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Training is past due!

All yearly training must be in our main office NO later than **September 15th**. If not completed and sent in by this time, corrective action will be taken. If you have any questions or need the test packages please call 1-800-369-9082 or you can visit our website swhuman.org to download it. Thank you!

To all childcare providers:

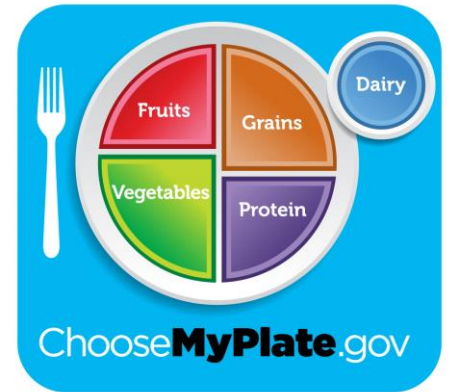
We communicate with you by email. If your email has changed since starting the program, please send your new address to emailupdate@swhuman.org with your Name and Provider ID. Thank you!!

Answers to the August quiz

1. true
2. Dietary Guidelines
3. true
4. Juice 
5. dessert
6. true
7. breakfast
8. true
9. low-fat
10. dietary

Making It Simple: The Half-Your-Plate Concept

What does a serving of broccoli look like?
 How many baby carrots are in a cup?
 Even the professionals don't have all these measurements memorized! So let's make it easier: fill half your plate with fruits and vegetables at each meal or eating occasion. Making fruits and vegetables the focal point of every meal will help you meet your recommended amount each day—and you won't have to do all the math!



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!

New Pay Rates for July Claims!!

These rates are effective from July 1, 2016 through June 30, 2017.

Breakfast
 Tier 1: \$1.31
 Tier 2: \$.48



Lunch/Dinner
 Tier 1: \$2.46
 Tier 2: \$1.49

Snack
 Tier 1: \$.73
 Tier 2: \$.20

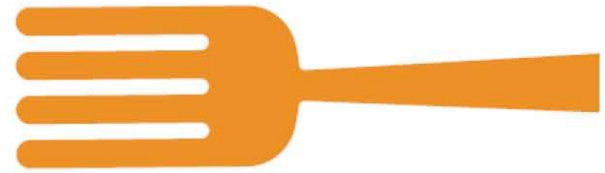
Kids2go Mobile App

Have you yet downloaded the Kids2go mobile app onto your smartphone? Although, you must still submit your claim monthly through the program on your computer, all daily meals and attendance can easily be recorded with your mobile device. Download this awesome app from your service provider as soon as you can so you can use all these convenient features!



Child and Adult Care Food Program Meal Pattern Revision:

Best Practices



The new CACFP meal patterns lay the foundation for a healthy eating pattern for children and adults in care. USDA also developed **optional best practices** that build on the meal patterns and highlight areas where centers and day care homes **may take additional steps to further improve the nutritional quality of the meals they serve**. The best practices reflect recommendations from the Dietary Guidelines for Americans and the National Academy of Medicine to further help increase participants’ consumption of vegetables, fruits, and whole grains, and reduce the consumption of added sugars and saturated fats.





CACFP Best Practices

USDA highly encourages centers and day care homes to implement these best practices in order to ensure children and adults are getting the optimal benefit from the meals they receive while in care:


Infants

- * Support mothers who choose to breastfeed their infants by encouraging mothers to supply breastmilk for their infants while in day care and offer a quiet, private area that is comfortable and sanitary for mothers who come to the center or day care home to breastfeed.

Vegetables and Fruit

- * Make at least 1 of the 2 required components of a snack a vegetable or a fruit. 
- * Serve a variety of fruits and choose whole fruits (fresh, canned, dried, or frozen) more often than juice.
- * Provide at least one serving each of dark green vegetables, red and orange vegetables, beans and peas (legumes), starchy vegetables, and other vegetables once per week. 

Grains


- * Provide at least two servings of whole grain-rich grains per day. 

Meat and Meat Alternates

- * Serve only lean meats, nuts, and legumes.
- * Limit serving processed meats to no more than one serving per week.
- * Serve only natural cheeses and choose low-fat or reduced fat-cheeses.

See the reverse side for **Additional Best Practices and Resources.**

Milk

- * Serve only unflavored milk to all participants. If flavored milk is served to children 6 years old and older, or adults, use the Nutrition Facts Label to select and serve flavored milk that contains no more than 22 grams of sugar per 8 fluid ounces, or the flavored milk with the lowest amount of sugar if flavored milk within this sugar limit is not available. 

