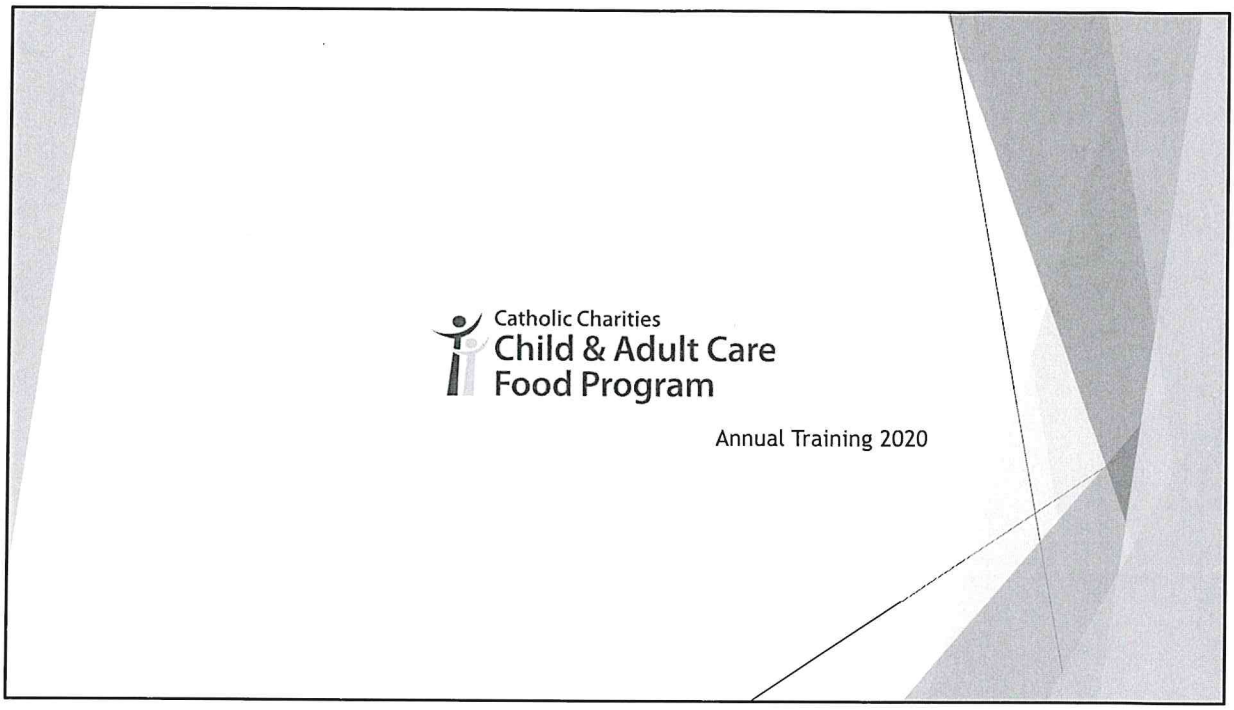
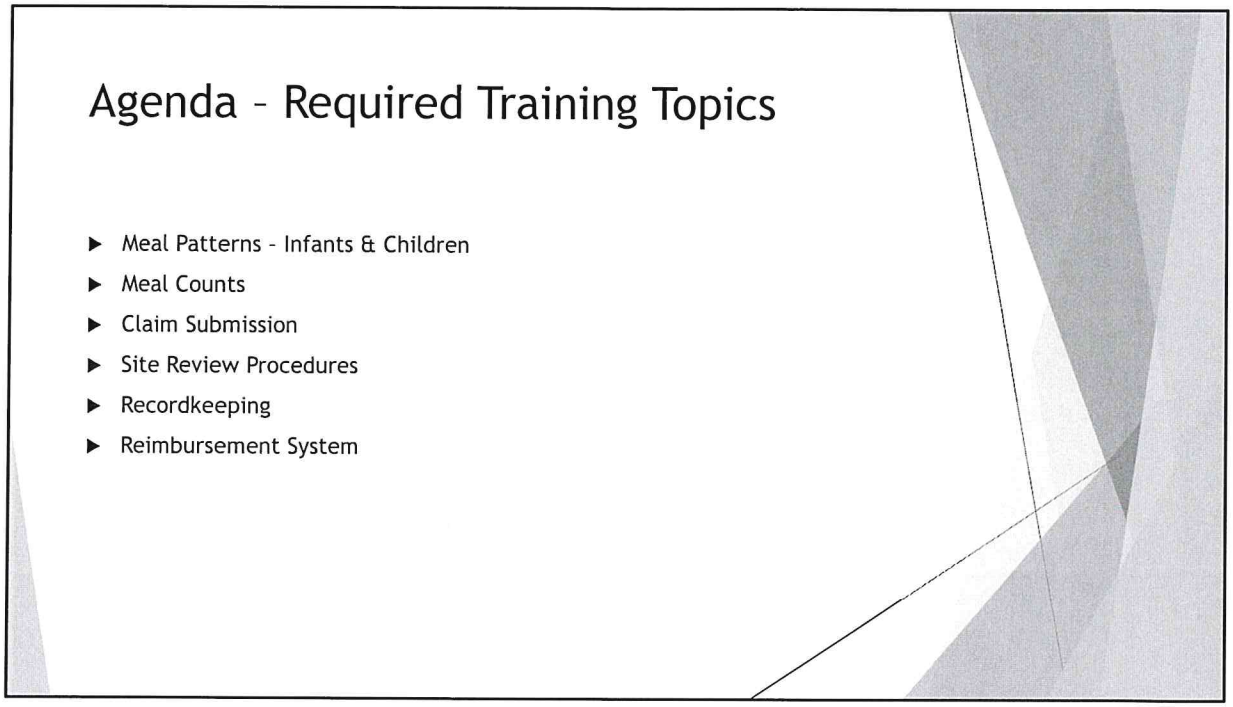


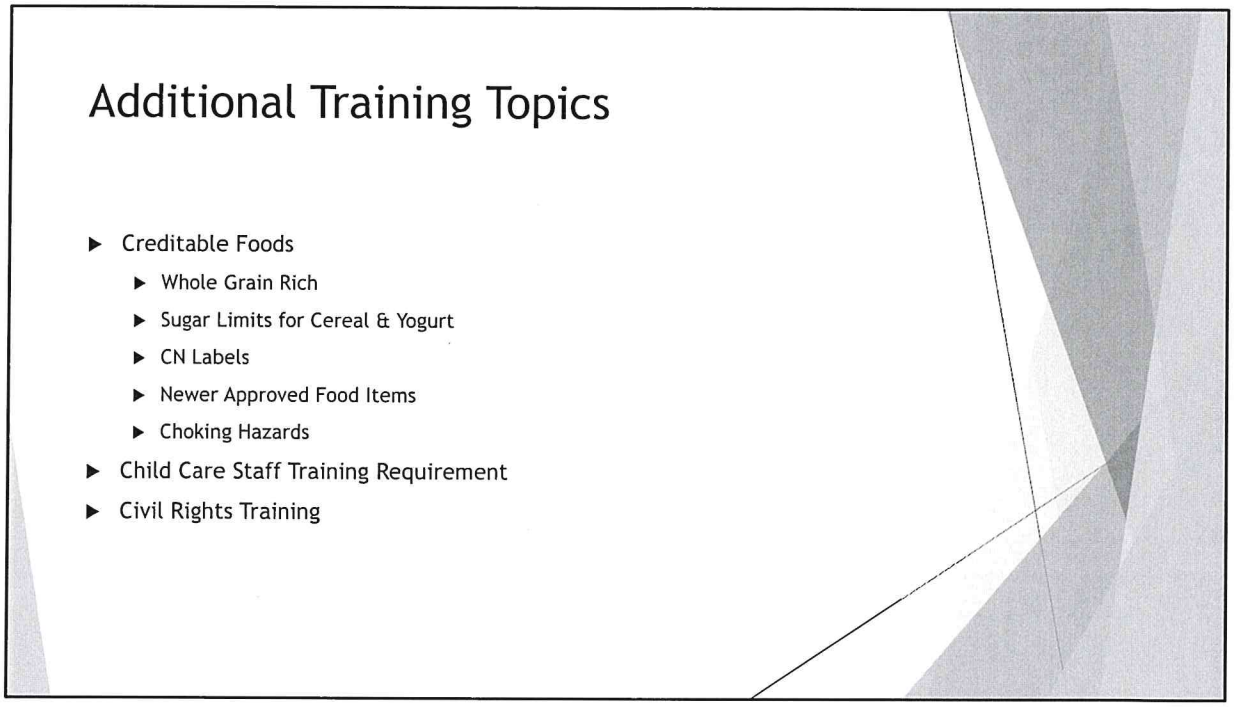
Hello and welcome to the Annual CACFP Training for 2019-2020 brought to you by Catholic Charities Maine –CACFP.

I'm Kim Dumond and I'd like to thank you for your patience as we switched gears a little to provide you with a safe, healthy alternative to our previously scheduled trainings that were to be held around the state.

We look forward to hopefully being able to meet in-person again next year. I think we learn a lot during those face-to-face opportunities, not only from the speaker and materials, but from one another as well.



Today's Agenda covers



A printable .pdf of these slides are posted on our website if you would like to access the resource links included or keep a copy for your training records.

Certificates of Completion will be mailed to all providers and their staff under Catholic Charities Maine – CACFP sponsorship who complete and submit the short quiz before 9/4/2020.

Remember attending or completing a CACFP training each year is a requirement of your participation in the Child & Adult Care Food Program.

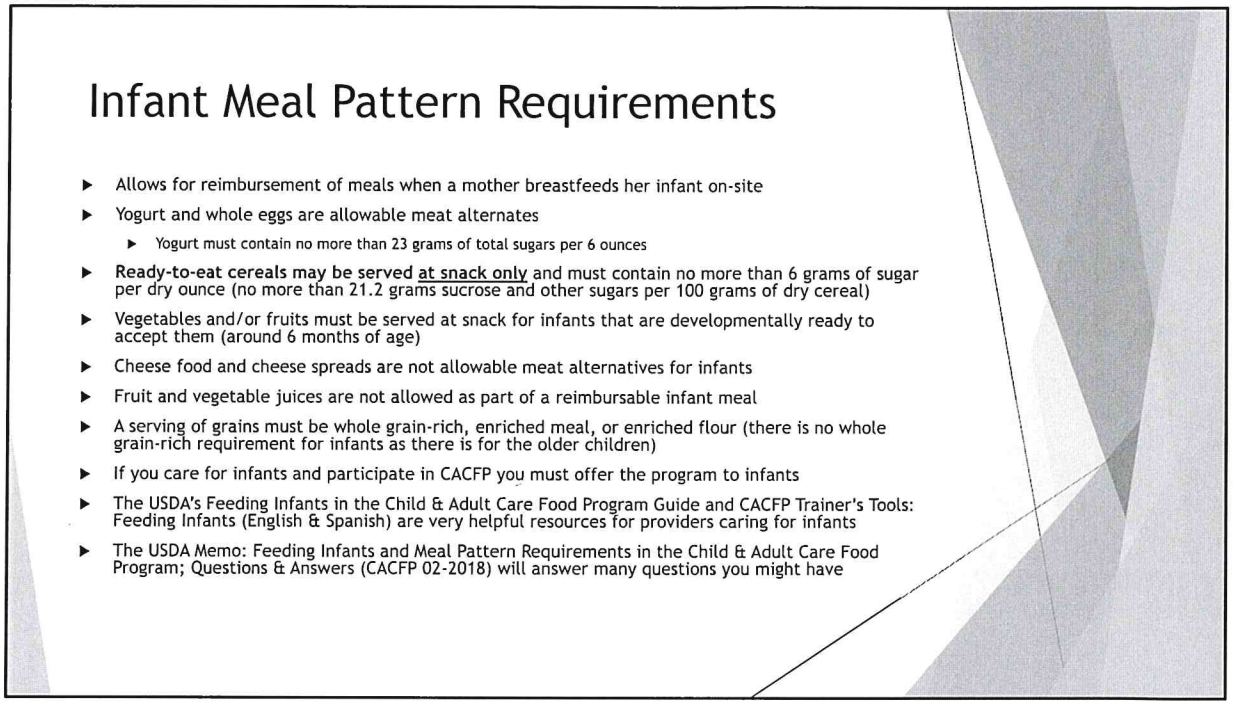
Federal Requirements

- Catholic Charities Maine - CACFP follows Federal guidelines and requirements
- All CACFP sponsors are required to follow specific procedures
- We do not require anything more of our providers than what is absolutely necessary

Meal Patterns

For Infants and Children

- There are currently no time restrictions for mealtimes
  - Mealtime lengths should be reasonable
  - Allow enough time between meals
    - At least an hour between the end of one mealtime and the beginning of another
- All meal pattern changes must be reported to this office
- We cannot reimburse for a meal that has not been approved



We will first talk about the youngest in our care...the infants, birth through 11 months old.

