



BULLETIN:

Child and Adult Care Food Program

**Child & Adult Care Centers,
Emergency Shelters, OSHC, &
Sponsors of Family Day Care Homes**
www.education.alaska.gov/tls/cnp

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To: CACFP Agencies
CACFP Program Reviewers

Date: October 31, 2014

Bulletin: 2015-01

From: Ann-Marie Martin
CACFP Coordinator

Program changes as a result of USDA Policy Memos and Technical Assistance Memos are to be implemented immediately. Please file this bulletin for reference, guidance and compliance with the Child and Adult Care Food Program. Feel free to call the Child Nutrition Programs office if you need further clarification.

Bulletin Topics

1. One Month Enrollment Report (OMER) Q &A
2. Discover MyPlate now available in print!
3. 2015 Summer Food Service Program Webinar Series
4. USDA Farm to Preschool Toolkit
5. Food Safety from Farm & Garden to Preschool
6. What Early Care and Education Providers and Families Should Know About Enterovirus D68
7. New Infant-Toddler Training & Technical Assistance Projects
8. What’s Cooking? USDA Mixing Bowl <http://www.whatscooking.fns.usda.gov/>

1. One Month Enrollment Report (OMER) Q&A

All child care centers and outside school hours care programs received the Q&A via e-mail on October 15, 2014. The information provided in the Q&A is important as you will be accountable for it when you complete your OMER. When we do an administrative review we will be checking the items listed in this Q&A - which means you may need to look at your process for enrolling and withdrawing participants. Withdrawal dates are going to be very important so make sure you have a systematic process - one that you follow for all participants. Please find the OMER Q&A with this bulletin.

2. Discover MyPlate now available in print!



Schools and child care providers participating in the USDA Child Nutrition Programs may request free copies at: <http://tn.ntis.gov/>.

- The kit includes:
- Teacher's Guide (with 6 kindergarten lessons)
- Emergent Readers (mini books for students & a teacher's big book)
- Reach for the Sky Original Song
- 40 Food Cards
- Look and Cook Recipes*
- Student Workbook with 19 Activity Sheets*
- The Five Food Groups Poster
- Parent Handouts*

*25 copies of all student and parent materials are included in the kit. Contact teamnutritin@fns.usda.gov if you have questions about ordering or to inquire about bulk orders.

Available separately is the DiscoverMyPlate: Curriculum Training for Teachers.
<http://www.fns.usda.gov/tn/discover-myplate>

3. 2015 Summer Food Service Program Webinar Series

Join USDA webinar sessions where they will provide you with the latest resources, funding information, policy updates, technical guidance, highlights and best practices from around the country, and many other great tools to make your Summer Meals Program ROCK!

Also, at the end of each webinar they will have a discussion session where you can ask all your questions and share your ideas!

Why is the Summer Meals Program So Important? The USDA provides free or reduced-price lunches to 22 million children from low-income families during the school year. However, during summer break, those children no longer have access to those meals because they are out of school.

The Summer Food Service Program (SFSP) is a federally funded program administered by the States. It was created to fill the meal gap when school is not in session, but only about 10% (2.5 million children) of children who receive free or reduced-price lunches participate in SFSP.

BE A GAME-CHANGER!

Help feed more children nutritious meals during the summer, and in turn, curb the higher risk of going hungry during the summer months.

Visit the USDA Summer Food Service Program website for more information
usda.fns.gov/SummerMeals

4. USDA Farm to Preschool Toolkit



In addition to a [Farm to Preschool overview](#), the new section includes the following pages full of information, links, resources, and ideas to support your Farm to Preschool program:

- [Farm to Preschool Curriculum](#)
- [Engaging Children in Farm to Preschool Activities](#)
- [Health and Safety for Childcare Meals and School Gardens](#)
- [Nutritious Meals and Snacks for Preschoolers](#)

The Farm to Preschool web pages were developed by USDA in coordination with the City of Seattle Human Services Department Youth and Family Empowerment (YFE) Division as a component of the City of Seattle Human Services Department's "[Farm to Table](#)" project. The City of Seattle folks expressed a desire for a Washington-specific site to support childcare and preschool providers, so we worked with them to pull it together!

