

# Heartland Child Nutrition

# HORIZONS

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

March/April 2020

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## We Honor You

*If ever there were a time for us to salute all of you that participate in the Child and Adult Care Food Program, it would be this one. You are the ones who are making these weeks less scary for the children in your care. You are feeding school-age children. You are instrumental in helping parents that need to work to continue to do so. Your work ensures that children will have access to healthy food no matter what. Thank you.*

## Important Recordkeeping! Mark “School Out”

**KidKare users should place a mark in the “sch out” box by the child’s name if a school-aged child is in their care during normal school hours. If not checked, the child will be deducted by KidKare.**

Each school district has different spring breaks, teacher in-service, virus containment closures, or other reasons school children may be in your care rather than at school. It is important, if claiming an AM snack or lunch on a weekday, to place a mark in the box “sch out” after their name.

Those claiming on paper should indicate on their meal counts that school was closed on a given day.

## Feeding Infants in the CACFP Training has been Canceled

In following the advice of the Center for Disease Control (CDC) and Gov. Burgum for social distancing in order to contain the spread of corona virus, Heartland Child Nutrition has **canceled the remaining training sessions for our “Feeding Infants in the CACFP.”**



## Hand Sanitizers are not for Food Contact



Hand sanitizers should not be used to clean food contact surfaces. They should also not be used on provider’s hands during food preparation or on children’s hands prior to eating. This is because **sanitizers leave a residual chemical that should not be ingested.** Use correct handwashing practices with soap and water.

## Food Not a Major Risk in Transmission of COVID-19

According to Daniel Kuritzkes, an infectious disease expert at Brigham and Women’s Hospital of Harvard Medical, **food is not a major risk factor in the transmission of corona virus.** That’s because most infection from the new corona virus starts with the respiratory system, not the digestive tract. So infection comes from getting the virus on your hands and then touching your own eyes, nose and mouth. “Of more concern would be utensils, and plates and cups that might be handled by a large number of people in a cafeteria setting, for example,” Kuritzkes says.



**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.

Source: npr.org

## Crediting Foods

### Ritz Crackers not WGR

A variety of Ritz cracker is labeled as made with whole wheat but is NOT a whole grain-rich product. The first ingredient listed for these Ritz crackers is “unbleached enriched flour.” The second Ritz ingredient is whole wheat flour. They are creditable, but not WGR.



To be considered WGR, the first ingredient must be a whole grain. If a second or third grain is in the product, it must be enriched or whole grain.

### Toddler Formulas

Advanced infant formulas are not creditable in the CACFP. If a parent is bringing a “toddler” formula for you to feed their baby, a medical statement is needed in order to claim that infant.

### Infant “Puffs” or “Snacks”

Infant grain foods that are marketed as “puffs” or “snacks” may be credited in an 6 through 11 month-old’s snack if they resemble a ready-to eat cereal and are made with enriched flours or whole grains. Examples of creditable infant puffs/snacks are below.



Infant “snacks” that resemble adult snack foods, such as cheese puffs, are not creditable. Yogurt Melts or Yogurt Snacks are not creditable as a grain or a meat alternate. Examples are below.



## Butterfly Buzz

Add some fluttering fun to a daycare day with a Spring butterfly theme. Shown below are sandwich bags filled with creditable foods. Scrunch the bag in the middle and clasp with a clothes pin decorated by the kids. These would be good Easter basket treats, too. In the second row, easy butterfly snack ideas are pictured. The last row shows two kid’s projects involving painted butterfly-shaped pasta.



Source: Pinterest

## Snack Menu Ideas

Yogurt Bananas	Peanut Butter Bread	<u>Pancake Roll-ups*</u> Orange Juice
Goldfish Cr. (WGR) Oranges	Popcorn (WGR) & Pretzels Apple Juice	Graham Crackers Applesauce
Animal Crackers Pears	Cheese Quesadilla Salsa	Cereal Mix (WGR) Milk
Raisin Bread Toast Apple Slices	Fruit Salad Teddy Grahams (WGR)	English Muffin (WGR) Peaches
Biscuits with Honey Grapes	Refried Beans/Cheese Tortilla Chips	Toaster Waffle Milk
Banana Bread Milk	1/2 String Cheese Wheat Thins (WGR)	Veggies Ranch Dressing Cheez-it Crackers (WGR)

\*Pancake Roll-ups: Make extra pancake batter when preparing pancakes for a meal. Thin leftover batter with water or milk to create thin pancakes, then cook as usual. Spread jam on warm pancakes and roll-up; stick a toothpick in the roll-up if needed to hold. Refrigerate or freeze. Warm in microwave before serving.



