

# Heartland Child Nutrition

# HORIZONS

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

May/June 2018

**Be sure to read the enclosed information on determining whole grain-rich foods.**



**Heartland Child Nutrition, Inc.**  
Sponsor of the USDA Child & Adult Care Food Program

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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 and employer.

## Review Quiz Due

- Your completed 2018 CACFP Compliance Review is due June 15, 2018. This quiz is an annual requirement for food program participants as documentation to USDA that participating child care providers are knowledgeable of basic CACFP regulations and policies.
- Providers were given the quiz at a recent home visit. Copies are also available at [www.heartlandnutrition.org](http://www.heartlandnutrition.org) under the tab "Current Providers." The completed quiz should be mailed to the HCN main office.
- The review is not eligible for licensing training hours because it takes much less than 1 hour to complete. In addition, the content is the same each year making it ineligible for repeated training credit through ND Growing Futures.

*Important*

## Inform HCN if Away From Daycare Home

- Providers are to inform the HCN office of days they will be closed. This may be done by phone call, emailed message, or indicated in advance on your CALENDAR in KidKare.
- If you are planning to claim a meal/snack served away from your daycare, you need to inform HCN prior to the day. This includes picnics at the park, snack at a pool, and similar events. Thank you!

*Important*

## Infant Menu: Solid Foods

Heartland has received information from the state agency that oversees ND CACFP Sponsors (ND Department of Public Instruction) concerning infants.



When eating solid foods at meals, the following must be served at snack along with BM or IFIC:

- ▶ 1 to 2 Tbsp. fruit/vegetable and
- ▶ Cracker, bread/toast, creditable ready-to-eat cereal, or IFIC.

Serving solid foods at snack is not optional if the infant is ready to eat solid foods at meals. **If not serving all the solid foods required at snack, an explanation must be documented at the top of the infant's menu or in the comment box in KidKare\***. As long as there is documentation, an

*Continued on next page*

## Welcome to Heartland Child Nutrition



The following providers joined the food program in March and April.

Grand Forks: Hayley Snyder  
Mandan: Samantha Llewellyn  
Minot: Antonia Ouedraogo

We very much appreciate referrals of new providers to the Heartland food program! A provider claiming 5 full time children at Tier II rates (the lower tier) could receive \$54 a week in support of their food costs.

## Free Alphabet Fruit & Vegetable Pictures

A free set of Alphabet Fruit & Vegetable pictures may be printed in sizes ranging from playing card to full page size. Find these colorful learning tools at:

<https://www.smarterlunchrooms.org/smarter-meal-times#>



### Infants (continued from front page)

incomplete infant meal or snack remains reimbursable. If no explanation is given, these incomplete snacks will be deducted in the future.

**If not serving all of the required solid foods at meal times by 8 months, an explanation is also required.** It is acceptable for the infant to not receive the full meal pattern if not developmentally ready for solid foods, however the reason needs to be stated on the menu form or in the comment section when recording the infant's menu in KidKare\*. If not documented, a deduction would be made.

When claiming an infant in the 6-7 month age group that is just starting solid foods, it would be expected that perhaps only one solid food group be introduced with additions coming at intervals over the weeks until meals using the full meal pattern are eventually reached. **Documentation during the 6-7 month age time frame is not necessary** (even though the documentation line on the menu form says 6-11 months). By 8 months, most infants are receiving solid foods. If that is not the case, a provider needs to document on the menu why the full meal pattern is not being served.

Please call the Heartland office and ask for Ann if you have questions. As you can tell, we are continuing to learn more details about the new USDA Meal Pattern. We will keep you informed with sharing information as it is delivered to us.

\* If your documentation in KidKare applies to the whole month of menus, one blanket statement may be recorded at the beginning of the month. If the statement applies to just a day or meal, then record the comment in that day's or meal's comment box.

## Romaine Lettuce Scare

In early April, romaine lettuce — including the pre-chopped variety as well as whole heads — from Yuma Arizona was linked to a multi-state outbreak of a dangerous strain of E. coli. The Center for Disease Control (CDC) advised consumers to throw out any romaine lettuce stored in their refrigerator and to avoid all forms of romaine unless they are certain it didn't come from Arizona.



Although washing produce reduces contamination, it doesn't guarantee this will eliminate all bacteria. Once E. coli bacteria make their way onto lettuce, they are able to fill tiny cracks and crevices all over a leaf. Even a very small number of E. coli bacteria are enough to make some people sick.