USDA's goal is for the Farm to Preschool web pages to be useful to childcare and preschool providers statewide, and for the content to continue to grow over time. **Please share your feedback, ideas, recipes, and favorite resources so we can improve the site to meet your needs and share your successes with others!**

As you're planning for your Farm to Preschool program, please also visit the [National Farm to Preschool site](#), a project of the National Farm to School Network!
<http://www.farmpreschool.org/whatisfarmpreschool.html>

5. Food Safety from Farm & Garden to Preschool Training Program

The training is available online at www.umass.edu/safefoodfarm2kid. This free, self-paced program was created to help early childcare educators, foodservice staff, volunteers and parents understand the importance of reducing the risk of food safety related to fresh fruits and vegetables for young children. The program includes five units:

- Farm to Preschool Benefits
- Fresh Produce and Foodborne Illness Risks
- Food Safety Basics for the Classroom and the Kitchen
- Food Safety and Gardening Activities
- Food Safety on Field Trips to Farms and Farmers' Market.

Printable resources such as Best Practices Planning Tools, resources, and Certificates of Completion are available and may be able to be used towards Professional Development requirements. This project was supported through USDA NIFA project award 2011-5110-

30996. For more information on the program and to get started, visit www.umass.edu/safefoodfarm2kid.

Welcome to...
FOOD SAFETY FROM Farm & Garden TO PRESCHOOL

UNIT 1 Farm and Preschool Benefits
UNIT 2 Fresh Produce and Foodborne Illness Risks
UNIT 3 Food Safety Basics for the Classroom and Kitchen
UNIT 4 Food Safety and Garden Activities
UNIT 5 Food Safety on Trips to Farms and Farmers' Markets

To LEARN more and to GET STARTED, visit:
www.umass.edu/safefoodfarm2kid

FOOD SAFETY from Farm and Garden to Preschool at
www.umass.edu/safefoodfarm2kid

OFFERS:
FREE online training for early childcare educators, foodservice staff, volunteers, and parents

TRAINING Program includes:
• Safety
• Interactive sharing
• Best practices planning tools
• Resources for parents, educators, and food service staff

RECEIVE personalized Certificates of Completion for:
3 core units (2 hours) and optional 2 units (30 minutes for each)

This project was developed by the University of Massachusetts-Barnstable Department of Health, MAHEC Extension Nutrition Education Program, and University of New Hampshire Cooperative Extension, with support from the National Integrated Food Safety Initiative (NFSI) Cooperative Grant Program from the USDA National Institute of Food and Agriculture (NIFA), Award 2011-07103-0001. The University of New Hampshire Cooperative Extension and MAHEC Extension are equal opportunity, nondiscriminatory and affirmative action institutions.

6. What Early Care and Education Providers and Families Should Know About Enterovirus D68

The Administration for Children and Families has received questions from Head Start and child care programs about recent news reports of Enterovirus D68 (EV-D68) spreading across the country. Infecting about 10 to 15 million Americans each year, enteroviruses are very common, especially during the summer and fall months. Infants and children are more susceptible to infection due to developing immune systems and the lack of prior exposure to viruses. Pregnant women also have a greater chance of being infected but will only develop mild or no symptoms. In fact, most people who acquire enteroviruses do not get sick. However, EV-D68 can cause mild-to-severe respiratory illness. Children with asthma could have a higher risk for severe respiratory illness caused by EV-D68 infection.

Similar to the common cold, mild symptoms can include fever, runny nose, sneezing, coughing, and body and muscle aches. Severe symptoms can include wheezing and difficulty in breathing. Some individuals could develop heart or brain infections or even become paralyzed.

You can get infected with enteroviruses by having close contact with an infected person who coughs or sneezes. You can also get infected by touching objects or surfaces that have the virus on them and then by touching your mouth, nose, or eyes.

Currently, there is no specific treatment, antiviral medication, or vaccine for people with respiratory illness caused by EV-D68. For mild respiratory illness, symptoms can be relieved with over-the-counter medications for pain and fever, such as ibuprofen or acetaminophen. Aspirin should not be given to children. Individuals with severe respiratory illness might need to be hospitalized.

You can help prevent yourself from getting and spreading EV-D68 and other respiratory illnesses by following these steps.

- Wash hands often with soap and water for 20 seconds.
- Avoid touching your eyes, nose, and mouth with unwashed hands.
- Avoid close contact, such as kissing, hugging, and sharing cups or eating utensils, with people who are sick.
- Cover your coughs and sneezes with a tissue or shirt sleeve, not your hands.
- Clean and disinfect frequently touched surfaces, such as toys and doorknobs.
- Stay home when you are sick.

Early care and education providers are encouraged to use the following standards from [Caring for Our Children](#). Please share the information provided below with families to help prevent the spread of the enterovirus as well as other contagious illnesses.

