



The staff of Providers Food Program would like to wish you a wonderful New Year.

TRAINING REQUIREMENTS FOR 2010

The Dept. of Education this year changed the training requirements for all food programs in Massachusetts. Any training that is part of the any food program in the state needs to have prior approval from the Dept. of Education. You will still be required to submit 6 credit hours yearly however CPR will only count .5 credit hour. Providers Food Program will be providing you will all the training as home studies. At the present time the Record Keeping is being passed out at your home visits. Starting in February we will be passing out Food and Safety training and last will be Nutrition. You always have 1 month to complete the training.

KEEPING BALANCED MEALS FOR CHILDREN

Just like adults, children need to eat a wide variety of foods for good health. The United States Department of Agriculture (USDA) recently updated the food guide pyramid. Their new web site is www.mypyramid.gov, This web site now features food guidelines that can be customized for children as well as men and women of all ages.

Parents can use the MyPyramid Plan box to enter their child's age; gender and activity level and receive an estimate of what and how much they should be eating. When you help children build healthy eating habits early, they will approach eating with a positive attitude—that food is something to enjoy, help them grow, and give them energy.

Create your child's own My Pyramid Plan at

www.mypyramid.gov.

From Child Care Connection Akron Ohio

MENU DUE DATE

If you want your menus to make the first bill to the state, they must to be in our office no later than the 5th of each month. The most efficient way to do this is by submitting your menus on-line via minute menu. Doing the on-line menus is very easy and does not require a lot of computer knowledge. If you can click the mouse, you can do on-line menus.

PROVIDERS FOOD PROGRAM January 2010

IMPORTANT FOOD CHANGES

- As stated in the November newsletter we have received word from the Department of Education that hotdog, grapes, nuts and nut butter are not acceptable for children under the age of 3 due to the possibility of choking and/or allergies. If you serve any of these items to children in your day care and presently have children under the age of 3, you now need to offer a different meat/meat alternate to those children and record that information on your menus. We realize at the present time the providers that submit their menus online are not able to add another meat option.
- The online menus will be changed this month to accommodate this. Providers will be disallowed for any child under the age of 3 that does not have an alternate meat listed.

We will be mailing an addendum to your manual regarding this change.

MINUTE MENU ON-LINE USERS

If you submit your CACFP claim on line using the Minute Menu system, please be aware that from time to time we send out "Broadcast Messages" to all providers using the system. These messages will "pop up" on your initial screen with a flashing envelope indicating that you have mail. If you use our on line system; please be on the lookout for messages from our agency.

COMBINATION MEALS

Combination meals or "meals in a pot" can only count towards 2 meal components. This has been a policy for many years. An easy way to figure out what is a combination meal is any meal that is cooked altogether from the start in one dish. Some meals that fall into this category include pizza, chicken pot pie, beef stew, chicken soup, shepherd's pie and lasagna. You can choose which "two" components to claim however the remaining components must be items that are served separately.