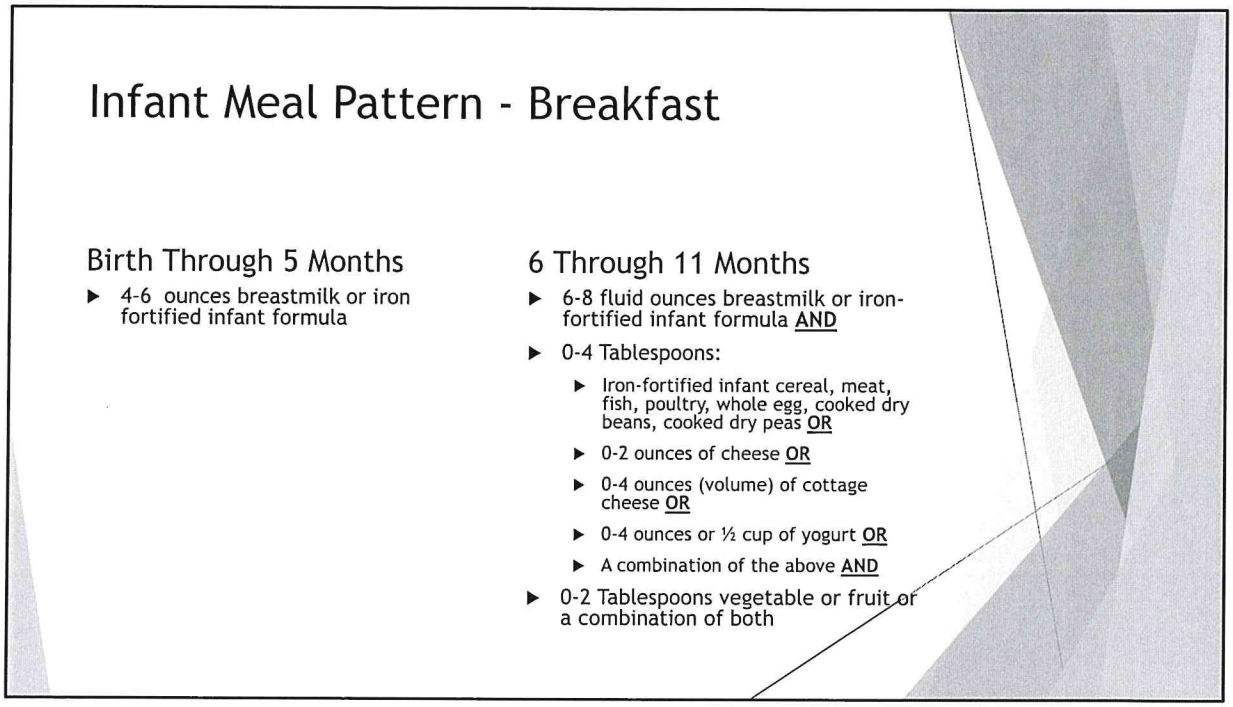
Remember menu documentation for infants must include:

*the specific foods served to each infant for each meal or snack component

*Amounts of breastmilk/iron fortified infant formula and foods served (not consumed)

*This can be done on a single menu or 2 different documents

Soy-based, low lactose, and lactose-free iron fortified infant formulas regulated by the FDA are allowed and no doctor's note is required. Regulated by the FDA means it must be made in the USA.



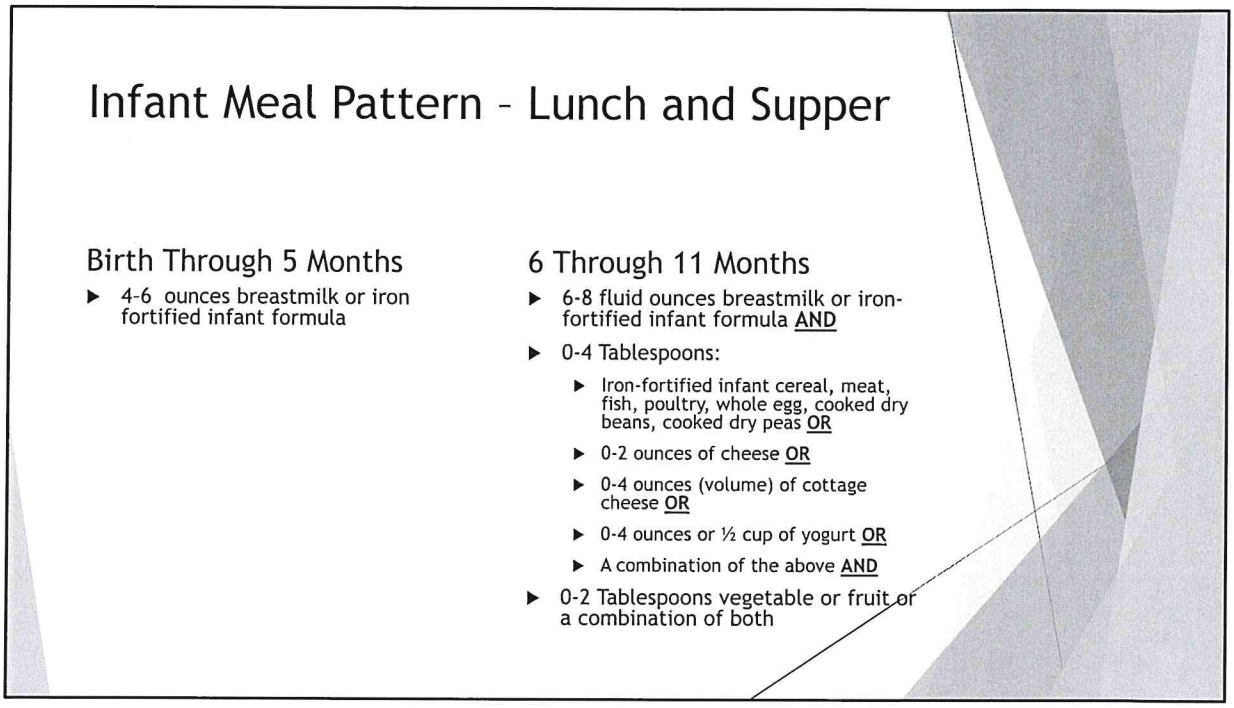
Notice the infant cereal, baby food and solid food serving size all start with zero tablespoons. This provides flexibility when introducing solid foods. Therefore, a child in this age range may have all 3 components or just one depending on the developmental readiness and the meal is still reimbursable.

Some signs an infant is developmentally ready for solid or new foods are:

*Able to sit in a chair with good head control
*Opens their mouth for food
*Moves food from spoon into throat
*When the infant has doubled in weight

There is a transition period allowing 1 month (from the date an infant turns 12 months old to the date the child turns 13 months old) to help babies get used to unflavored whole milk.

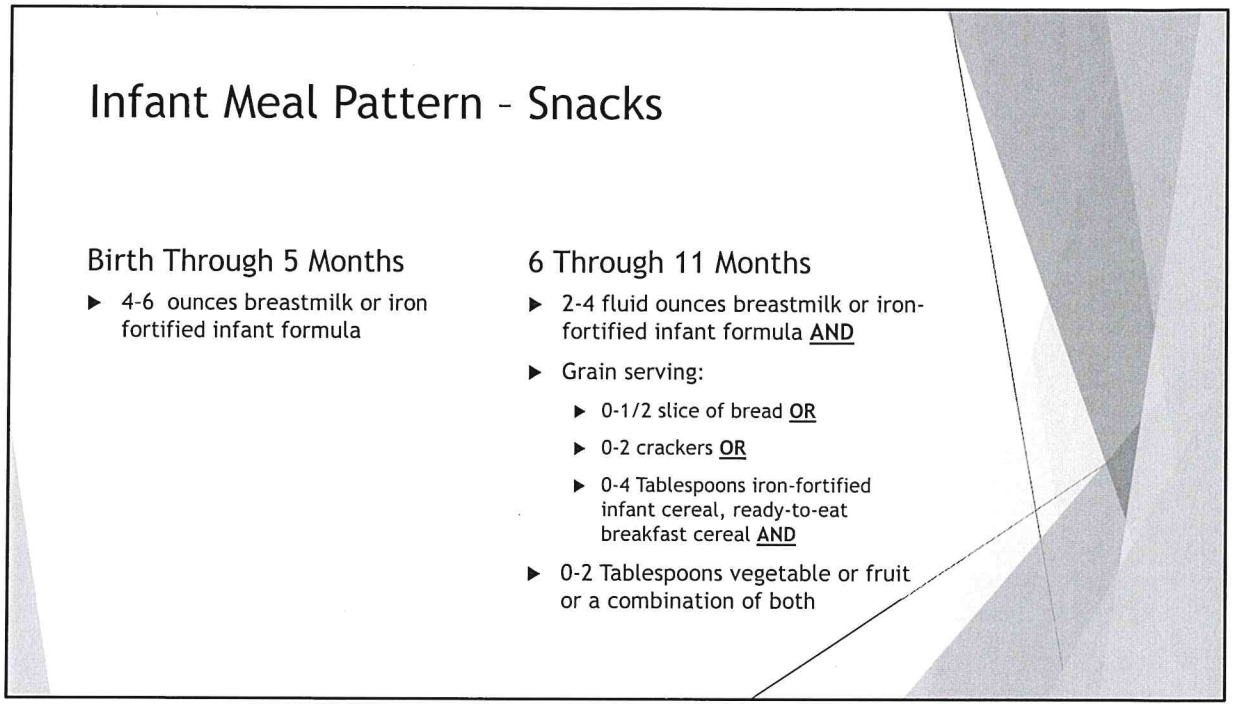
*Both unflavored whole milk and infant formula can be served during this 1 month period. If the parent requests you serve formula after the child turns 13 months old, then a doctor's note would be required.
*The parent may request that a child continues to receive breastmilk for as long as the parent wishes. A doctor's note is never required for serving breastmilk!