- [Standard 3.1.1: Daily Health Check](#)
- [Standard 3.2.2.2: Handwashing Procedure](#)
- [Standard 3.2.3.2: Cough and Sneeze Etiquette](#)
- [Standard 3.3: Cleaning, Sanitizing, and Disinfecting](#)

For more information, see www.cdc.gov/non-polio-enterovirus/EV68/ and <https://eclkc.ohs.acf.hhs.gov/hslc/tta-system/health/safety-injury-prevention/hygiene-sanitation/enterovirus.html>.



7. New Infant-Toddler Training and Technical Assistance Projects

By Linda Smith, Deputy Assistant Secretary and Inter-Departmental Liaison for Early Childhood Development; Ann Linehan, Acting Director, Office of Head Start; and Shannon Rudisill, Director, Office of Child Care

It seems we learn more and more every day about all that our youngest children can learn. [Research shows](#) that *a tremendous amount of brain development happens in the very first months of life*. By the time children are 3 years old, the structures of their brains that influence later learning are mostly formed.

Millions of infants and toddlers across the country spend a significant part of their days in early care and education settings, including child care and Early Head Start. At the [Offices of Child Care](#) (OCC) and [Head Start](#) (OHS), we have a responsibility to ensure that those children, their families, and their teachers get the best support we can offer. We have increased our focus on the youngest children in recent years, and we are pleased to announce that OCC and OHS are co-administering *two new training and technical assistance (T/TA) projects* that focus on infants and toddlers in early care settings.

National Early Head Start – Child Care Partnership T/TA Center

This Center will support the effective implementation of new *Early Head Start – Child Care (EHS-CC) Partnership grants* that provide comprehensive high-quality services for infants and toddlers. The Center will provide training, resources, and materials to Federal staff, OHS and OCC T/TA partners, and CCDF administrators so that all are equipped to meet the needs of new EHS-CC Partnership grantees. The Center will work collaboratively with OHS National Centers and the OCC Technical Assistance Network to *develop and present a series of orientation sessions* around the country for the new EHS-CC Partnership grantees. This Center will also recruit *and train a team of implementation planners and fiscal consultants* who will be able to provide T/TA at the grantee level. The cooperative agreement for the EHS-CC Partnership TA Center is with ZERO TO THREE, in partnership with Child Care Aware® of America, FHI360, Training and Technical Assistance Services at Western Kentucky University, and Mathematica Policy Research.

Career Pathway Portal for Great Infant-Toddler Teachers

The Career Pathway Portal for Great Infant-Toddler Teachers project will create *a Web-based, one-stop portal* of existing federally funded, public domain, online training programs. This portal will support the child care and Head Start workforce as they progress on an established career pathway. The work will span child care, Early Head Start, Head Start, prekindergarten, and early childhood mental health. It will have multiple points of entry, from preservice to master teacher, consultant, or coach. The portal will include *research-based resources* for higher education, State licensing, and credential agencies. The project will design a mechanism to assess how curricula and educators can better target *positive caregiver/child interaction* using a framework that will be grounded in learning, reflective feedback, focused observation, and planning for improvement. Professional development systems will be able to use a *cost-estimation tool to plan* investments that support the infant-toddler workforce. The contract for the project is with ICF International and will be supported by subcontracts with ZERO TO THREE and the National Association for the Education of Young Children.

Parents and teachers work hard to care for and educate children from birth, and we are eager to support them. We believe these projects are a key step in improving quality in infant-toddler early care and education settings nationwide.

8. What's Cooking? USDA Mixing Bowl <http://www.whatscooking.fns.usda.gov/>

Try making the Tasty Tots – Sweet Potato recipe from What's Cooking USDA Mixing Bowl. This is a good time of year to incorporate the sweet potato into your menus – and here is a healthy, kid-friendly alternative to traditional 'fried' potatoes. These are made from sweet potatoes and garbanzo beans.



Go to the following website for instructions on 25 or 50 servings.

<http://www.whatscooking.fns.usda.gov/quantity/child-nutrition-cnp/tasty-tots>

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Commonly Used Acronyms

CACFP – Child and Adult Care Food Program
CNP – Child Nutrition Programs
FNS – Food & Nutrition Services
FNSRO-Food & Nut Services Reg. Office
USDA – U.S. Department of Agriculture
LEA – Local Education Authority
DEC – Department of Conservation

All attachments for this bulletin can be found on the State of Alaska Child Nutrition Programs, CACFP Bulletins page: <http://education.alaska.gov/tls/cnp/CACFP4.html>.

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Individuals who are deaf, hard of hearing, or have speech disabilities may contact USDA through the Federal Relay Service at (800) 877-8339; or (800)845-6136 (Spanish).

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