



FALL 2019

CACFP

The Quarterly Newsletter of the RIDE Child Nutrition Programs

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PROGRAM UPDATES

To help you stay in the loop

New items are now available to credit towards the CACFP meal pattern. The following items (with their memo code) can now be included as part of a reimbursable meal:

- Shelf-Stable, Dried, and Semi-Dried Meat, Poultry & Seafood Products (CACFP 08-2019)
- Coconut, Hominy, Corn Masa, & Corn Flour (CACFP 15-2019)
- Popcorn (CACFP 10-2019)
- Surimi Seafood (CACFP 11-2019)
- Tempeh (CACFP 12-2019)
- Pasta made of Vegetable Flour (CACFP 13-2019)

To learn about how these items credit, go to www.fns.usda.gov/cacfp/child-and-adult-care-food-program

There are new changes to the purchase thresholds in procurement standards (CACFP 07-2019). The **new** purchasing thresholds are as follows:

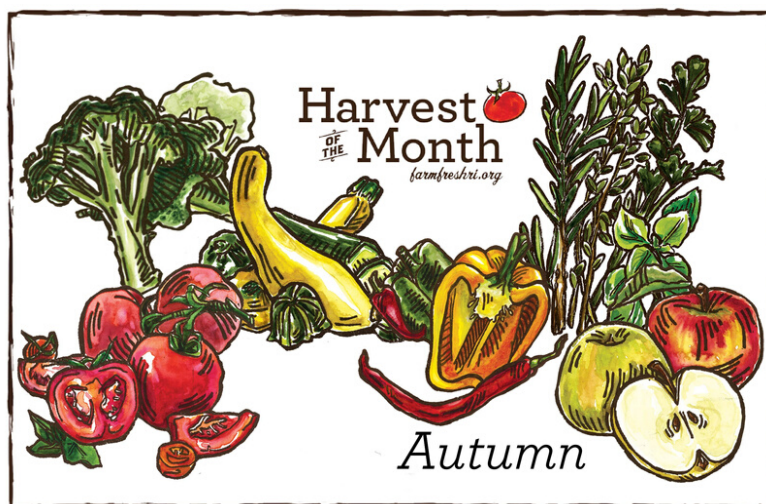
- Micro-purchase threshold: \$10,000
- Small Purchase threshold: \$250,000

A milk flexibility memo (CACFP 13-2018) is in place stating that participants who are 6 years of age or older are permitted to be served flavored, low fat (1% fat) or fat free milk.

HARVEST OF THE MONTH

Eating with the season

Summer is coming to an end and a new school year is upon us, but just because the temperature drops doesn't mean the growing season is over! The fall season has plenty of room for local fruits and vegetables! Celebrate eating with the season at your site by following along with Harvest of the Month (HOM)- a local food promotion campaign supported by Farm Fresh RI (FFRI). This season's Harvest of the Month features: broccoli, squash, herbs, tomatoes, peppers, and apples! You can find HOM materials and follow Harvest of the Month all year long at the FFRI Harvest of the Month page: www.farmfreshri.org/programs/nutrition-education/harvest-of-the-month. If you want to incorporate other fresh, seasonal foods in your program check out their seasonal calendar to see what RI has to offer this fall!



FEATURED RECIPE- SOUTHWEST SALAD

Servings per recipe: 12 **Serving Size:** 1/2 cup

Prep Time: 10 minutes **Cook Time:** 0 minutes

Ingredients

- 1 (15 ounce) can black beans, rinsed & drained
- 1 cup corn, fresh or frozen
- 1 medium tomato, chopped
- ¼ cup chopped red onion
- 1 scallion, chopped
- 1 tablespoon fresh chopped cilantro
- Juice of 1 lime (2 tablespoons)
- 3 tablespoons olive oil
- ¼ teaspoon salt
- Black pepper, to taste

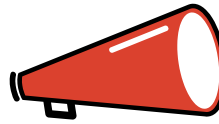
Directions

- 1) Combine beans, corn, tomato, onion, scallion, and cilantro.
- 2) Mix together lime juice, olive oil, salt, and pepper. Pour over salad.
- 3) Mix well and marinate in the refrigerator for 30 minutes before serving.

Meal Idea: Serve with grilled fish or chicken, corn tortillas, fresh fruit and milk as part of a reimbursable lunch or supper



RESOURCES



The FY20 Renewal process is underway! If you're confused about what the next steps are for your organization you can watch a recording of RIDE's "CACFP Annual Renewal Process" webinar to get all the answers you need. You can find the webinar under the 'Recorded Trainings' tab on the RIDE CACFP homepage (www.ride.ri.gov/cnp).



You may have heard us mention Team Nutrition or TN before but what, exactly, is it? TN is an initiative of the USDA that supports national efforts to promote lifelong healthy food choices and physical activity by improving nutrition in all Child Nutrition Programs. They provide an array of resources such as: webinars, handouts, games & activities, toolkits, posters, and more! Want a sneak peek? See a sample of "Color Days," part of a TN booklet of events and activities, below! These materials and many others are available to your organization for FREE. Go to www.fns.usda.gov/tn/about-team-nutrition to see what they can provide for you!



Color Days help students to explore fruits and vegetables of a variety of colors through art, classroom lessons, and tasting opportunities. This handout guides you through planning, preparing and performing these events and activities in various settings like the classroom, cafeteria, community, and at home. Some ideas this handout highlights, based on age, include:

- Kindergarten
 - Teachers can use the Team Nutrition's *Discover MyPlate (Eat Your Colors)* to tie into educational lessons
- First and Second Grade
 - Encourage students to write a short story about a day in the life of their favorite fruit or vegetable using Team Nutrition's *Serving Up MyPlate (Lesson 1)*.
- Third and Fourth Grade
 - Plan an activity utilizing the Detective Veggie Dice from Team Nutrition's *The Great Garden Detective Adventure: Lesson 4*.
- Home
 - Send a letter to students' families explaining the activity and encouraging them to help the students bring in pictures of fruits and vegetables from fliers, magazines, or coloring books to use in their artwork.
 - Send home colorful fruit and vegetable recipes

*Although the groups listed above may not reflect the age ranges of your participants, these activities can be modified to meet the needs and abilities of your organization.