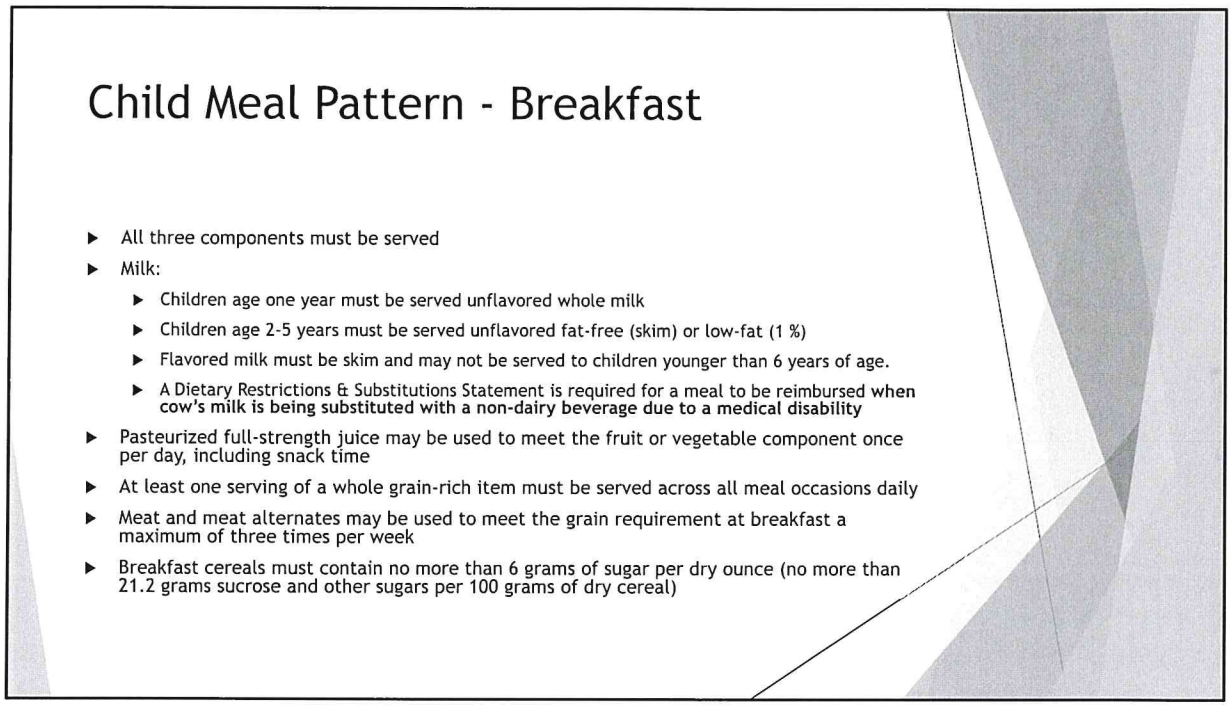
The only food required for an infant birth through 5 months old is breastmilk or iron-fortified infant formula.

Why iron-fortified infant formula and iron-fortified infant cereals?

*Because iron-fortified infant formulas and infant cereals support baby's growth and brain development



Notice all meals and snacks served to infants 6 - 11 months old include all 3 components.



It's as important to take notice and serve the required serving sizes as well as making sure that you are serving the required meal components. So we'll want to pay attention to the serving sizes as we look at the next few slides.

Breakfast Food Components & Food Items	Ages 1-2 Years	Ages 3-5 Years	Ages 6-12 Years
Fluid Milk	4 fluid ounces	6 fluid ounces	8 fluid ounces
Vegetables, fruits, or portions of both	¼ cup	½ cup	½ cup
Grains (oz eq):			
*Whole-grain rich or enriched bread	½ slice	½ slice	1 slice
*Whole-grain rich or enriched bread product, such as biscuit, roll, or muffin	½ serving	½ serving	1 serving
*Whole-grain rich, enriched or fortified cooked breakfast cereal, cereal grain, and/or pasta	¼ cup	¼ cup	½ cup
*Whole-grain rich, enriched or fortified ready-to-eat breakfast cereal (dry/cold):			
-Flakes or rounds	½ cup	½ cup	1 cup
-Puffed cereal	¾ cup	¾ cup	1 ¼ cup
-Granola	1/8 cup	1/8 cup	¼ cup

Child Meal Pattern - Lunch and Supper

- All five components must be served
- A vegetable serving may be used to meet the entire fruit component
  - When two vegetables are served at lunch and supper, two different kinds of vegetables must be served
- Milk:
  - Children age one year must be served unflavored whole milk
  - Children age 2-5 years must be served unflavored fat-free (skim) or low-fat (1 %)
  - Flavored milk must be skim and may not be served to children younger than 6 years of age.
  - A Dietary Restrictions & Substitutions Statement is required for a meal to be reimbursed **when cow's milk is being substituted with a non-dairy beverage due to a medical disability**
- Pasteurized full-strength juice may be used to meet the fruit or vegetable component once per day, including snack time
- Yogurt must contain no more than 23 grams of total sugars per 6 ounces
- At least one serving of a whole grain-rich item must be served across all meal occasions daily
- Breakfast cereals must contain no more than 6 grams of sugar per dry ounce (no more than 21.2 grams sucrose and other sugars per 100 grams of dry cereal)

Lunch/Supper Food Components & Food Items	Ages 1-2 Years	Ages 3-5 Years	Ages 6-12 Years
Fluid Milk	4 fluid ounces	6 fluid ounces	8 fluid ounces
Meat/meat alternates:			
Lean meat, poultry, or fish	1 ounce	1 1/2 ounce	2 ounces
Tofu, soy product, or alternate protein products	1 ounce	1 1/2 ounce	2 ounces
Cheese	1 ounce	1 1/2 ounce	2 ounces
Large egg	1/2	3/4	1
Cooked dry beans or peas	1/4 cup	3/8 cup	1/2 cup
Peanut butter or soy nut butter, or other nut or seed butter	2 tablespoons	3 tablespoons	4 tablespoons
Yogurt, plain or flavored unsweetened or sweetened	4 ounces or 1/2 cup	6 ounces or 3/4 cup	8 ounces or 1 cup
The following may be used to meet no more than 50% of the requirements:			
Peanuts, soy nuts, tree nuts, or seeds, or the equivalent quantity of any combination of the above meat/meat alternates (1 ounce of nuts/seeds = 1 ounce of cooked lean meat, poultry, or fish)	1/2 ounce = 50%	3/4 ounce = 50%	1 ounce = 50%

Lunch/Supper Food Components & Food Items	Ages 1-2 Years	Ages 3-5 Years	Ages 6-12 Years
Vegetables	1/8 cup	1/4 cup	½ cup
Fruits	1/8 cup	1/4 cup	1/4 cup
Grains (oz eq):			
*Whole-grain rich or enriched bread	½ slice	½ slice	1 slice
*Whole-grain rich or enriched bread product, such as biscuit, roll, or muffin	½ serving	½ serving	1 serving
*Whole-grain rich, enriched or fortified cooked breakfast cereal, cereal grain, and/or pasta	¼ cup	¼ cup	½ cup

Child Meal Pattern - Snacks

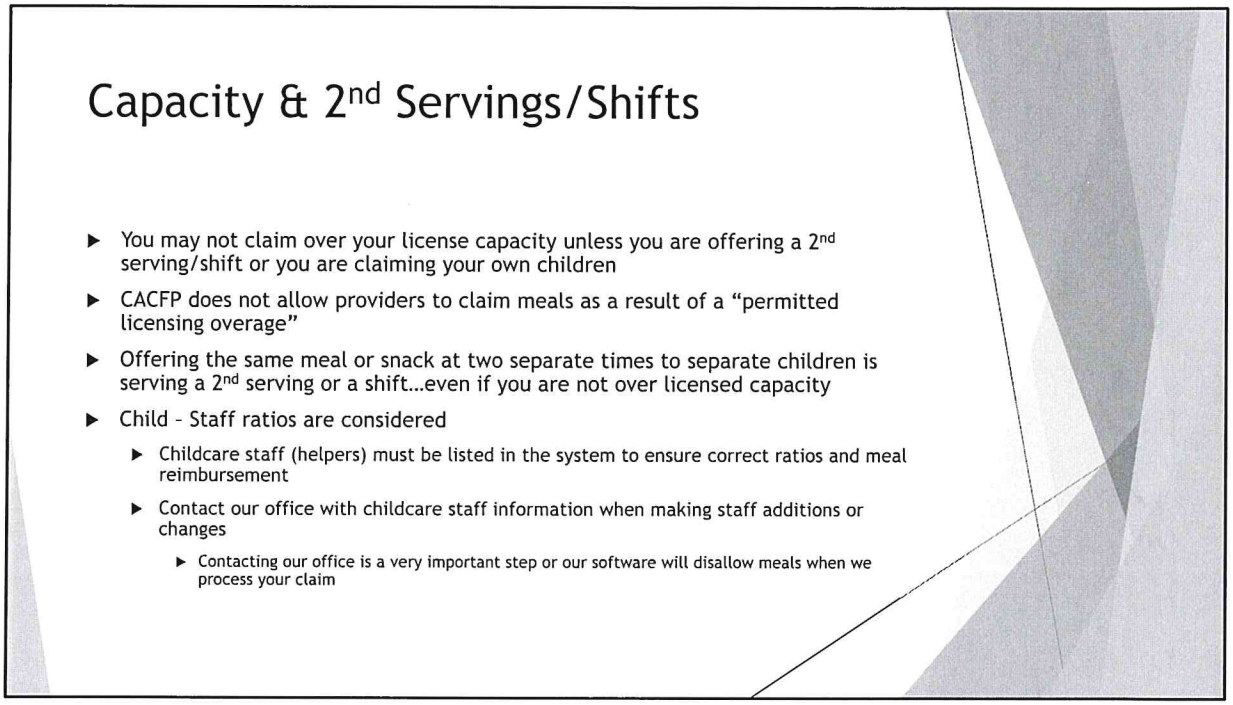
- Select two of the five components for a reimbursable snack
- Milk:
  - Children age one year must be served unflavored whole milk
  - Children age 2-5 years must be served unflavored fat-free (skim) or low-fat (1 %)
  - Flavored milk must be skim and may not be served to children younger than 6 years of age.
  - A Dietary Restrictions & Substitutions Statement is required for a meal to be reimbursed **when cow's milk is being substituted with a non-dairy beverage due to a medical disability**
- Pasteurized full-strength juice may be used to meet the fruit or vegetable component once per day, including snack time
- Yogurt must contain no more than 23 grams of total sugars per 6 ounces
- At least one serving of a whole grain-rich item must be served across all meal occasions daily
- Breakfast cereals must contain no more than 6 grams of sugar per dry ounce (no more than 21.2 grams sucrose and other sugars per 100 grams of dry cereal)

Snacks Food Components & Food Items	Ages 1-2 Years	Ages 3-5 Years	Ages 6-12 Years
Fluid Milk	**4 fluid ounces**	**4 fluid ounces**	**8 fluid ounces**
Meat/meat alternates:			
Lean meat, poultry, or fish	1/2 ounce	1/2 ounce	1 ounce
Tofu, soy product, or alternate protein products	1/2 ounce	1/2 ounce	1 ounce
Cheese	1/2 ounce	1/2 ounce	1 ounce
Large egg	1/2	1/2	1/2
Cooked dry beans or peas	1/8 cup	1/8 cup	1/4 cup
Peanut butter or soy nut butter, or other nut or seed butter	1 tablespoon	1 tablespoon	2 tablespoons
Yogurt, plain or flavored unsweetened or sweetened	2 ounces or 1/4 cup	2 ounces or 1/4 cup	4 ounces or 1/2 cup
Peanuts, soy nuts, tree nuts, or seeds, or the equivalent quantity of any combination of the above meat/meat alternates (1 ounce of nuts/seeds = 1 ounce of cooked lean meat, poultry, or fish)	1/2 ounce	1/2 ounce	1 ounce