# Welcome

Heartland Child Nutrition is please to welcome MANY child care providers to our food program since our last newsletter! We are happy to have you with us.



## Information for transfers from another food program...

### HCN Handbook and Forms

- ▶ At your first home visit from a Heartland Regional Representative, you will receive our Provider Handbook and recordkeeping forms. You may continue to use your previous CACFP sponsor forms until we replace them at our visit. Heartland will mail you our forms should you need them before that. Give us a call at 701-250-0140 if in need of forms.
- ▶ You will easily adapt to your forms since they are similar to what you have been using. One major difference is that a month of infant menus only requires one page of recordkeeping in the Heartland program. The infant record may be viewed on the back of this page.

### Consider Online Claiming

- ▶ Heartland encourages providers to use the convenience of claiming with KidKare. Please call our office if you would like to start claiming online as we can give you instructions on starting.
- ▶ There are numerous tutorials on using KidKare at <https://help.kidkare.com/help/introduction-to-kidkare>.

### Whole Grain Rich Requirement

- ▶ If claiming online, you must click the box that states "Is this WGR?" that appears below the grains slot if the food is whole grain-rich. The computer cannot assume a food was whole grain-rich, you must tell it that by clicking the box.
- ▶ On paper claims, write "WGR" if the food qualifies as such. On the Heartland Child Nutrition (HCN) forms, WGR will need to be circled in the grains line.

CONTINUED ON BACK

Aguilar, Colette	Hunt, Rylanda	Raney, Heather
Amundson, Kristin	Hurt, Diedra	Regan, Lynette
Artavia, Anne	Jensen, Kathy	Reis, Hope
Azure, Alissa	Johnson-Mark, Joyell	Ring, Sonia
Bachmann, Lacey	Jordan, Mary	Rogers, Lisa
Belgarde, Betty	Kallberg, Nicole	Rylander, Sonja
Belgarde, Kindra	Kamrowski, Jessica	Schenstad, Heaven
Belgarde, Marla	Kaul, Joyce	Schuck, Cheryl
Benton, Janet	Keller, Christina	Schweer, Gayline
Bushnell, Kathy	Kennedy, Ashley	Schweitzer, Carrie
Ceynar, Kourtney	Klabo, Megan	Severinson, Trista
Clyde, Abby	Kost, Lisa	Short, Ronette
Combs, Jennifer	Kraft, Shandy	Sivertson, Karla
Cross, Susan	LaFountain, Jackie	Skjeret, Brittney
Danks, Alaina	Lautt, Judy	Smith, Heidi
Doboyou, Decontee	Lavallie, Sheila	Srnsky, Patty
Edenloff, Melissa	Lervik, Colleen	Steen, Belinda
Edwards, Mallory	Livingston, Yolanda	Strouse, Carmen
Flat, Terrah	Lizotte, Dana	Subart, Alice
Felix, Stacie	Lloyd, Hannah	Thomas, Julie
Fenner, Lisa	Lunde, Annette	Thomas, Teal
Fisher, Heidi	Manton, Cari	Thom, Jami
Flax, Amy	Meine, Lynn	Trottier, Candace
Froshaug, Teresa	Melby, Brooke	Ulin, Alison
Gathman, Melissa	Mikkelson, Paula	Ulmer, Rachael
Gladue, Cathie	Miller, Diana	Vallie, Betty
Gladue, Debbie	Miniel, Gionela	Vols, Kirsten
Gottbreht, Ashley	Morlang, Cyndi	Wald, Lisa
Gray, Rebecca	Mosser, Alexa	Wallace, Donna
Greenwell, Kristine	Newgard, Darcie	Wentland, Kelsie
Gutknecht, Allison	Nygaard, Delena	Wentz, Amanda
Haider, Jacki	Oakes, Bonnie	White, April
Haugen, Amy	Ochoa, Kelly	Wiese, Betty
Hedden, Jodi	Owens, Jessica	Wikstrom, Julia
Heiden, Shanna	Parisien, Jill	Wolf, Mary
Helm, Michelle	Parisien, Sandy	Wollenzien, Breanna
Hiller, April	Peek, Jenni	Wood, Sarah
Hoffer, Lisa	Phelps, Lora	Zorn, Ann
Howard, Kristi	Pierson, DeAnna	
Hugelen, Cassidy	Powell, Sherece	