CACFP Best Practices Continued



Additional Best Practices

- * Incorporate seasonal and locally produced foods into meals.
- * Limit serving purchased pre-fried foods to no more than one serving per week.
- * Avoid serving non-creditable foods that are sources of added sugars, such as sweet toppings (e.g., honey, jam, syrup), mix-in ingredients sold with yogurt (e.g., honey, candy, or cookie pieces), and sugar sweetened beverages (e.g., fruit drinks or sodas).



Resources

Find useful tips and strategies to help you incorporate the best practices into your every day meal service:

Nutrition and Wellness Tips for Young Children (<http://www.fns.usda.gov/tn/nutrition-and-wellness-tips-young-children-provider-handbook-child-and-adult-care-food-program>)

Child care providers can use these tips to incorporate key recommendations and best practices into their menus and daily schedules.

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

This guide presents information on infant development, nutrition for infants, breastfeeding and formula feeding, feeding solid foods, sanitary food preparation, safe food handling, and much more!

Healthy Meals Resource System (<https://healthymeals.nal.usda.gov/>)

CACFP centers and day care homes will find more menu planning tools, recipe ideas, and additional tips and ideas to help implement the new meal patterns and best practices, such as hosting taste tests to help introduce and get children excited about new foods and menus.

Team Nutrition Resource Library (<http://www.fns.usda.gov/tn/resource-library>)

Visit the Team Nutrition Resource Library for free nutrition education materials to further reinforce and complement the nutrition messages taught by serving healthful foods.






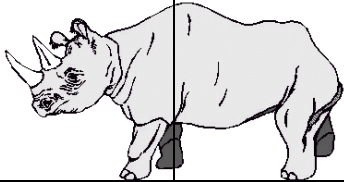
MyPlate (<http://www.choosemyplate.gov/>)

Resources found on the MyPlate website can help CACFP centers and day care homes identify healthier options to ensure menu choices contain the most nutrients children need to grow.

ICN Education and Training Resources (<http://nfsmi.org/Templates/TemplateDivision.aspx?qs=cEIEPTc=>)

The Institute of Child Nutrition’s resources provide education and training opportunities to help provide nutritious meals in CACFP homes and day care settings.

September

					1	2	3 Send in Claim!
4 	5 Labor Day	6	7	8 International Literacy Day			
11 Patriot Day Grandparent Day				15	16  Constitution Day	17	
18 	19	20	21 International Day of Peace	22 Fall Begins World Rhino Day	23 	24	
25	26	27	28	29	30		

September Is Fruits & Veggies—More Matters Month

FruitsAndVeggiesMoreMatters.org is here to help you focus your attention on eating MORE fruits and vegetables! Add one more. Try something new. Educate yourself. Teach the kids. Try a new recipe.

The Facts

More than 90 percent of both adults and children do not eat the amount of fruits and vegetables recommended by the latest Dietary Guidelines for Americans and the MyPlate nutrition guide.

But just remember two (2) things ...

- fill half your plate with fruits & veggies at every eating occasion (including snacks)
- all forms ... fresh, frozen, canned, dried and 100% juice ... count toward your daily intake



About Fruits & Veggies More Matters

We can help you eat more fruits & vegetables! Fruits & Veggies—More Matters® is a health initiative focused on helping Americans increase fruit & vegetable consumption for better health. The program is spearheaded by Produce for Better Health Foundation (PBH), a 501(c)(3) nonprofit organization that has partnered with the Centers for Disease Control & Prevention (CDC) to help spread the word about the health benefits of adding MORE fruits & veggies to your diet.

Products and recipes that carry our logo must meet strict nutrition criteria. These standards are set by CDC, the leading public health authority for the brand, to ensure products and recipes promoting the brand offer an overall healthy nutrient profile.

All forms of fruits and vegetables (fresh, frozen, canned, dried, and 100% juice) are included under the Fruits & Veggies—More Matters product and recipe criteria. So look for our logo on fresh produce as well as canned, frozen, dried and 100% juice forms and you'll know you're getting a healthy product.

FruitsAndVeggiesMoreMatters.org offers simple ways to add more fruits and veggies to your day. We offer expert advice, nutrition and storage information, shopping tips, healthy menus and recipes, kid-friendly recipes and healthy tips, as well as ways to save money using fruits and veggies.

Fruits & Veggies—More Matters demonstrates that eating MORE fruits and vegetables does matter to all of us. It's a great way to stay healthy and is a perfect fit for busy lives.

*fruitsandveggiesmorematters.org