Snacks Food Components & Food Items	Ages 1-2 Years	Ages 3-5 Years	Ages 6-12 Years
Vegetables	1/2 cup	1/2 cup	3/4 cup
Fruits	1/2 cup	1/2 cup	3/4 cup
Grains (oz eq):			
*Whole-grain rich or enriched bread	½ slice	½ slice	1 slice
*Whole-grain rich or enriched bread product, such as biscuit, roll, or muffin	½ serving	½ serving	1 serving
*Whole-grain rich, enriched or fortified cooked breakfast cereal, cereal grain, and/or pasta	¼ cup	¼ cup	½ cup
*Whole-grain rich, enriched or fortified ready-to-eat breakfast cereal (dry/cold):			
-Flakes or rounds	½ cup	½ cup	1 cup
-Puffed cereal	¾ cup	¾ cup	1 ¼ cup
-Granola	1/8 cup	1/8 cup	¼ cup

Meal Counts

- Maximum meal count per child per day
  - Two meals and one snack or
  - Two snacks and one meal
- Providers may claim anything less than the maximum meal count per child per day
- Your planned menu must be posted at least daily
  - Before the start of business
  - Any changes should be noted as they occur
  - Meals will be disallowed if your menu is not posted when a monitor, state or USDA representative arrives for a review
- Meal counts must be recorded by the end of the day
  - Meal counts must be recorded at the point of service (POS) if on a corrective action plan
  - Can be recorded in computer or on paper, even as a separate count on your daily attendance
    - Meal counts must be documented in writing and you must be able to produce them during a review visit
  - Meals will be disallowed if your meal counts are not recorded by the end of the day



As a result of the current civil emergency some providers have been allowed special approval by their Licensing Specialist to care for up to two additional school-age children in excess of their capacity. This must approved by Licensing and providers must notify our CACFP office of the approval to be able to claim over their capacity.

This scenario is only being allowed as a result of the current civil emergency.

Claim Submission - Paper

- Please review all meals and attendance before mailing
- Make sure all forms are signed
- Menus should be received no later than the 6th of the month
- Ensure the proper postage amount
- Mail to: Catholic Charities Maine - CACFP, 270 Minot Avenue, Suite B, Auburn, ME 04210
- **DO NOT MAIL ANYTHING TO THE PO BOX ADDRESS!!**
- CIF should be submitted at the end of the month unless there are no changes to report
- CIF should include:
  - All notes regarding unusual attendance
  - Provider closures (holidays, snow days, vacations)
  - Note if open on a holiday
  - Child enrollment changes (new, termed)
  - Program closings

Please be aware that paper submission may not always be an option.

Some reasons to opt for electronic claim submission:

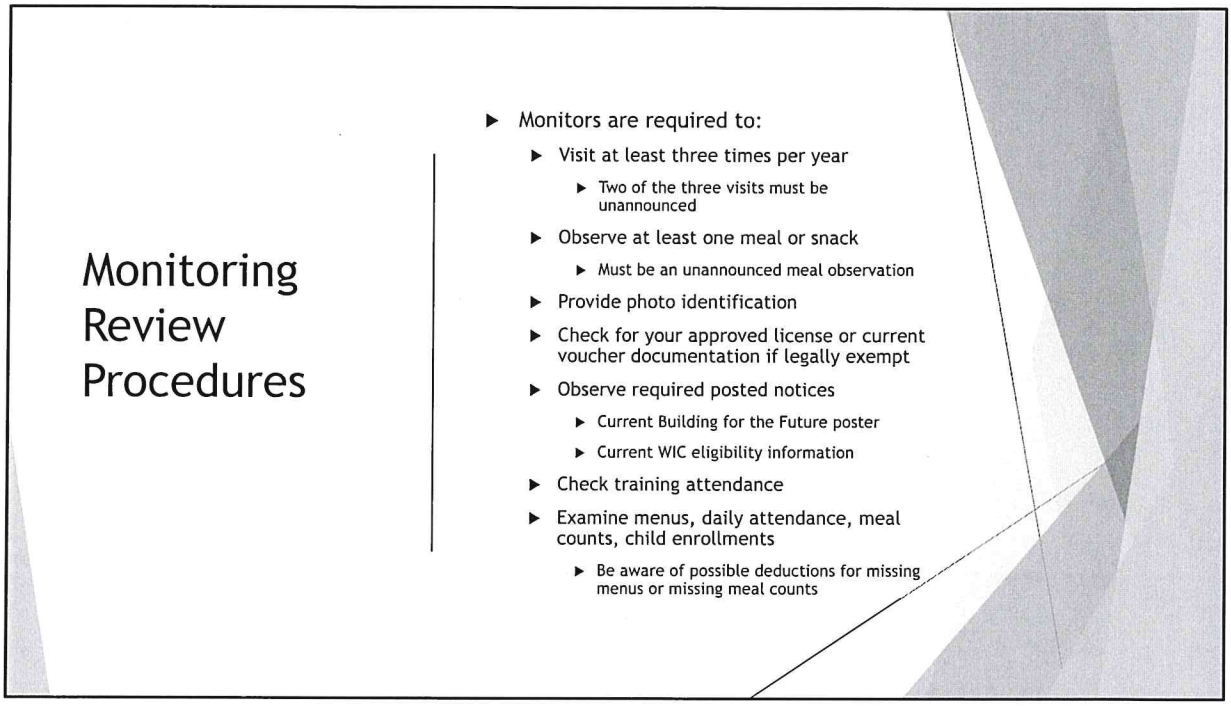
*Cut out the paper
*It's fast and easy
*Save on postage
*It doesn't get lost in the mail
*You can track everything in one place – menus, daily attendance, meal counts, even child enrollments
*Claims are processed using KidKare software which means less chance for human error
*It saves time for you and our monitors!

Claim Submission - Electronic

- Claims should be received in the office by the 6th of the month in order to be considered on time and allow enough time for CACFP staff to process them for timely payment
- Review foods served, meals claimed, and attendance before clicking to submit
- All notes regarding unusual attendance, provider closures, open on holiday, terminations should be noted in the calendar
- Screen should change to green to let you know you have submitted your claim to the sponsor
- Please notify the office if you have computer problems, are unable to submit your claim, and need assistance

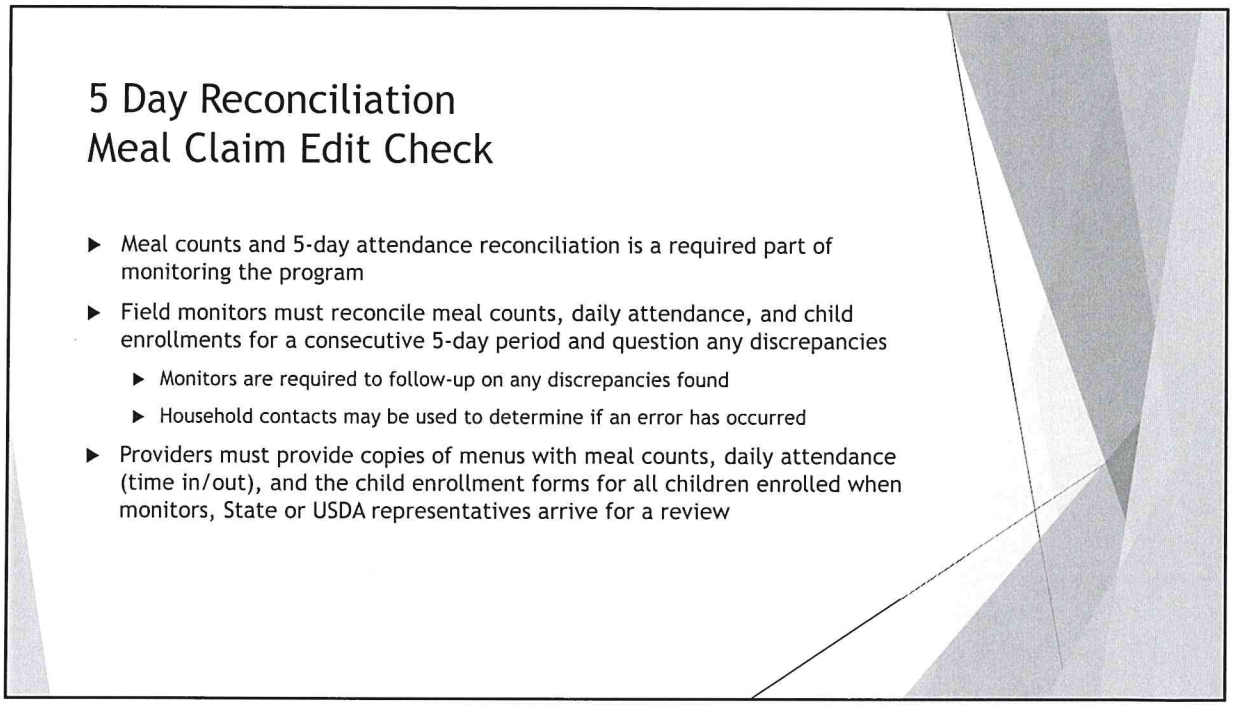
Error Reports

- **Always remember to check your Error Reports!**
  - Mistakes do happen, such as when an enrollment form is not received
- Look at your error report by the 13th of the month
  - **Contact the office, not your monitor, with any questions about claim errors**
  - If you find an error by the 13th of the month it may be possible for us to make a correction before completing our claim process
- If you don't check your error report until you received your payment it may be too late to correct any errors
  - We have a limited amount of time to process, submit, and revise claims
- Be careful and be proactive when submitting your claim



If you do not have the current WIC eligibility poster or the current edition of the Building for the Future poster, please call your monitor for a copy or visit https://www.ccmaine.org/child-adult-care-food-program to access and print your own color copies to post.

The WIC Eligibility and Building for the Future posters must be posted for parents, monitors, State and USDA representatives to view.



On August 4th the USDA and the Food & Nutrition Service (FNS) issued a nationwide waiver regarding the on-site monitoring requirements for CACFP sponsors which the State of Maine has elected to use. This waiver allows for offsite monitoring of homes from 8/4/2020 through 9/30/2021. During this period of time monitors will be contacting providers by telephone, FaceTime, Zoom, etc. to complete the required visits. We will continue to be focusing on the same things discussed and observed during the physical visits, however we will be asking you to provide the documentation in the most convenient way you're able to. This could be done by taking a picture of your menus, daily attendance and meal counts using your smartphone and emailing it, scanning and emailing, or faxing copies. Sending your documentation electronically would be our first choice, however mailing it through the USPS is another option. Just be sure you are mailing copies and not originals.

