" so that you are able to claim meals for that child again.



Annual Training is due this month!!

If you were unable to make a workshop that was provided by your Program Coordinator, then you are required to complete the Self-Instructional and Civil Rights Training. You can download the tests and training here swhuman.org. These tests need to be returned to us no later than **August 31, 2016**. Failure to meet the training requirement by this date will begin the serious deficiency process. All new providers who have joined the program since last October already meet the training requirement from their orientation and initial training.

If you completed training and our records are incomplete or if you have misplaced or cannot find the Self Instructional Training Packet, please call us immediately at 1-800-369-9082 and ask for Sheena. If you cannot download the training or tests, we can always mail them to you.
Thank you!



Call the office with any questions
1-800-369-9082.

Old and New Child and Adult Meal Patterns: Let's Compare



Breakfast Meal Patterns

	Ages 1-2		Ages 3-5		Ages 6-12 & 13-18		Adults	
	Old	New	Old	New	Old	New	Old	New
Milk	½ cup	½ cup	¾ cup	¾ cup	1 cup	1 cup	1 cup	1 cup
Vegetables, fruit, or both	¼ cup	¼ cup	½ cup	½ cup	½ cup	½ cup	½ cup	½ cup
Grains	½ serving	½ oz eq*	½ serving	½ oz eq*	1 serving	1 oz eq*	2 servings	2 oz eq*

*Meat and meat alternates may be used to substitute the entire grains component a maximum of three times per week.
Oz eq = ounce equivalents

Lunch and Supper Meal Patterns

	Ages 1-2		Ages 3-5		Ages 6-12 & 13-18		Adults	
	Old	New	Old	New	Old	New	Old	New
Milk	½ cup	½ cup	¾ cup	¾ cup	1 cup	1 cup	1 cup	1 cup*
Meat and meat alternates	1 oz	1 oz	1 ½ oz	1 ½ oz	2 oz	2 oz	2 oz	2 oz
Vegetables	¼ cup	⅝ cup	½ cup	¼ cup	¾ cup	½ cup	1 cup	½ cup
Fruit		⅝ cup		¼ cup		¼ cup		
Grains	½ serving	½ oz eq	½ serving	½ oz eq	1 serving	1 oz eq	2 servings	2 oz eq

*A serving of milk is not required at supper meals for adults
Oz eq = ounce equivalents

Snack Meal Pattern

	Ages 1-2		Ages 3-5		Ages 6-12 & 13-18		Adults	
	Old	New	Old	New	Old	New	Old	New
Milk	½ cup	½ cup	½ cup	½ cup	1 cup	1 cup	1 cup	1 cup
Meat and meat alternates	½ oz	½ oz	½ oz	½ oz	1 oz	1 oz	1 oz	1 oz
Vegetables	½ cup	½ cup	½ cup	½ cup	¾ cup	¾ cup	½ cup	½ cup
Fruit		½ cup		½ cup		¾ cup		½ cup
Grains	½ serving	½ oz eq	½ serving	½ oz eq	1 serving	1 oz eq	1 serving	1 oz eq

Select 2 of the 5 components for snack.
Oz eq = ounce equivalents

Note: All serving sizes are minimum quantities of the food components that are required to be served.

<p style="text-align: center;">Mystery Provider</p> <p>Each month in this newsletter we put the provider ID of one MYSTERY PROVIDER. The Mystery Provider wins a fun children's book to share with their kiddos. If you find your ID somewhere in the newsletter call the office at 1-800-369-9082 and claim your prize!</p>	<p style="text-align: center;">Answers to July quiz</p> <table style="width: 100%;"> <tr> <td>1. true</td> <td>6. true</td> </tr> <tr> <td>2. breastfeeding</td> <td>7. 3</td> </tr> <tr> <td>3. true</td> <td>8. true</td> </tr> <tr> <td>4. 2017</td> <td>9. juice</td> </tr> <tr> <td>5. reimbursement</td> <td>10. cereals</td> </tr> </table>	1. true	6. true	2. breastfeeding	7. 3	3. true	8. true	4. 2017	9. juice	5. reimbursement	10. cereals
1. true	6. true										
2. breastfeeding	7. 3										
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5. reimbursement	10. cereals										

NEW Child and Adult Care Food Program Meal Patterns

Child and Adult Meals



USDA recently revised the CACFP meal patterns to ensure children and adults have access to healthy, balanced meals throughout the day. Under the new child and adult meal patterns, meals served will include a greater variety of vegetables and fruit, more whole grains, and less added sugar and saturated fat. The changes made to the meal patterns are based on the Dietary Guidelines for Americans, scientific recommendations from the National Academy of Medicine, and stakeholder input. CACFP centers and day care homes must comply with the new meal patterns by October 1, 2017.




