

HORIZONS

A Bimonthly Newsletter for ND Child Care Providers Participating
in the Heartland Child Nutrition USDA Food Program

July/August 2019

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Updated Income Qualifying Guidelines for Tier I Rates

New income qualifying guidelines have been published for the July 1, 2019 to June 30, 2020 time period. The guidelines appear on page 2. They are adjusted annually to allow for inflationary costs.

Tier I applications are available from our office, from your HCN Regional Representative, or may be printed from www.heartlandnutrition.org.



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The HCN office is open 7:30 AM to 4:30 PM Monday through Thursday; 8:00 AM to Noon on Fridays. Phone messages may be left after hours and we will respond the following business day.

This institution is an equal opportunity provider.

New Creditable Foods Options

Heartland Exclusive! Cloverdale and Hillshire Farms Summer Sausage May Credit as a Meat/Meat Alternate

In our March/April newsletter, we informed providers that USDA was allowing summer sausage, jerky, salami and other semi-dried meats to count for the food program - **BUT** only if the meats were CN labeled or a Product Formulation Statement was obtained from the manufacturer. **Good news!** Heartland Child Nutrition has obtained Product Formulation Statements for Cloverdale and Hillshire Farm Summer Sausages for the use of our



providers. **The statements are available at www.heartlandnutrition.org.** Based on the Product Formulation Statements, crediting information is stated below.

To credit Cloverdale Tangy Summer Sausage:

Cloverdale's 28 oz. Tangy Summer Sausage contains 23 oz. of creditable meat. A 16 oz. Cloverdale Summer Sausage Chub contains 13.25 oz. meat. This means both products are 82% meat.

- ▶ A 1/4-inch thick slice (3/4 oz.) of Cloverdale Summer Sausage credits as slightly more than 1/2 oz. meat/meat alternate (.6 oz.)
- ▶ Three 1/4-inch thick slices (2 1/4 oz.) of summer sausage will credit as 1 3/4 oz. meat/meat alternate.

Record as: "C.S.S." on paper claims. Online claims will choose "Summer Sausage/Cloverdale"

To credit Hillshire Farm Summer Sausage:

Hillshire's 19 oz. Beef Summer Sausage contains 14.9 oz. of creditable meat. A 9 oz. stick contains 7.06 oz. meat. These products are 78.5% meat.

- ▶ A 1/4-inch thick slice (3/4 oz.) of Hillshire Summer Sausage credits as 1/2 oz. meat.
- ▶ Three 1/4-inch slices (2 oz.) credits as 1 1/2 oz. meat/meat alternate.

Record as: "H.S.S." on paper forms. Online claims will choose "Summer Sausage/Hillshire."

Heartland has reached out to other summer sausage manufacturers to obtain Product Formulation Statements - we will keep you informed. Until notified, only Cloverdale and Hillshire Farms Summer Sausage is creditable when served in sufficient portion sizes to meet the CACFP Meal Pattern.

Breakfast Biscuits



Products called "Breakfast Biscuits" - previously considered a cookie and therefore not creditable - are now considered a sweet cracker similar to a graham cracker. **The Breakfast Biscuits will credit as a whole grain-rich food. This only applies to those breakfast biscuits that are plain, with no frosting filler.**

Creditable Foods continued on page 3

Welcome to the Heartland Child Nutrition Food Program

Bismarck: Shalaine Goy
Cindy Makeeff
Kristen Steckler

Carrington: Carrie Prosser

Crosby: Anne Marie Throntreit

Dickinson: Michelle Allred
Krista Brandt

Harvey: Martha Meranda

Jamestown: Kelsey Bear
Morgan Bossingham
Teresa Johnson
Megan Speidel

LaMoure: Rhonda Tjernlund

Lincoln: Christina Flink

Linton: Ashley Tougas

Minot: Twyla Dishon

(from front page) Updated Income Qualifying Guidelines

CACFP Tier I Income Qualifying Guidelines July 1, 2019 to June 30, 2020					
Household Size	Yearly	Monthly	Twice a month	Every 2 weeks	Weekly
1	\$ 23,107	\$ 1,926	\$ 963	\$ 889	\$ 445
2	\$ 31,284	\$ 2,607	\$ 1,304	\$ 1,204	\$ 602
3	\$ 39,461	\$ 3,289	\$ 1,645	\$ 1,518	\$ 759
4	\$ 47,638	\$ 3,970	\$ 1,985	\$ 1,833	\$ 917
5	\$ 55,815	\$ 4,652	\$ 2,326	\$ 2,147	\$ 1,074
6	\$ 63,992	\$ 5,333	\$ 2,667	\$ 2,462	\$ 1,231
7	\$ 72,169	\$ 6,015	\$ 3,008	\$ 2,776	\$ 1,388
For each additional family member add:	\$ 8,177	\$ 682	\$ 341	\$ 315	\$ 158



There are several ways in which a child care provider may qualify to receive the higher Tier I CACFP rates.