Recordkeeping

- Menus, Meal Counts, and Daily Attendance
- Enrollment Forms
- Household Contacts
- Notification of Availability
- CACFP Paperwork

Menus, Meal Counts, Daily Attendance

- Menus must be posted or visible
  - At least daily - before the start of business
  - Bulletin board, white board, sign in clipboard
  - Can be daily, weekly, monthly
  - Be sure to document any changes as soon as they occur
- Meal counts must be documented at the point of service
  - At least by the end of the day
  - If on a Corrective Action Plan, must be documented at point of service
- Infant menus must be posted or visible if you are caring for infants
  - Remember, it is mandatory to provide infant meals if you care for infants!
  - You must offer an iron-fortified infant formula for parents to accept or decline
- Daily Attendance is required
  - Providers must track time in and out for each child in care each day
  - Talk to your monitor for attendance templates if you would like to see other options

Child Enrollment Forms Required Information

- Child's name and date of birth
- Attendance days and times in care
- Meals served to the child
- All parent contact information
- Infant information
  - Type of formula offered
  - Infant bubble
- School information, if the child is of school-age
- **BOTH** parent and provider signatures are mandatory and **is date sensitive**
- June is the month for Annual Re-enrollments
  - Enrollments are good for one year
  - It is the provider's responsibility to have parents complete new enrollment forms (or sign and date the re-enrollment forms) and submit them to the CACFP office by required deadlines
    - We try our best to provide reminders but cannot guarantee that will always happen

Household Contacts

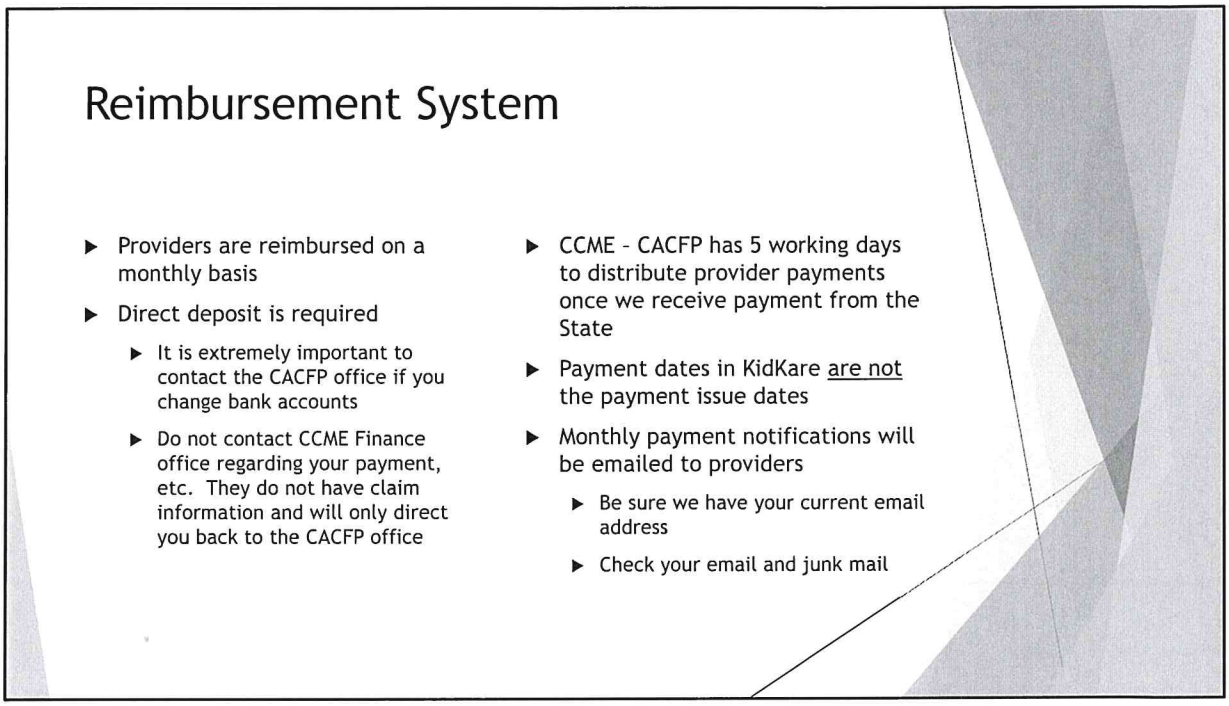
- We are required to have addresses and telephone numbers for parents of participating children
- We are required to make contact with families during the year
- We will reach out to parents periodically to verify attendance and satisfaction
- Household contacts are typically completed via survey - ether in writing or by telephone

Notification of Availability

- Providers must notify the sponsor on days their facility will not be open
  - Closures due to illness, vacation, weather
  - Call the office or call, text, or email your monitor
  - Use your calendar to mark your program as closed for the day, week, etc.
- Notification of vacations should be done in advance - not at the end of the month on the CIF
- Meals will be disallowed if a monitor visits at a mealtime and no one is home
- Why is this important?
  - The USDA requires sponsors to follow-up when visits are attempted but no one is home
  - Our monitors schedule visits in advance and would be able to rearrange visits if we know you won't be home
  - Incomplete visits are expensive
    - Monitor's time
    - Unnecessary mileage

CACFP Paperwork

- What CACFP paperwork do I have to keep?
- Documentation of current license or approval
- Claim documentation
  - Menus
  - Child enrollment forms
  - Daily record of the number of children in attendance
  - Daily records of the number of meals, by type, served to enrolled children
- How long do I have to keep CACFP paperwork?
  - Claim documentation must be kept for three years after the date of the last claim submitted or the fiscal year to which they pertain
  - The current month plus the previous 12 months records (a total of 13 months) must be kept onsite (in the home)
  - Records can be hard-copy or an electronic format provided they are readily available
  - Providers may store the second and third past year records off-site but they must be in the provider's control and the provider has to be able to produce them within a reasonable amount of time
- Ask your monitor for support and suggestions on how to organize your CACFP paperwork if you are feeling out of sorts



Here's the timeline:

*Providers track meals, meal counts, and daily attendance for the month
*After the last day of the month the provider reviews their claim and submits it electronically or reviews scannable menus for completeness, signs and dates each menu, then mails menus to CACFP office
*Menus must be received in our office by the 6th of the month
*Monitors review and double-check scannable menus or electronic menus are processed using KidKare software
*CACFP staff process and submit monthly claims to the State around the 15th of the month depending when that falls in the month
*The State procesess our claim for payment
*The State sends payment to Catholic Charities Maine
*Catholic Charities Maine – CACFP has 5 business days to pay providers for their approved creditable meals

It is important for providers to submit their paperwork/claims in a timely manner in order to receive payments in a timely manner. If your paperwork is late, your payment may be late. CACFP sponsors have a limited amount of time to submit claims to the State and be paid. Claims must be submitted within 60 days from the last day of the month claimed. (Ex. June claims must be submitted within 60 days from June 30) If a provider submits a claim after that date we cannot submit it and you will not be reimbursed for that claim.

Is It Creditable?

Creditable and Non-Creditable Foods

- Whole Grain-Rich Information
- Sugar Limits
  - Cereal
  - Yogurt
- CN Labels
- Newer Approved Foods
- Common Non-creditable Foods
- Choking Hazards

Whole Grain-Rich

- A whole-grain rich food must be served once per day across all meals served
- Any State's WIC list is the best resource for creditable whole-grain rich foods, yogurt, and ready-to-eat cereals that meet the sugar requirements
- Four Ways to Determine Whole Grain-Rich
  - Food Labels
  - Rule of Three - Using the Ingredients Lists
  - FDA Approved Whole-Grain Health Claims
  - Manufacturer Documentation or Standardized Recipe

Four Ways to Determine Whole Grain-Rich

1. The food is labeled as "whole wheat," "whole wheat bread," "entire wheat bread," "whole wheat rolls," "entire wheat rolls," "whole wheat buns," and "entire wheat buns" are 100% whole wheat and meet the whole grain-rich criteria.

2. Rule of Three - A whole grain is listed as the first ingredient on the food's ingredient list (or second to water), and the next two grain ingredients are creditable (whole or enriched grains, bran, or germ), such as whole wheat, brown rice or wild rice, oatmeal, bulgur, whole-grain corn, and quinoa.
   - Grain ingredients might be mixed together
   - Sample ingredients list: "Water, whole wheat flour, yeast, sugar, enriched white flour, wheat gluten, brown rice flour, salt."
   - In this example, the first ingredient after water is a whole grain, the second grain is an enriched grain, and the third grain ingredient is a whole grain.
   - This bread passes the "Rule of Three" test.
   - It also meets the whole grain-rich criteria because the first ingredient after water is a whole grain.
   - Centers and daycare homes do not need to check any other grain ingredients further down on the ingredients list to verify they are creditable.

3. The product includes one of the following FDA approved whole-grain health claims on its packaging:

- "Diets rich in whole grain foods and other plant foods and low in total fat, saturated fat, and cholesterol may reduce the risk of heart disease and some cancers."
- Diets rich in whole grain foods and other plant foods, and low in saturated fat and cholesterol, may help reduce the risk of heart disease."

4. Proper documentation (from a manufacturer or a standardized recipe) demonstrates whole grains are the primary grain ingredients by weight.

- Bread may be made with three grain ingredients: enriched wheat flour (40%), whole wheat flour (30%), and whole oats (30%). The combined weight of the two whole grain ingredients (whole wheat and whole oats at 60%) is greater than the enriched wheat flour (at 40%), even though the enriched wheat flour is listed as the first ingredient on the list. This bread could meet the whole grain-rich criteria with proper documentation from the manufacturer or a standardized recipe for foods prepared by a CACFP center or daycare home.

Three Ways to Determine If the Cereal You Serve Meets the Sugar Limit

Sugar Limits for Cereal 6 Grams or Less Per Ounce

1. Choose cereal listed on the State's Women, Infants, and Children (WIC) approved breakfast cereal list. Similar to the CACFP, all WIC-approved breakfast cereals contain no more than 6 grams of sugar per dry ounce (21.2 grams of sugar per 100 grams)
2. Use the Table of Cereal Serving Sizes in Grams and Sugar Limits. This method uses the Nutrition Facts Label and a Sugar Limits table to help you determine if a breakfast cereal meets the sugar limit.
3. Follow the Standard Method and use the Nutrition Facts label of the breakfast cereal to calculate the sugar content per dry ounce.

The Table of Cereal Serving Sizes in Grams and Sugar Limits.

This method uses the Nutrition Facts Label and a Sugar Limits table to help you determine if a breakfast cereal meets the sugar limit. Use the chart in the next column and follow these steps:

Step 1: Find the Serving Size in grams (g) on the Nutrition Facts label of the cereal.

Step 2: Find the Total Sugars line on the label. Look at the number of grams (g) next to Sugars.

Step 3: Use the serving size identified in Step 1 to find the serving size of your cereal in the "Table of Cereal Serving Sizes in Grams and Sugar Limits."

Step 4: In the table, look at the number to the right of the serving size amount, under the "Sugars" column. If your cereal has that amount of total sugar, or less, your cereal meets the sugar requirement.

*Serving sizes here refer to those found for breakfast cereals on the Nutrition Facts label. See the meal patterns for serving size requirements in the CACFP.

Table of Cereal Serving Sizes in Grams and Sugar Limits

Use this chart to determine if your cereal meets the sugar requirements.

