



PROVIDERS FOOD PROGRAM APRIL 2011



Eggs are incredible when it comes to nutrition.

www.enc-online.org

Eggs are all-natural, and one egg has lots of vitamins and minerals—all for 70 calories. At less than 15 cents apiece, eggs are an affordable and delicious snack and meal option.

The protein in eggs is the highest-quality protein found in any food. Egg protein has just the right mix of essential amino acids needed by humans to build tissues. In addition, eggs have thirteen essential vitamins and minerals. Egg yolk is the major source of the egg's vitamins and minerals. Egg yolks are one of the few foods that are a naturally good source of Vitamin D.

Snack and Meal Ideas:

- * Scrambled eggs and spinach or green beans
- * Egg salad sandwich
- * Scrambled or poached egg over 100% whole wheat toast
- * Hard boiled egg in a green salad
- * Egg Frittata with vegetables (red or green peppers, etc.)

What About Nutella?

Is *Nutella* a creditable food item? The answer is **NO**. *Nutella* is a hazelnut spread. Any item labeled as a type of nut "spread" is **not** creditable towards the meat/meat alternate component of the USDA Meal Pattern; **this includes peanut butter spread**. Make sure to look closely at the food label of peanut butter or any nut "butters" you plan to purchase before buying them to assure that they are not labeled as "spreads." Only nut "butters" listed in the "Food Buying Guide for Child Nutrition Programs" are creditable towards the meat/meat alternate component and thus may count towards a reimbursable meal. The creditable nut butters for children over the age of 3 are: almond, cashew nut, peanut, reduced fat peanut, sesame seed, soy nut, and sunflower seed.

http://www.dpi.state.wi.us/fns/pdf/cacfp_winter_10.pdf

Remember to wash all off all fruit before cutting it or biting into to remove all pesticides used during growing or even germs from people handling it.

ON LINE WEB SITE CHILD CARE INFO

Minute menu, the system we use for our on-line menus, has developed a web site for sharing information amongst providers. All providers are welcome to join regardless if you use minute menu or not. Check it out at:

<http://childcareinfo.com/>

MONITORING REVIEWS

Your sponsoring organization is required to perform on-site reviews of your day care home to view daily operations of CACFP and meal service. A monitoring staff member will visit your day care home at least three times per year, and possibly more frequently. The visits may be "announced" or "unannounced". The majority of these visits will be unannounced. These visits determine if you are complying with CACFP regulations, provide assistance in complying with regulations and offer technical assistance to you. The monitoring visit will involve the completion of the home review and will provide suggestions and recommendations for corrective action, if needed. A monitoring visit usually consists of:

- A review of your green folder housing your food program records to determine if they are complete and current.
- A meal service observation.
- A review of food storage and overall sanitation and food safety.
- A review of attendance records for five days during a prior claiming period. Attendance records will be compared to your claim.
- A discussion of any concerns/problems identified by your sponsoring organization prior to or during the visit.
- A discussion of any questions or concerns that you may have.
- A follow-up monitoring visit may be warranted with further training and technical assistance, if needed.



With the nice weather hopefully arriving soon, please notify our office if you are closed for the day or plan to be out of the house during a meals service time to avoid a disallowance.