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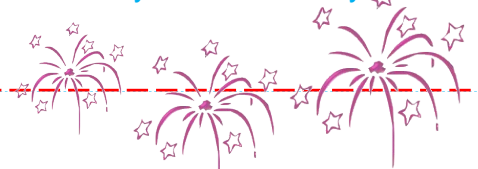
Annual Training for 2016 is Due Now!

Our workshops are officially over for the 2016 training year so please take a moment to ensure you have completed your annual training requirement. All Southwest Human Development Services workshops include annual training material and so meet the requirement. 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 at our website swhuman.org. These tests need to be returned to us as soon as possible to satisfy your annual training requirement for 2016. Failure to meet the training 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! 080553



Provider Notification of Absences

Providers must notify SHDS whenever they plan to be out of their day care home during a meal service period or when there are no children in care. Providers do not need to notify SHDS if the day care home will be open with an assistant or a substitute serving the meal(s). (Please note that all assistants and substitutes must be informed about CACFP visiting policies and trained on CACFP requirements so they will allow SHDS, the Texas Department of Agriculture, Food and Nutrition Division, or USDA, Food and Nutrition Services representatives into the daycare home.)

If a review by a SHDS field monitor is attempted when children are not present in the day care home, the meal(s), and/or snack(s) that would have been served during the review will not be reimbursed.

Providers must follow the procedures below for notification of their absence or closure as soon as they know they will be out of their home and/or no children in attendance (e.g. going on a field trip, picnic, vacation or appointment, are ill, or the day care program is going to be closed for any other reason):

- a. Call 1-800-369-9082.
- b. When the automated service picks up, press extension 202.
- c. At the tone, leave your name, provider number, the city in which you live and the date(s) and time(s) you will be away. (Example: Susan Star; provider number 999999; I live in Austin; I will be out from 11:30 am until 4:00 pm on Monday, August 26th.)
- d. Providers do not need to notify SHDS of the reason for an absence or closure unless they are going on a field trip and want to claim a meal for the children while on the trip. Providers wanting to claim a meal while on a trip, must state the meal(s) they plan to serve on the trip.



Field Trips - An occasional meal may be claimed while taking children on a field trip.

At least one day in advance of the field trip, the provider must inform SHDS of the date, location, number of children expected to participate, menu and the method of transporting the meals.



New Income Eligibility Guidelines Effective July 1, 2016 - June 30, 2017

The new income eligibility guidelines, effective July 1, 2016, have been published. If you are currently participating as a Tier Two home and believe you may qualify for Tier One benefits on the basis of your current household income, OR if you are currently receiving Tier One benefits on the basis of School or Census Data and believe you may qualify to claim your **own** residential children, please contact our offices or your Program Coordinator for the appropriate income eligibility application. These applications are also available on our website on the Forms tab at www.swhuman.org

Household Size	Yearly	Monthly	Weekly
1	21,978	1,832	423
2	29,637	2,470	570
3	37,296	3,108	718
4	44,955	3,747	865
5	52,614	4,385	1,012
6	60,273	5,023	1,160
7	67,951	5,663	1,307
8	75,647	6,304	1,455
For each additional household member, add	+ 7,696	+ 642	+ 148

Old and New Infant Meal Guidelines

*Required when infant is developmentally ready. All serving sizes are minimum quantities of the food components that are required to be served.

	Old			New	
	0-3 months	4-7 months	8-11 months	0-5 months	6-11 months
Breakfast	4-6 fl oz breastmilk or formula	4-8 fl oz breastmilk or formula 0-3 tbsp infant cereal	6-8 fl oz breastmilk or formula 2-4 tbsp infant cereal 1-4 tbsp vegetable, fruit or both	4-6 fl oz breastmilk or formula	6-8 fl oz breastmilk or formula 0-4 tbsp infant cereal, meat, fish, poultry, whole eggs, cooked dry beans or peas; or 0-2 oz cheese; or 0-4 oz (volume) cottage cheese; or 0-8 oz yogurt; or a combination* 0-2 tbsp vegetable, fruit or both*
Lunch or Supper	4-6 fl oz breastmilk or formula	4-8 fl oz breastmilk or formula 0-3 tbsp infant cereal 0-3 tbsp vegetable, fruit or both	6-8 fl oz breastmilk or formula 2-4 tbsp infant cereal; and/or 1-4 tbsp meat, fish, poultry, egg yolk, cooked dry beans or peas; or ½-2 oz cheese; or 1-4 oz (volume) cottage cheese; or 1-4 oz (weight) cheese food or cheese spread; or a combination 1-4 tbsp vegetable, fruit or both	4-6 fl oz breastmilk or formula	6-8 fl oz breastmilk or formula 0-4 tbsp infant cereal, meat, fish, poultry, whole egg, cooked dry beans or peas; or 0-2 oz cheese; or 0-4 oz (volume) cottage cheese; or 0-8 oz yogurt; or a combination* 0-2 tbsp vegetable, fruit or both*
Snack	4-6 fl oz breastmilk or formula	4-6 fl oz breastmilk or formula	2-4 fl oz breastmilk, formula, or fruit juice 0-½ bread slice or 0-2 crackers	4-6 fl oz breastmilk or formula	2-4 fl oz breastmilk or formula 0-½ bread slice; or 0-2 crackers; or 0-4 tbsp infant cereal or ready-to-eat cereal* 0-2 tbsp vegetable, fruit or both*

Mystery Provider

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!