Serving Size*	Sugars
If the serving size is	Sugars cannot be more than
0-2 grams	0 grams
3-7 grams	1 grams
8-11 grams	2 grams
12-16 grams	3 grams
17-21 grams	4 grams
22-25 grams	5 grams
26-30 grams	6 grams
31-35 grams	7 grams
36-40 grams	8 grams
41-44 grams	9 grams
45-49 grams	10 grams
50-54 grams	11 grams
55-58 grams	12 grams
59-63 grams	13 grams
64-68 grams	14 grams
69-73 grams	15 grams
74-77 grams	16 grams
78-82 grams	17 grams
83-87 grams	18 grams
88-91 grams	19 grams
92-96 grams	20 grams
97-100 grams	21 grams

Standard Method

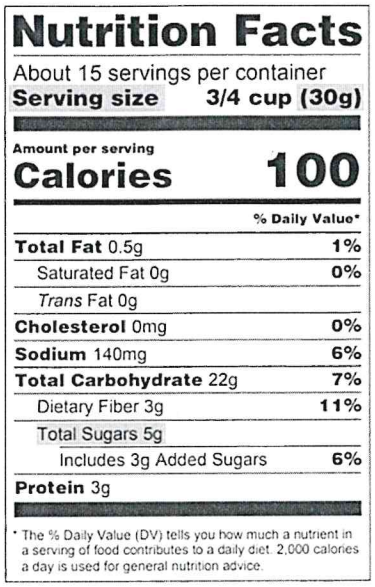
Use the Nutrition Facts label (in the next column) of the breakfast cereal to calculate the sugar content per dry ounce.

Step 1: Find the Serving Size in grams (g) at the top of the label.

Step 2: Find the Total Sugars line. Look at the number of grams (g) next to Total Sugars.

Step 3: Divide the number of grams of total sugars by the serving size in grams.

Step 4: If the answer is equal to or less than 0.212, then the cereal is within the required sugar limit and may be creditable in the CACFP.



Nutrition Facts

About 15 servings per container

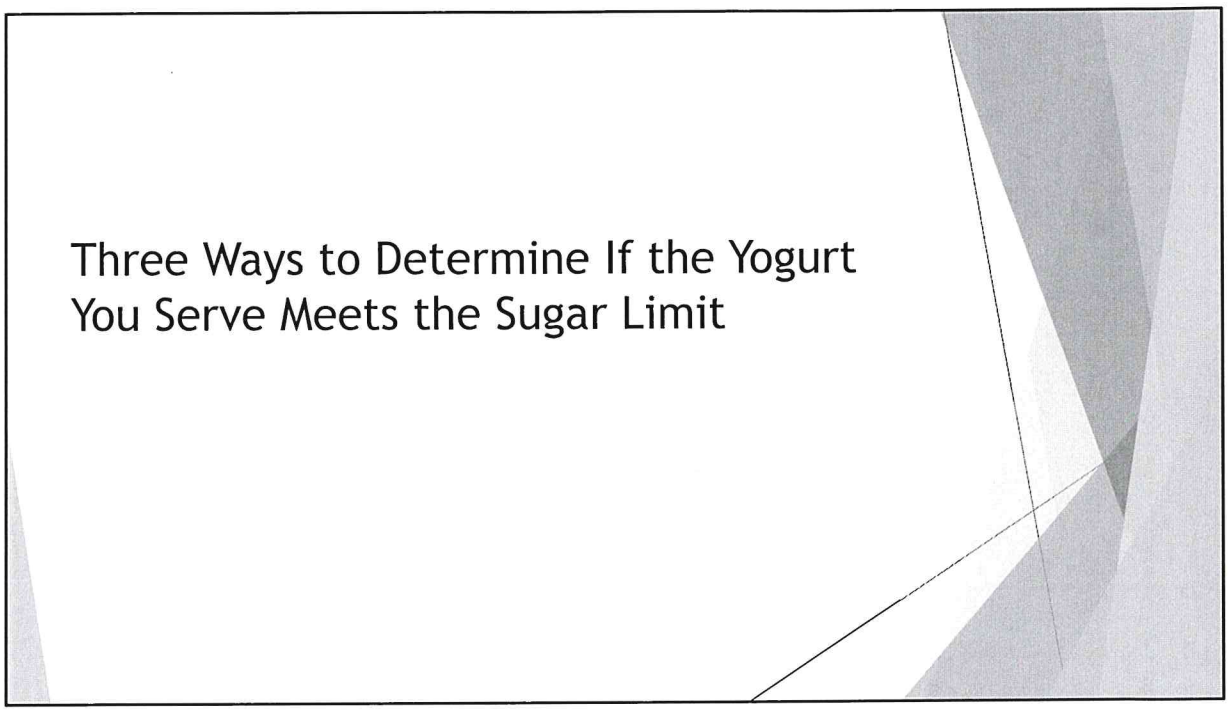
Serving size **3/4 cup (30g)**

Amount per serving

Calories **100**

	% Daily Value*
Total Fat 0.5g	**1%**
Saturated Fat 0g	**0%**
Trans Fat 0g	
Cholesterol 0mg	**0%**
Sodium 140mg	**6%**
Total Carbohydrate 22g	**7%**
Dietary Fiber 3g	**11%**
Total Sugars 5g	
Includes 3g Added Sugars	**6%**
Protein 3g	

* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.



Three Ways to Determine If the Yogurt You Serve Meets the Sugar Limit

Method 1

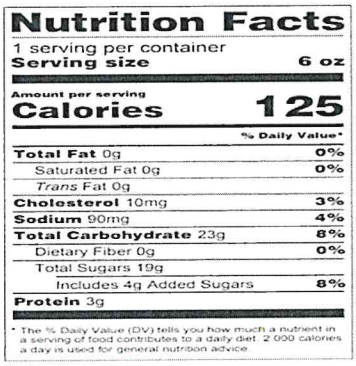
Step 1: What is the serving size, in ounces?
6 ounces.

Step 2: What is the amount of total sugars in grams?
19 grams.

Step 3: Use the chart below to determine if the yogurt meets the sugar limit.
This yogurt is creditable because it has a 6 ounce serving size and 19 grams of sugar.

Table of Yogurt Serving Sizes in Grams and Sugar Limits

Serving Size* (oz)	Serving Size in Grams (g) (Use when the serving size is not listed in ounces)	Sugars (g)
If the serving size is		Sugars cannot be more than
2.25 oz	64 g	9 g
3.5 oz	99 g	13 g
4 oz	113 g	15 g
5.3 oz	150 g	20 g
6 oz	170 g	23 g
8 oz	227 g	31 g



Nutrition Facts

1 serving per container
Serving size **6 oz**

Amount per serving
Calories **125**

	% Daily Value*
Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 10mg	3%
Sodium 90mg	4%
Total Carbohydrate 23g	8%
Dietary Fiber 0g	0%
Total Sugars 19g	
Includes 4g Added Sugars	8%
Protein 3g	

* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

*Serving sizes here refer to those commonly found for store-bought yogurts. Homemade yogurt is not creditable in the Child and Adult Care Food Program. Sugar limits are pre-calculated and set forth by the USDA.

Method 2

Step 1: What is the serving size in ounces?

4.5 ounces.

Step 2: What is the amount of total sugar (in grams)?

16 grams.

Step 3: Divide the total sugars by the serving size. In this example, it would be:

$$\frac{\text{Sugars}}{\text{Serving Size}} = \frac{16}{4.5} = 3.55$$

Step 4: If the number is **3.83 or less**, the yogurt is within the sugar limit. 3.83 is the maximum grams of sugar per 1 ounce of yogurt allowed.

This yogurt is creditable.

Nutrition Facts

1 serving per container

Serving size **4.5 oz**

Amount per serving

Calories **140**

	% Daily Value*
Total Fat 2g	**3%**
Saturated Fat 0g	**0%**
Trans Fat 0g	
Cholesterol 10mg	**3%**
Sodium 90mg	**4%**
Total Carbohydrate 23g	**8%**
Dietary Fiber 0g	**0%**
Total Sugars 16g	
Includes 4g Added Sugars	**8%**
Protein 8g	

* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

Method 3

Step 1: The serving size is: 170 grams.

Step 2: The amount of total sugar is: 19 grams.

Step 3: Use the chart in Method 1 to determine if the yogurt meets the sugar limit. The yogurt has less sugar than the amount listed in the chart. Therefore this yogurt meets the sugar requirement.

Nutrition Facts

1 serving per container

Serving size **6 oz (170g)**

Amount per serving

Calories **140**

	% Daily Value*
Total Fat 2g	**3%**
Saturated Fat 1g	**5%**
Trans Fat 0g	
Cholesterol 10mg	**3%**
Sodium 90mg	**4%**
Total Carbohydrate 23g	**8%**
Dietary Fiber 0g	**0%**
Total Sugars 19g	
Includes 7g Added Sugars	**14%**
Protein 8g	

* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

CN Labels

- CN Labels are required for commercially prepared combination foods you serve
  - Providers must have CN Labels on file if they serve commercially preapared combination foods
- Combination food are items that are made up of more than one food component, such as a Meat and a Grain
  - Examples, corndogs, frozen pizza, chicken nuggets, frozen fish sticks, etc.
- CN Labels are found on some commercially prepared foods
- What if the product doesn't have a CN Label?
  - Contact the manufacturer
  - Go to the USDA Database: https://www.fns.usda.gov/cn/labeling/usdausdc-authorized-labels-and-manufacturers
  - Go to USDA Food Buying Guide: https://www.fns.usda.gov/tn/food-buying-guide-for-child-nutrition-programs

CN Labels

- The CN Labeling Program is managed by USDA, Agricultural Marketing Service (AMS).CN Label shows meal contribution statement
- CN Labels offer a 6-Digit product ID number with month/year
- The nutrition facts panel on processed products determine calories, saturated fat, and sodium
- Whole grain rich criteria is a new addition to the CN label
- How do you identify a CN Label? The four integral parts of a valid CN Label include:
  - Product Name
  - Ingredient Statement
  - CN Logo (the box with CN on each side that surrounds the meal pattern contribution statement)
  - Inspection Legend
- What products are eligible for CN Labels?
  - Main dish products which contribute to the meats/meat alternates component of the meal pattern requirements are eligible for a CN label. Examples of these products include beef patties, cheese or meat pizzas, meat or cheese and bean burritos, egg rolls, and breaded fish portions

Sample CN Logo

CN Label

1. Product Name
2. Ingredient Statement
3. CN Logo
4. Inspection Legend

CN Label Requirements
It is important to know, the CN Logo (the box with CN on each side that surrounds the meal pattern contribution statement) is one of the four integral parts of a label, which includes the product name, ingredient statement, and inspection legend. All four parts must be on the product carton in order for the CN label to be valid.

For a detailed explanation of Child Nutrition (CN) Labeling Program, see the *Food Buying Guide* Appendix C.

STATE FAIR

WHOLE GRAIN MINI TURKEY CORN DOGS

WHOLE GRAIN BATTER WRAPPED BITE SIZE TURKEY FRANKS

09180

Nutrition Facts
Serving Size 4 Mini Corn Dogs (76g)
Servings Per Container About 64

Amount Per Serving	
Calories 160	Calories from Fat 70
	% Daily Value*
Total Fat 8g	12%
Saturated Fat 1.5g	8%
Trans Fat 0g	
Cholesterol 20mg	7%
Sodium 460mg	19%
Total Carbohydrate 16g	5%
Dietary Fiber 2g	8%
Sugars 4g	
Protein 8g	
Vitamin A 0% • Vitamin C 0%	
Calcium 4% • Iron 6%	

*Percent Daily Values are based on a 2,000 calorie diet.