New Child and Adult Meal Patterns

Greater variety of vegetables and fruits:

- * The combined fruit and vegetable component is now a separate vegetable component and a separate fruit component; and
- * Juice is limited to once per day.

More whole grains:

- * At least one serving of grains per day must be whole grain-rich; 
- * Grain-based desserts no longer count towards the grains component; and
- * Ounce equivalents (oz eq) are used to determine the amount of creditable grains (starting October 1, 2019).

More protein options:

- * Meat and meat alternates may be served in place of the entire grains component at breakfast a maximum of three times per week; and
- * Tofu counts as a meat alternate.


Age appropriate meals:

- * A new age group to address the needs of older children 13 through 18 years old.

Less added sugar:

- * Yogurt must contain no more than 23 grams of sugar per 6 ounces; and
- * Breakfast cereals must contain no more than 6 grams of sugar per dry ounce.

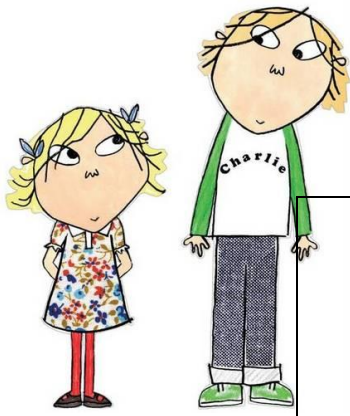
Making every sip count:

- * Unflavored whole milk must be served to 1 year olds; unflavored low-fat or fat-free milk must be served to children 2 through 5 years old; and unflavored low-fat, unflavored fat-free, or flavored fat-free milk must be served to children 6 years old and older and adults; 
- * Non-dairy milk substitutes that are nutritional equivalent to milk may be served in place of milk to children or adults with medical or special dietary needs; and
- * Yogurt may be served in place of milk once per day for adults only.

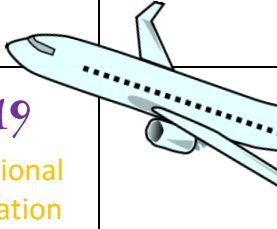

Additional improvements:

- * Extends offer versus serve to at-risk afterschool programs; and
- * Frying is not allowed as a way of preparing foods on-site.

See a side-by-side comparison of the old and new child and adult meal patterns on the other side. For more information on the new CACFP meal patterns visit: <http://www.fns.usda.gov/cacfp/meals-and-snacks>.



August

	1 	2	3 Send in Claim!	4	5	6
7 National Sister Day			10	11	12	13
	14	15 	16	17	18	19 National Aviation Day 
21				25	26	27
28	29	30 	31 National Dog Day 			

Check out this excellent Charlie and Lola book to celebrate National Sister Day this month!

Easy, healthy recipes without using the stove!

- Use precooked ingredients
 - rotisserie chicken
 - canned beans (first, drain and rinse the beans to reduce sodium by 41 percent) and tomatoes
 - canned chicken and tuna
- Hold on to leftovers
 - When leftovers build up in the fridge [and are still safe to eat], have a MyPlate night and let the kids choose whatever they want as long as they have all the components of a MyPlate setup

Microwave Stuffed Potatoes

Use a microwave for easy stuffed potatoes. Prick medium russet or sweet potatoes with a fork and microwave on high power for 6 to 8 minutes or until tender. Split the potatoes and scoop out some of the flesh. Add your favorite seasoning to the scooped out potato flesh, and spoon back into the potato shells. Try topping baked potatoes with guacamole, chopped tomato and cilantro, or stuff sweet potatoes with broccoli, walnuts and dried cranberries.

Mexican Black Bean Salad

Mix up a Mexican meatless meal by tossing canned (drained and rinsed) black beans with fresh corn, a tomato, bell pepper and red onion. Add avocado, jicama or diced mango for more adventurous eaters. Toss with lime juice and olive oil, and serve over crunchy romaine lettuce with whole-grain tortilla chips.

Turkey and Apple Waffle Sandwiches

Replace bread with whole-grain frozen waffles for a new spin on sandwich night. Prepare the waffles according to the package directions using a toaster. Combine light mayonnaise, maple syrup and Dijon mustard, and spread over the waffles. Layer with turkey or rotisserie chicken, sliced Granny Smith apple and spring mix salad greens.

*eatright.org