Answers to June quiz

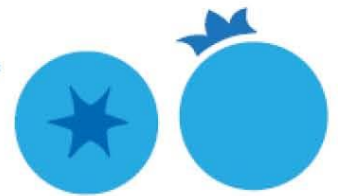
1. true
2. science-based
3. true
4. breastfeeding
5. overconsumption
6. 1968
7. cost-neutral
8. true
9. 2017
10. safety net



NEW Child and Adult Care Food Program Meal Patterns

Infant Meals

USDA recently revised the CACFP meal patterns to ensure children and adults have access to healthy, balanced meals throughout the day. The changes to the infant meal pattern support breastfeeding and the consumption of vegetables and fruit without added sugars. These changes are based on the scientific recommendations from the National Academy of Medicine, the American Academy of Pediatrics and stakeholder input. CACFP centers and day care homes must comply with the new meal patterns by October 1, 2017.



New Infant Meal Pattern


Encourage and support breastfeeding:

- * Providers may receive reimbursement for meals when a breastfeeding mother comes to the day care center or home and directly breastfeeds her infant; and
- * Only breastmilk and infant formula are served to infants 0 through 5 month olds.

Developmentally appropriate meals:

- * Two age groups, instead of three: 0 through 5 month olds and 6 through 11 month olds; and
- * Solid foods are gradually introduced around 6 months of age, as developmentally appropriate.

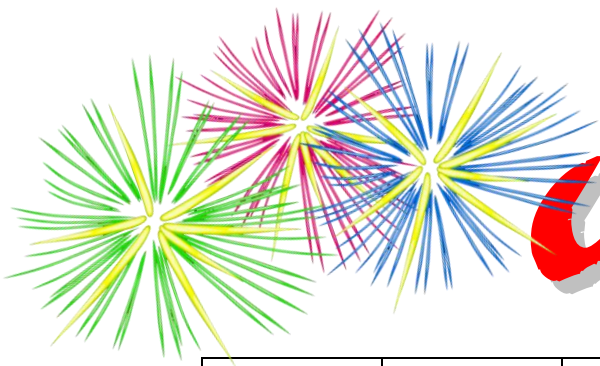
More nutritious meals:

- * Requires a vegetable or fruit, or both, to be served at snack for infants 6 through 11 months old;
- * No longer allows juice or cheese food or cheese spread to be served; and
- * Allows ready-to-eat cereals. 



See a side-by-side comparison of the old and new infant 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>.

For more information on infant development and nutrition, check out Team Nutrition’s Feeding Infants Guide:

<http://www.fns.usda.gov/tn/feeding-infants-guide-use-child-nutrition-programs>



July

					1 <i>Canada Day</i>	2
3 <i>Send in Claim!</i>	4 <i>Independence Day</i>				8 	9
10	11 <i>World Population Day</i>				14 <i>Bastille Day</i>	15
		19				23
24 <i>Parents' Day</i>	25	26			30 <i>International Friendship Day</i>	
31						

Finger Foods!

Try these healthy baby finger food ideas to encourage babies to self-feed. Baby finger food does not have to come from a box of cereal or a tube of puffs. Please keep in mind that babies should only be offered finger foods that are soft, easily mashed, and age appropriate.

Tip: Grind up things like Cheerios, graham crackers, or wheat germ into a fine powder and coat the food bits. It makes picking up the foods easier for baby.

*wholesomebabyfood.momtastic.com

Fruits:

- Soft baked peaches
- Small dices of ripe banana
- Small bits of ripe mango
- Dices of ripe pears
- Small bits of avocado
- Squished blueberries
- Kiwi diced small
- Small dices of mixed fruits for "finger fruit salad"

Vegetables:

- Soft baked sweet potato dices
- Soft baked white potato dices
- Small dices of soft cooked carrot
- Small dices of soft cooked peas
- Small dices of soft cooked broccoli
- Small bits of soft cooked green beans
- Small bits of soft baked butternut or acorn squash
- Small dices of soft cooked veggies for "veggies salad"
- Add a small amount of herbs or spices for extra taste appeal