The strain, which usually originates in the guts of farm animals or deer, could have contaminated soil where the lettuce was grown. It's also possible that a food-handler didn't properly clean their hands or a contaminated surface that touched the romaine.

So far, the CDC has documented 149 people infected with the outbreak strain of E. coli O157:H7 from 29 states, **INCLUDING NORTH DAKOTA**. 64 people have been hospitalized, including 17 people who have developed a type of kidney failure called hemolytic uremic syndrome. The infection can cause bloody diarrhea, stomach cramps, vomiting, and kidney failure.

**UNTIL THE CDC ISSUES AN ALL-CLEAR,  
AVOID ROMAINE LETTUCE IN DAYCARE MEALS.**

In April, USDA announced two new ways of identifying whole grain-rich foods which are #2 and #5 below. This page is a summary of all the methods that may be used. The food needs only meet one of the options below to be considered as a WGR food.

# Identifying Whole Grain-Rich

The USDA CACFP requires that at least one serving of grains each day contains a whole grain-rich component. Foods that meet the whole grain-rich criteria are foods that contain at least 50% whole grains and the remaining grains in the food are enriched, or are 100% whole grain.

Here are a few ways to help identify if a product is whole grain-rich. As long as the product meets **AT LEAST ONE OF THESE SIX METHODS**, described below, it is considered whole grain-rich.



## #1 FOOD IS LABELED WHOLE WHEAT & MEETS FDA'S STANDARD OF IDENTITY

Certain bread and pasta products specifically labeled "Whole Wheat" on the package and which conform to an FDA Standard of Identity can be considered whole grain-rich. An FDA Standard of Identity is a set of rules for what a product must contain to legally be labeled with that product name. List available at cacfp.org.

## #2 WIC

Women • Infants • Children

The product is found on **ANY** State agency's Special Supplemental Nutrition Program for Women, Infants, and Children (WIC)-approved whole grain food list. Any grain product found on a State agency's WIC-approved whole grain food list meets CACFP whole grain-rich criteria.



## #3 FDA STATEMENT

One of the following FDA statements is included on the labeling:

*"Diets rich in whole grain foods and other plant foods and low in total fat, saturated fat, and cholesterol may reduce the risk of heart disease and some cancers."*

*"Diets rich in whole grain foods and other plant foods, and low in saturated fat and cholesterol, may help reduce the risk of heart disease."*



## #4 RULE OF THREE

The first ingredient (second if after water) must be whole grain, and the next two grain ingredients (if any) must be whole grains, enriched grains, bran, or germ. Any grain derivatives may be disregarded. Any non-creditable grain ingredients that are labeled 2% or less are considered insignificant and may also be disregarded.



Whole Grain #1    2nd Grain Ingredient

**INGREDIENTS:** Whole Wheat Flour, Enriched Wheat Flour (Flour, Niacin, Reduced Iron, Thiamine Mononitrate, Riboflavin, Folic Acid), Vegetable Oils (Canola And/ Or Sunflower), Cheddar Cheese ([Cultured Milk, Salt, Enzymes], Annatto), Salt, Contains 2 Percent Or Less Of: Yeast Extract, Natural Flavor, Paprika, Spices (Celery), Baking Soda, Monocalcium Phosphate, Dehydrated Onions, Annatto Extract For Color.  
**CONTAINS: WHEAT, MILK**

## #5 FOOD MEETS THE WHOLE GRAIN-RICH CRITERIA UNDER THE NSLP

Use of the National School Lunch Program whole grain-rich criteria may ease menu planning and purchasing for at-risk afterschool or CACFP child care programs. The NSLP whole grain-rich criteria apply for all grain products with the exception of grain-based desserts, which are not creditable under CACFP.

## #6 MANUFACTURER DOCUMENTATION OR STANDARDIZED RECIPE

Proper documentation from a manufacturer or a standardized recipe can also demonstrate that whole grains are the primary grain ingredient by weight.



Visit us at [www.cacfp.org](http://www.cacfp.org) for more information. This institution is an equal opportunity provider.

This guide is meant to be used to identify CACFP Creditable **WHOLE GRAIN-RICH** products. Reference NCA's Identifying Grain Ingredients for list of creditable grains.