- ➔ The daycare is located within an income-qualifying school district.
- ➔ The daycare is located within an income-qualifying census area as determined by USDA data.
- ➔ The provider's qualifies by household income. (see above chart)
- ➔ A child's household income qualifies for Tier I rates for that child's meals. (see above chart) Foster children always qualify for Tier I rates.

If a provider qualifies for Tier I based on school district or census data, the provider's own children may be claimed if an application is approved based on the qualifying incomes above.

Applications are available by calling the Heartland office or printed from www.heartlandnutrition.org. Click on "Forms" under the Current Provider tab.

New Infant Menu Record Forms

Heartland has designed, with our state agency approval, a new menu form that allows child care providers to fit an entire month of an infant's menus on one sheet of paper. Those caring for multiple babies will especially like this reduction in handling paper forms. Providers will now record one day on one line. (See example below.) **If you still have a supply of the two-week infant forms, we would appreciate if you used those before using the updated one-month forms.**



INFANT MENU
Infant attendance must be recorded on main meal count record.

Refer to menu portion requirements by age on the back of this form.
Circle BM or IFIF. Place √ by circled BM if mother breast fed (MBF) at your daycare.
If 6-11 month old is not receiving all foods, an explanation is required:

Provider: Beth Johnson Mo/Yr: 8 / 2019
Infant: Tameryn Smith
Age at start of month: 10 months

Only one infant per form.

DATE	DAY OF WEEK	BREAKFAST			AM SNACK			LUNCH			PM SNACK		
		BM IFIF MBF √	IFIC or MEAT/ MEAT ALT.	FRUIT/ VEGETABLE	BM IFIF MBF √	CRACKER, BREAD, IFIC or RTE CEREAL	FRUIT/ VEGETABLE	BM IFIF MBF √	IFIC or MEAT/ MEAT ALT.	FRUIT/ VEGETABLE	BM IFIF MBF √	CRACKER, BREAD, IFIC or RTE CEREAL	FRUIT/ VEGETABLE
1	TH	BM (IFIF)	IFIC	Peaches	BM IFIF			BM (IFIF)	Yogurt	Gr Beans	BM (IFIF)	Crackers	Applesauce
2	F	BM (IFIF)	Eggs	Pears	BM IFIF			BM (IFIF)	IFIC	Carrots	BM (IFIF)	Toast	Pears
5	M	BM (IFIF)	IFIC	Applesauce	BM IFIF			BM (IFIF)	Diced Ham	Peas	BM (IFIF)	Cheerios	Banana
6	T	BM (IFIF)	IFIC	Banana	BM IFIF			BM (IFIF)	Cheese	Sw Potato	BM (IFIF)	Cheerios	Peas
7	W	BM (IFIF)	Yogurt	Banana	BM IFIF			BM (IFIF)	IFIC	Blueberries	BM (IFIF)	Crackers	Sw Potato
8	TH	BM (IFIF)	IFIC	Carrots	BM IFIF			BM (IFIF)	Cheese	Potatoes	BM (IFIF)	Muffin	Carrots
		BM IFIF			BM IFIF			BM IFIF			BM IFIF		

DINNER - EVENING SNACK

Heartland Child Nutrition, Inc.
Sponsored by the USDA, Child & Adult Care Food Program



Creditable Granola

Another cereal may be added to the HCN list of creditable cereals. Sunbelt Simple Granola contains 9 grams sugar in a 55 gram serving. If you refer to the Sugar Limits chart from HCN, this falls within the allowable sugar limits and is whole grain-rich.

Germiest Kitchen Appliances and Utensils

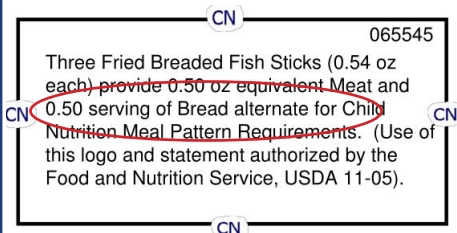
NSF International, a public health and safety organization, tested common kitchen appliances and tools for the presence of foodborne pathogens that cause illness - especially in children, pregnant women, older adults and those with compromised immune systems. Dish rags and sponges were not part of this study.

Below are the kitchen items where the most germs were discovered.

1. Refrigerator fruit/vegetable compartment
2. Refrigerator meat compartment
3. Blender blade/gasket
4. Can opener
5. Rubber spatulas - especially two-piece types
6. Rubber seals on food storage containers
7. Refrigerator water dispensers
8. Refrigerator ice dispensers
9. Knife block

For more information on this study and how to clean the above items refer to www.nsf.com and search for "germiest-items-kitchen."

Breading on CN Labeled Products



If you are serving a CN labeled product that indicates it may count as a grains/bread, you may now credit the breading as a grains in the CACFP. If the label states it is a "bread alternate" it is credited as a standard grain; if it states it is a "grain" serving it may count as a WGR serving. Be sure to record as

"CN breading" and save the label in your food program files. *Homemade breading or any other breading on a non-CN labeled product continues to be non-creditable, with the exception of corndog breading.*

Popcorn

As you know from our April/May newsletter, popcorn is now a creditable whole grain. To clarify, this does not include caramel, kettle corn or other sweetened popcorn, nor does it include "puffed corn" snacks. Non-sweet popcorn-based cakes (similar to rice cakes) may be credited.