INGREDIENTS: TURKEY FRANKS: TURKEY, WATER, MECHANICALLY SEPARATED TURKEY, *VEGETABLE PROTEIN PRODUCT (SOY PROTEIN CONCENTRATE, ZINC OXIDE, NIACINAMIDE, FERROUS SULFATE, COPPER GLUCONATE, VITAMIN A PALMITATE, CALCIUM PANTOTHENATE, THIAMINE MONONITRATE (B1), PYRIDOXINE HYDROCHLORIDE (B6), RIBOFLAVIN (B2), AND CYANOCOBALAMIN (B12)), CORN SYRUP, SALT, CONTAINS 2% OR LESS: DEXTROSE, POTASSIUM LACTATE, FLAVORINGS, SODIUM PHOSPHATE, SODIUM DIACETATE, PAPRIKA, SODIUM ERYTHORBATE, EXTRACTIVES OF PAPRIKA, SODIUM NITRITE, MAY ALSO CONTAIN CALCIUM LACTATE (CALCIUM ALGINATE CASING), *EXCEEDS AMOUNT IN REGULAR FRANKS. **BATTER/BREADING:** WATER, WHOLE GRAIN WHEAT FLOUR, SUGAR, ENRICHED CORN MEAL (YELLOW CORN MEAL, NIACIN, IRON, THIAMINE MONONITRATE, RIBOFLAVIN, FOLIC ACID), CONTAINS 2% OR LESS: SOY FLOUR, SOYBEAN OIL, LEAVENING (SODIUM ACID PYROPHOSPHATE, SODIUM BICARBONATE), SALT, NONFAT DRY MILK, WHEAT STARCH, MODIFIED FOOD STARCH, HONEY POWDER (HONEY, HIGH FRUCTOSE CORN SYRUP SOLIDS, WHEAT STARCH, CORN SYRUP, SOY FLOUR, CALCIUM STEARATE, SOY LECITHIN), WHOLE EGGS, NATURAL AND ARTIFICIAL FLAVOR, EGG YOLKS, SOY LECITHIN, SODIUM CASEINATE, COOKED IN VEGETABLE OIL. **CONTAINS:** EGGS, MILK, SOY, WHEAT

HEATING INSTRUCTIONS

All instructions are for FROZEN PRODUCT to yield best results.

OVEN TYPE	SETTINGS	HEATING TIMES
CONVENTIONAL	350°	16-18 minutes
CONVECTION	350°	8-11 minutes
DEEP FRYER	375°	3-4 minutes
MICROWAVE	HIGH	45-60 seconds

HEAT IN A SINGLE LAYER.
HEAT TO AN INTERNAL TEMPERATURE OF 140°F HOLD AT 140°F OR ABOVE.
HEATING TIMES MAY VARY WITH EACH OVEN.
CALL US: 1-800-261-4754
Web: www.tysonfoodservice.com

CN 095484

CN Six 0.68 oz whole grain batter wrapped bite size turkey franks provide 2.00 oz equivalent meat/meat alternate and 2.00 oz equivalent grains for Child Nutrition Meal Pattern Requirements. (Use of this logo and statement authorized by the Food and Nutrition Service, USDA 03/17.) CN

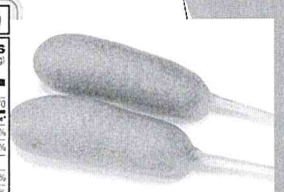
INSPECTED U.S. DEPARTMENT OF AGRICULTURE P-2512

Fun Foods in the Hands of Everyone!®
Distributed by Tyson Food Service,
Springdale AR 72765-2020 USA
©2017 Tyson Foods, Inc.

FOR FOODSERVICE USE ONLY
FULLY COOKED
KEEP FROZEN

NET WT 10.88 LB (4.945 kg)
PACKED 2-5.44 LB (2.47 kg)

1 00 71068 09180 1 Rev. 01/17



LABELED FOR Child Nutrition PROGRAMS

Feeding America's Children

AdvancePierre Foods

AdvancePierre Foods, Inc.
9990 Princeton Glendale RD
Cincinnati, OH 45246
www.advancepierre.com

MES1451-V7A

Chicken Nuggets

Breaded Nugget Shaped Chicken Patties

CN 68025

Made with White Breast and Rib Meat

INGREDIENTS: Chicken Breast with Rib Meat, Water, Isolated Soy, Vegetable Protein Product [Soy Protein Concentrate, Zinc Oxide, Niacinamide, Ferrous Sulfate, Copper Gluconate, Vitamin A Palmitate, Calcium Pantothenate, Thiamine Mononitrate (B1), Pyridoxine Hydrochloride (B6), Riboflavin (B2), Cyanocobalamin (B12), (May Contain Caramel Color), (May Contain Soy Lecithin)], Textured Vegetable Protein Product [Soy Flour, Zinc Oxide, Niacinamide, Ferrous Sulfate, Copper Gluconate, Vitamin A Palmitate, Calcium Pantothenate, Thiamine Mononitrate (B1), Pyridoxine Hydrochloride (B6), Riboflavin (B2), Cyanocobalamin (B12), (May Contain Caramel Color)], Salt, Potassium and Sodium Phosphates, Chicken Broth. Bread: Whole Wheat Flour, Enriched Wheat Flour (Niacin, Reduced Iron, Thiamine Mononitrate, Riboflavin, Folic Acid), Dehydrated Potatoes (Potatoes, Mono and Diglycerides, Dextrose, Yeast, Sugar, Salt), Soybean Oil (Processing Aid). Batter: Water, (Whole Wheat Flour, Enriched Wheat Flour (Niacin, Reduced Iron, Thiamine Mononitrate, Riboflavin, Folic Acid), Potato Flour, Salt, Modified Corn Starch, Leavening (Calcium Acid Pyrophosphate, Monocalcium Phosphate, Sodium Bicarbonate), Chicken Flavor (Contains Maltodextrin, Salt, Natural Flavors), Hydrolyzed Corn Protein, Onion Powder, Garlic Powder, Yeast Extract, Chicken Broth, Spice]. Set in Vegetable Oil.
CONTAINS: Wheat, Soy. SAMPLE COPY NOT FOR DOCUMENTING FEDERAL MEAL REQUIREMENTS

CN 090071

CN Five 0.64 oz. Fully Cooked Breaded Nugget Shaped Chicken Patties Provides 2.00 oz. Equivalent Meat/Meat Alternate and 1.00 oz. Equivalent Grains For Child Nutrition Meal Pattern Requirements. (Use of This Logo and Statement Authorized By the Food and Nutrition Service, USDA 03/14.) CN

Keep Frozen **Fully Cooked** **Net Wt. 10 Lbs.**

568025WG51 073114

00880760092480

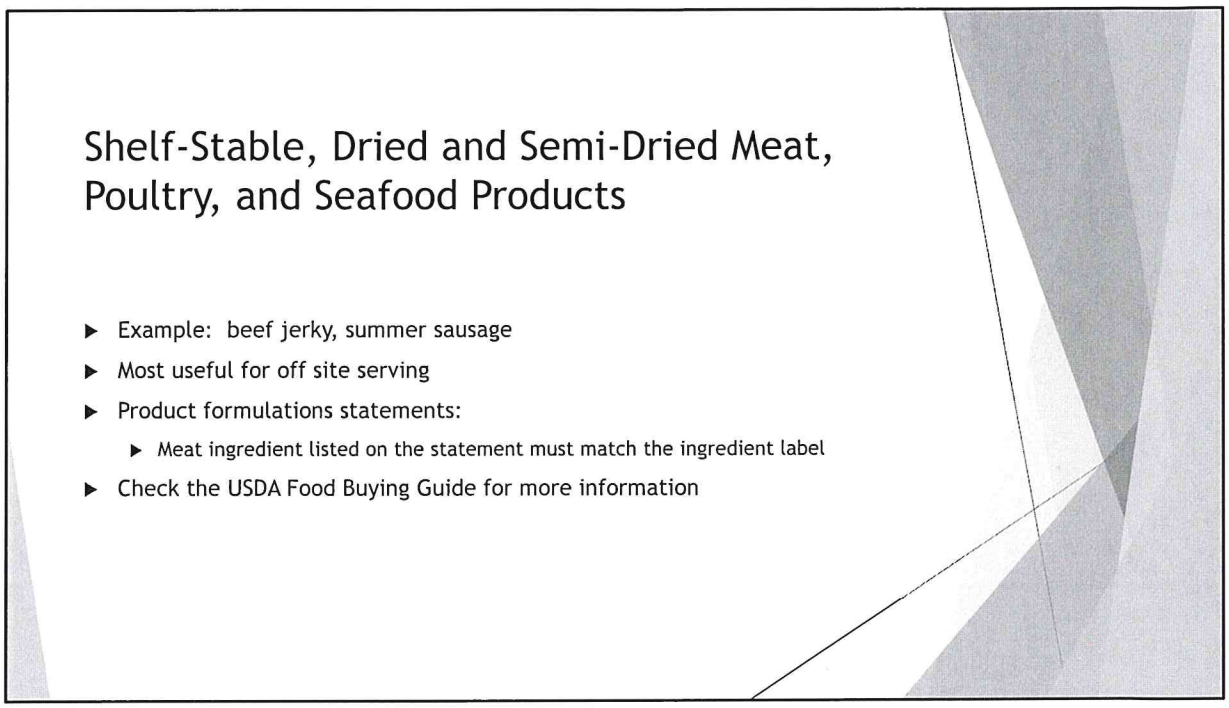
Newer Approved Food Items

Pasta Products: Made of 100% Vegetable Flour to Credit As a Vegetable

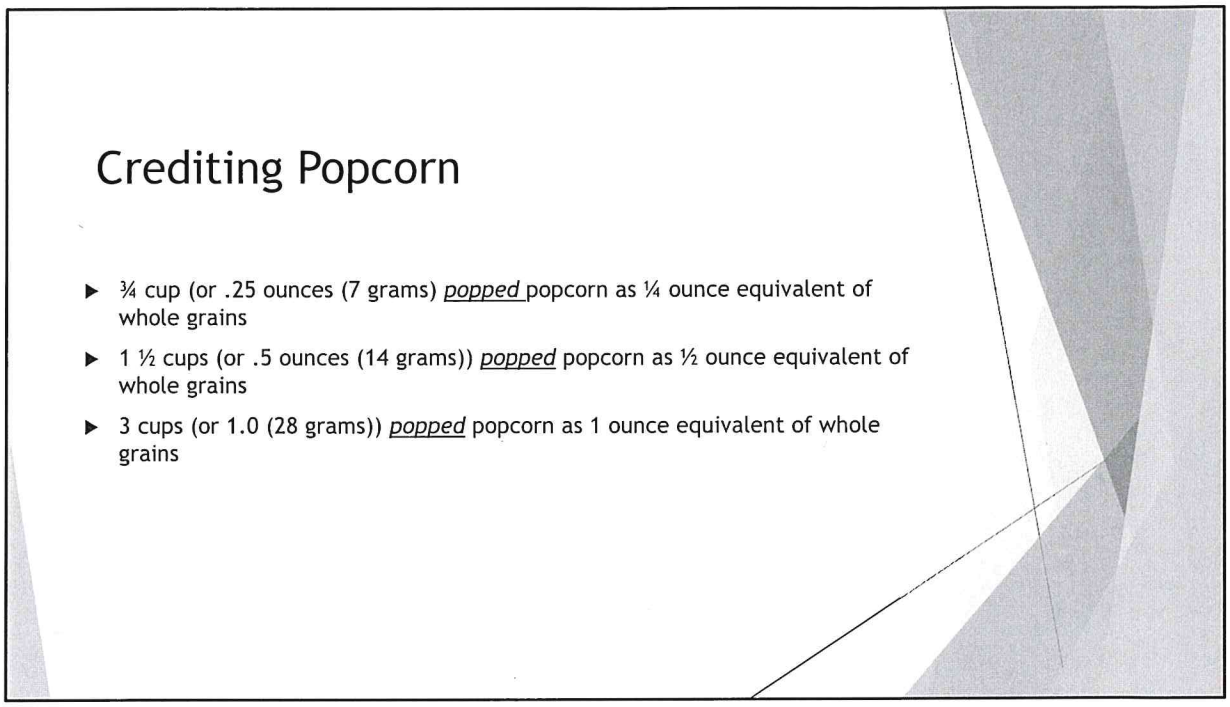
- ½ cup of pasta made from one subgroup credits as ½ cup of vegetables - example: flour made from 100 percent red lentil flour
- Pasta made from multiple vegetable subgroups: A product with a formulations statement may be credit toward individual subgroups or if the actual volume of each vegetable flour is known.