## WGR Cereals Do Not Have To Follow “Rule of 3”

See other side for “Rule of 3” explanation.

To be considered a whole grain-rich cereal only the first ingredient needs to be a whole grain. The cereal needs to be fortified with vitamins and minerals.

With all other breads and grain products, the first ingredient needs to be a whole grain, AND the second and third GRAIN ingredient needs to be enriched, or whole grain, or bran, or wheat germ. For ready-to-eat cereals, the second and third grain ingredients are not relevant when the cereal is fortified (most are fortified.)



## Non-Creditable Grains or Flours

If any of the following ingredients are one of the first 3 grains in an ingredient list it is NOT a whole grain rich product.

- Bromated flour
- Barley malt
- Rice flour
- Wheat flour
- Corn
- Potato flour
- Durum flour
- Yellow corn meal or flour
- Farina
- Oat fiber
- Degerminated corn meal
- Any nut or bean flour
- Corn fiber
- Semolina
- Malted barley flour

**Note:** If the word “enriched” appears before any of the above grains or flours in the ingredient list, it is creditable.

## Disregard These Ingredients When Reading Ingredient Labels

**INGREDIENTS:** WHOLE GRAIN WHEAT FLOUR, SUGAR, SOYBEAN OIL, CORNSTARCH, MALT SYRUP (FROM CORN AND BARLEY), SALT, INVERT SUGAR, LEAVENING (CALCIUM PHOSPHATE AND/OR BAKING SODA), VEGETABLE COLOR (ANNATTO EXTRACT, TURMERIC OLEORESIN).

These ingredients may be ignored when looking for grain ingredients on the label of a bread, tortilla, pancake mix, crackers, and similar grains group foods.

Doesn't count!

- ▶ Any ingredients that are less than 2 percent of product weight (any ingredients listed on the ingredient list after the words “contains 2% or less”).
- ▶ Any grain derivatives which are generally presented in only small amounts, such as;

- wheat gluten
- corn starch
- rice starch
- wheat starch
- corn dextrin
- wheat dextrin
- tapioca starch
- modified food starch

## Snack Ideas with a WGR Food

<ul style="list-style-type: none"> <li>▪ WGR Goldfish Crackers</li> <li>▪ Apple Slices</li> </ul>	<ul style="list-style-type: none"> <li>▪ WGR Blueberry Chex Cereal</li> <li>▪ 1% / Skim / Whole Milk in a cup</li> </ul>	<ul style="list-style-type: none"> <li>▪ WGR Bread</li> <li>▪ Peanut Butter</li> </ul>	<ul style="list-style-type: none"> <li>▪ WGR Tortilla</li> <li>▪ Cheese</li> </ul>	<ul style="list-style-type: none"> <li>▪ WW Wheat Thins</li> <li>▪ Cucumbers and Celery with dip</li> </ul>
<ul style="list-style-type: none"> <li>▪ WGR Cereal Snack Mix</li> <li>▪ Banana</li> </ul>	<ul style="list-style-type: none"> <li>▪ Homemade Oatmeal Muffin</li> <li>▪ 1% / Skim / Whole Milk</li> </ul>	<ul style="list-style-type: none"> <li>▪ Teddy Grahams</li> <li>▪ Yogurt</li> </ul>	<ul style="list-style-type: none"> <li>▪ WGR Bagel or English Muffin</li> <li>▪ Melted Cheese (Mini Pizzas)</li> </ul>	<ul style="list-style-type: none"> <li>▪ SunChips</li> <li>▪ Watermelon</li> </ul>
<ul style="list-style-type: none"> <li>▪ WGR Toaster Waffle</li> <li>▪ OJ</li> </ul>	<ul style="list-style-type: none"> <li>▪ WGR Toast with cinnamon/sugar</li> <li>▪ Peaches</li> </ul>	<ul style="list-style-type: none"> <li>▪ WGR Buttered Macaroni</li> <li>▪ Pea Pods &amp; Carrot Sticks</li> </ul>	<ul style="list-style-type: none"> <li>▪ WGR Chocolate Mini Wheats</li> <li>▪ 1% / Skim / Whole Milk</li> </ul>	<ul style="list-style-type: none"> <li>▪ Non-Sweet Whole Grain Rice Cakes</li> <li>▪ Grapes</li> </ul>

WGR = Whole Grain-Rich WW = Whole Wheat