Keep in mind that, due to the light weight of popcorn the serving sizes are larger than for other grains that are typically served as a snack. *Be very cautious in choosing to serve popcorn to younger children due to the high risk of choking.*



The American Academy of Pediatrics cautions to keep the following foods away from children younger than 4 years:

- Hot dogs
- Nuts and seeds
- Whole grapes
- Chunks of meat or cheese
- Hard or sticky candy
- Popcorn
- Chunks of peanut butter
- Chunks of raw vegetables
- Chewing gum

Toddler Lunches

If looking for toddler meal ideas, a registered dietitian and mom of three posts photos of what she serves her kids on her website. Many of them could be reimbursable in the food program. The lunches are served with milk. See more of her ideas at:

theleangreenbean.com



Chicken, sliced string cheese, spaghetti sauce for dipping, tomatoes, watermelon, pasta



Cheese quesadilla on whole wheat tortilla, peas, diced yellow apple



Deli turkey, fresh pears, cooked squash, bunny crackers



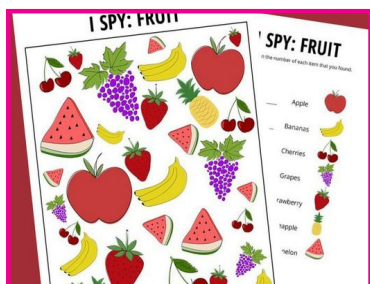
Pork roast, tater tots & green beans, kiwi, pita bread with guacamole spread

Sweet Summer



Watermelon Pops

This is a good way to use watermelon that has become a little over-ripe. In a blender, mix 4 cups watermelon, 1 Tbsp. lime juice, and 1-2 Tbsp sugar (depending on the sweetness of the melon). Pour into popsicle molds. 100% fruit popsicles are considered a juice.



I Spy Watermelon

A free, colorful printable activity sheet is available at the [andnextcomesL](http://andnextcomesL.com) website. The easiest way to locate it is to google "I spy fruit printable."



Watermelon Fans

Have children use red paint to fill the center of the backside of a whole paper plate. Paint the bumpy border green, leaving a white section for the rind. Let dry. Add dots of black or white for the seeds. (With seedless watermelon, many children may have never seen a black watermelon seed!) Fold in half. Tape, or use a glue gun, to attach a sturdy flat stick. Then staple the edges together.

Watermelon contains higher levels of lycopene than any other fresh fruit or vegetable (15 to 20 mg per 2-cup). Research shows that lycopene may ward off several kinds of cancer and heart disease.

How to Choose a Tasty Watermelon

There is no foolproof way to tell if a watermelon is ripe unless you buy one that has already been cut open. There are a few ways to hedge your bet, though.



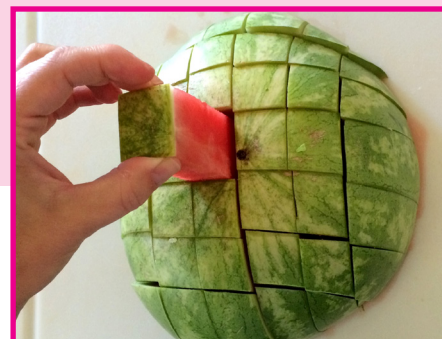
- ⚙ The yellow spot, known as the field spot, is the place where the watermelon rested on the ground. Ripe watermelons will be more likely to have a creamy yellow or orange-yellow spot, not white.
- ⚙ For most varieties of watermelon, the skin should be a little dull rather than glossy. Some watermelon experts claim a bumpy watermelon tends to be sweeter than a absolutely smooth one.
- ⚙ Pick several melons up in your hands, one at a time. A ripe one will feel heavier than you expected. Watermelon is 92% water so the juicier the melon, the more it will weigh.
- ⚙ Judging by the sound is a tough one unless you purchase watermelon often and become accustomed to selecting good melons. When thumping a watermelon, the knock should be a deep sound like a drum, not like a knock on a hollow-core door or piece of plywood.
- ⚙ Lastly, don't refrigerate a watermelon before cutting as that can contribute to having a mealy texture. If a supermarket bin of watermelon feels chilled and sweaty, it tends to indicate they were refrigerated before bringing out to the sales floor.

Source: USDA Extension Service

How to Cut a Watermelon

Whether cutting into wedges, cubes, or slices always rinse and scrub the watermelon under running water before cutting. It's important to wash the rind because everything the knife touches on the outside of the melon will end up in contact with the watermelon flesh as it slices through.

One cutting method, popular for children, is to cut the melon in sticks, leaving the rind on as a "handle" of sorts. An illustration of cutting melon sticks is on the right.



A riddle for the kids: When do you "go" at red and "stop" at green? When you're eating a watermelon.