Pasta Products made of 100% Legume Flour Credits as a Meat Alternate

- ½ cup of cooked pasta made of 100% legume flour may credit as 2-ounce equivalents of meat alternate. To credit as a meat alternate, pasta made of legume flour must be offered with additional meat/meat alternate such as tofu, cheese, or meat
- Legumes may credit as a vegetable or meat alternate, but not as both in the same meal.



Remember jerkies are not creditable infant foods.



Remember: Popcorn is not a creditable food for infants. It can also pose a choking hazard for children of all ages and should be served under adult supervision.

Other additional non-creditable foods for infants are:

*Popcorn
*Soy yogurt
*Home-made yogurt
*Baby food desserts
*Fruit snacks
*Freeze-dried fruit or vegetable snacks

Non-Creditable Foods for Children (1+ Years)

(Not a Complete List)

- Flavored Milk: 2%, or Whole (flavored non-fat is creditable for children ages 6 and older and adults only)
- 2% or Whole Milk for children 2+ Years
- Imitation Milk/Milk Substitutes (almond, coconut, hazelnut, hemp, rice, soy - unless there is a completed medical statement on file)
- Cheese Product/Processed Cheese Food
- Cream Cheese
- Bacon
- Potato Chips, Sticks, Puffs
- Corn or Tortilla Chips (unless made with whole corn or enriched corn flour)
- Condiments:
  - Jams, Jellies, Preserves
  - Barbeque Sauce
  - Ketchup/Mustard
- Grain-Based Desserts:
  - Chocolate Chip Muffins/Doughnuts
  - Cakes, Cupcakes, Bars, Sweet Pie Crusts
  - Cookies
  - Cereal Bars
  - Granola Bars
- Ice Cream/Frozen Yogurt
- Commercially-Made Chicken Nuggets and Fish Sticks (unless you have a CN Label on file)

Questionable Foods Due to Required Serving Size

- Olives
- Pickles
- Salsa
- Pizza Sauce

- Remember the vegetable serving size for a child 3-5 years old is ¼ cup or ½ cup for a 6-12 years old child
- Something to think about: Can you honestly say there is ¼ cup of pizza (tomato) sauce on a slice of pizza?

Potential Choking Hazards for Infants, 6-12 Month Olds

https://www.cdc.gov/nutrition/infantandtoddlernutrition/foods-and-drinks/choking-hazards.html

- Your 6 to 12 month old is learning how to chew and swallow foods.
- This means your child could choke.
- Pay close attention to what your child is eating and what your child puts in his or her mouth.
- The way food is prepared may increase the risk for choking.
- Some foods that are served uncooked, whole, or in certain shapes can be choking hazards.
- Cutting up food into smaller pieces and mashing foods can help prevent choking.

Potential Choking Hazards:

Fruits/Vegetables

- Cooked or raw whole corn kernels
- Uncut cherry or grape tomatoes
- Pieces of hard raw fruit or vegetables
- Whole pieces of canned fruit
- Uncut grapes, berries, cherries, or melon balls
- Uncooked dry fruit such as raisins

Proteins

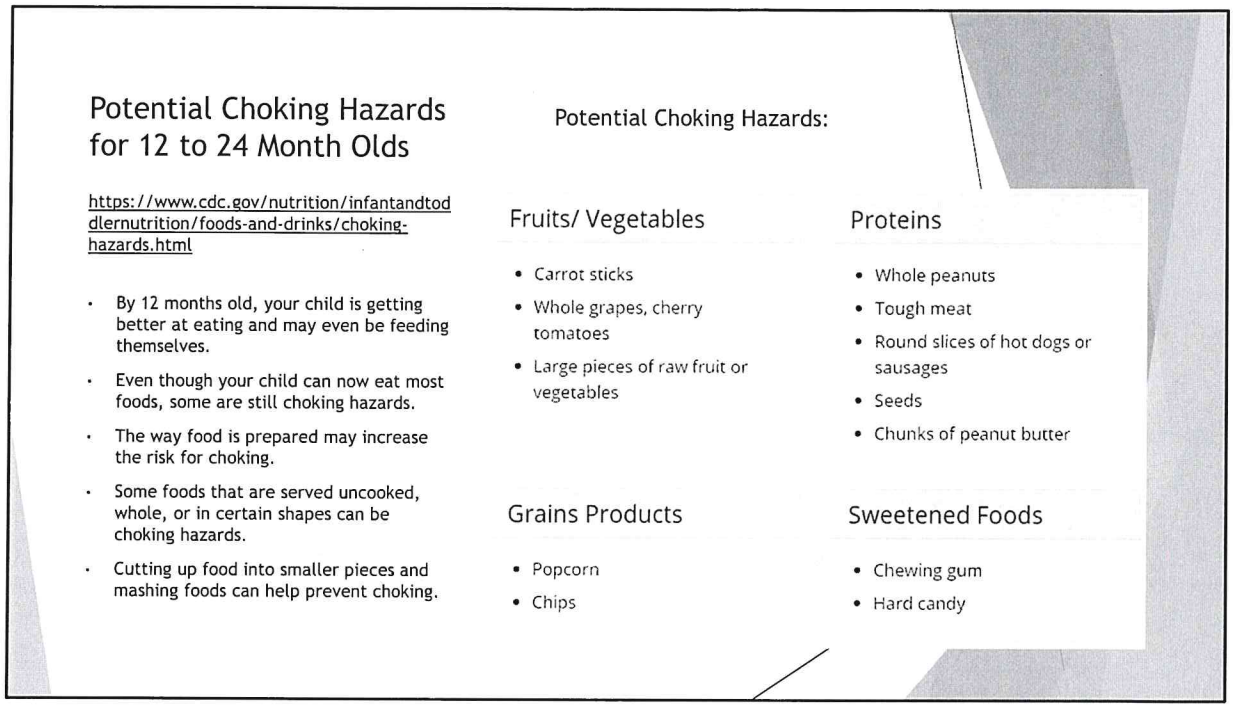
- Whole or chopped nuts and nut butters such as peanut butter
- Tough or large chunks of meat
- Hot dogs, meat sticks, or sausages
- Fish with bones
- Large chunks of cheese, especially string cheese

Grain Products

- Cookies or granola bars
- Potato or corn chips, pretzels, or similar snack foods
- Crackers or breads with seeds, nut pieces, or whole grain kernels
- Whole kernels of cooked rice, barley, wheat, or other grains

Sweetened Foods

- Hard candy, jelly beans, caramels, gum drops, or gummy candies
- Chewing gum
- Marshmallows



Again, popcorn is another choking hazard.

Child Care Staff Training Requirement

- Childcare providers participating in CACFP are required to attend/receive training on all aspects of the program annually
- Childcare providers are required to ensure their staff is also trained regarding CACFP program requirements
- If you have staff who may be in charge of your program in your absence you must:
  - Ensure they are trained in CACFP requirements
  - Know how to complete CACFP menus, meal counts, daily attendance
  - Know where all of your CACFP paperwork is posted and filed in the event your CACFP monitor, a State CACFP official, or USDA representative were to visit in your absence
- Have your staff complete this training to meet their training requirement

Resources

- Crediting Handbook for Child and Adult Care Food Program
- USDA Food Buying Guide for Child Nutrition Programs
- Choose My Plate
- Team Nutrition
- The Institute of Child Nutrition
- Maine Roads to Quality
- KidKare Knowledge Base
- Maine WIC Nutrition Program
- USDA's Feeding Infants in the Child and Adult Care Food Program guide and CACFP Trainer's Tools: Feeding Infants (English & Spanish)
- USDA Memo: Feeding Infants and Meal Pattern Requirements in the Child & Adult Care Food Program: Questions and Answers (CACFP 02-2018)

Civil Rights Training

- Civil Rights training is a required part of CACFP participation and must be completed annually
- Please click this Civil Rights Webinar Link or the link on our website complete the Civil Rights portion of this annual training You can also copy and paste the link below into your browser to be taken to the Civil Rights in Child Nutrition Training Webinar from the Maine Department of Education Child Nutrition Office
- This 32-minute webinar should open as a separate window
- **https://www.youtube.com/watch?v=50gCrhqumcE&feature=youtu.be**
- Click Civil Rights Training Slides on our website if you would like a copy of the Civil Rights in Child Nutrition Training Webinar in .pdf form

Federal Non-Discrimination Statement

- **In accordance with Federal civil rights law and U.S. Department of Agriculture (USDA)** civil rights regulations and policies, the USDA, its Agencies, offices, and employees, and institutions participating in or administering USDA programs are prohibited from discriminating based on race, color, national origin, sex, disability, age, or reprisal or retaliation for prior civil rights activity in any program or activity conducted or funded by USDA.
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- To file a program complaint of discrimination, complete the USDA Program Discrimination Complaint Form, (AD-3027) found online at: http://www.ascr.usda.gov/complaint_filing_cust.html, and at any USDA office, or write a letter addressed to USDA and provide in the letter all of the information requested in the form. To request a copy of the complaint form, call (866) 632-9992. Submit your completed form or letter to USDA by: (1) mail: U.S. Department of Agriculture, Office of the Assistant Secretary for Civil Rights, 1400 Independence Avenue, SW, Washington, D.C. 20250-9410; (2) fax: (202) 690-7442; or (3) email: program.intake@usda.gov.
- This institution is an equal opportunity provider.

Maine Non-Discrimination Statement

- **The Maine Human Rights Act** prohibits discrimination because of race, color, sex, sexual orientation, age, physical or mental disability, genetic information, religion, ancestry or national origin.
- Complaints of discrimination must be filed at the office of the Maine Human Rights Commission, 51 State House Station, Augusta, Maine 04333-0051. If you wish to file a discrimination complaint electronically, visit the Human Rights Commission website at https://www.maine.gov/mhrc/file/instructions and complete an intake questionnaire. Maine is an equal opportunity provider and employer.

Annual CACFP Training Quiz 2020

- Thank you for your patience as we worked to change gears due to COVID-19 and create an updated, safe alternative CACFP training for you and your staff.
- In order to ensure that all childcare providers and their staff under the sponsorship of Catholic Charities Maine receive the Annual CACFP Training in 2020, please click this Annual CACFP Training 2020 Quiz link to access a short quiz. Or you may access the Quiz link at www.ccmaine.org/CACFP, click CACFP Forms and Resources under the Resource Center page to find the Quiz.
- You may save the quiz to your computer, complete it, then email it to cacfp@ccmaine.org or
- Print the quiz, complete it and scan it to cacfp@ccmaine.org or fax it to our office fax at 207-784-2453 or
- Print the quiz complete it and mail it to Catholic Charities Maine - CACFP, 270 Minot Avenue, Suite B, Auburn, Maine 04210
- **Please be sure to return your quiz as soon as possible and no later than 9/4/2020 in order to receive credit and a certificate of completion.**

Questions? Please contact your Monitor or the Catholic Charities Maine-CACFP office at 207-786-0925