(Continued) Information for providers that have transferred

► Bread - HCN does not require that bread served in a reimbursable meal be whole grain or whole grain rich. As long as you serve and record one food per day that qualifies as whole grain rich (such as WGR cereals, WGR crackers, WGR pastas or other whole grain products) you may serve white bread if you wish. If you do serve WGR bread be sure the box that asks "Is this WGR?" is checked.

► Cereals - HCN allows any cereal that meets the sugar limitations to credit in claimed meals/snacks. Therefore, when recording cereal, you must indicate if it qualified as a whole grain-rich food. On HCN's paper claims this is done by circling "WGR" in the menu slot.  
**KidKare users must click the WGR button that appears below the entered grains food.**

Your Heartland Regional Representative will be bringing you a list of creditable cereals at our first visit to your daycare.

**Deadlines**

► For timely payment, manual (paper) claims must be postmarked by the 4th of the following month. Online submission deadline is the 5th. If this deadline is missed, your claim may need to wait until the following month to be paid. If received after 60 days, the claim is not payable any more.

If you know that your claim will be late due to reasons beyond your control such as illness/surgery or family emergency, email our Executive Director, Dorleen Wolbaum, at: [dorleen@heartlandnutrition.org](mailto:dorleen@heartlandnutrition.org)

► Please send a copy of your license renewal to the HCN office as soon as you receive it.

**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: \_\_\_\_\_ Mo/Yr: \_\_\_\_\_  
 Infant: \_\_\_\_\_  
 Age at start of month: \_\_\_\_\_ months

DATE	DAY OF WEEK	BREAKFAST			AM SNACK			LUNCH			PM SNACK		
		BM IFIF	IFIC or MEAT/MEAT ALT.	FRUIT/VEGETABLE	BM IFIF	CRACKER, BREAD, IFIC or RTE CEREAL	FRUIT/VEGETABLE	BM IFIF	IFIC or MEAT/MEAT ALT.	FRUIT/VEGETABLE	BM IFIF	CRACKER, BREAD, IFIC or RTE CEREAL	FRUIT/VEGETABLE

**Infant Menus**

- Pictured above is HCN's Infant Menu Record that has room for a month of menus for one infant.
- **Documentation on your menu record is needed if a 6 through 11 month infant is not receiving all the solid food components listed in the CACFP infant meal pattern.** Examples may be "Baby is not yet developmentally ready for solid foods" or "Parent does not want fruits and vegetables to be served, only IFIC, at this time."

Unless a reason is written in a KidKare comment box during the month, or recorded on your paper menu record, incomplete infant meals and snacks may be deducted. Recording the reason is only necessary once during the month.  
 If receiving solid foods at meals, an infant must also be offered solids at snack unless there is a documented reason why the solids were not offered at snack.

**Infant Meal Pattern 6 through 11 months**  
Breakfast/Lunch/Dinner  
 6-8 fl. oz. breastmilk of IFIF  
**AND**  
 0-4 Tbsp. IFIC, meat, fish, poultry, whole egg, or cooked dry beans/peas; OR 0-2 oz. cheese; 0-4 oz. cottage cheese or yogurt  
**AND**  
 0-2 Tbsp. vegetable and/or fruit

Snack  
 2-4 fl. oz. breastmilk or IFIF  
**AND**  
 0-1/2 slice bread; or 0-2 crackers; or 0-4 Tbsp. IFIC or ready-to-eat cereal  
**AND**  
 0-2 Tbsp. vegetable and/or fruit

For breastfed infants that regularly consume less than the minimum amount of breastmilk per feeding, a serving of less than the minimum may be offered, with additional breastmilk offered at a later time if the infant will consume more.

