

SENDCAA NEWS

CACFP Edition | January 2023



Substituting Milk in the CACFP

Do you have questions about what to do if you have a child that is unable to consume regular cows milk? Click on the attached picture to download a helpful guide on serving milk substitutes and whether or not you need a Dr.'s note for the child. Contact your home monitor if you have any questions in regards to children with allergy or food modifications.

Substituting Milk in the CACFP																							
<p>Field milk is a required component in the Child and Adult Care Food Program (CACFP) meal patterns, but what do you do if you have a participant who cannot have field milk as required?</p> <p>The Basics:</p> <ul style="list-style-type: none"> A written request by the parent, guardian, adult caregiver, or person in charge of an adult participant must be provided for a milk substitute. A milk substitute must be nutritionally equivalent to field milk in order to be reimbursed in the CACFP. If a milk substitute is not nutritionally equivalent, then a medical statement written by a licensed healthcare professional is required in order for the meal to be reimbursed. Children 1-5 years old must be served unflavored milk. <p>Could You Serve These Substitutes?</p> <p>Compare the nutrient profiles to field milk to determine if you are serving them without medical statement.</p> <table border="1"> <thead> <tr> <th>Nutrition Facts</th><th>Field Milk</th></tr> </thead> <tbody> <tr> <td>Serving Size 1 cup (240 mL)</td><td>1 cup (240 mL)</td></tr> <tr> <td>Amount Per Serving</td><td></td></tr> <tr> <td>Total Fat 8g</td><td>8g</td></tr> <tr> <td>Sodium 120mg</td><td>120mg</td></tr> <tr> <td>Total Sugar 12g</td><td>12g</td></tr> <tr> <td>Total Protein 8g</td><td>8g</td></tr> <tr> <td>Total Fat 8g</td><td>8g</td></tr> <tr> <td>Sodium 120mg</td><td>120mg</td></tr> <tr> <td>Total Sugar 12g</td><td>12g</td></tr> <tr> <td>Total Protein 8g</td><td>8g</td></tr> </tbody> </table> <p>Things to Remember:</p> <ul style="list-style-type: none"> • A parent or guardian must request to provide a milk substitute if it is not listed in a database. • Providers do not receive additional meal reimbursement if they must provide a substitute. • If a parent or guardian does provide a milk substitute only if it is nutritionally equivalent, then the provider may receive a parent or guardian to pay the difference between field milk and the substitute. • Medical statements are required to determine requests for a higher fat milk for the participant's health and safety. 		Nutrition Facts	Field Milk	Serving Size 1 cup (240 mL)	1 cup (240 mL)	Amount Per Serving		Total Fat 8g	8g	Sodium 120mg	120mg	Total Sugar 12g	12g	Total Protein 8g	8g	Total Fat 8g	8g	Sodium 120mg	120mg	Total Sugar 12g	12g	Total Protein 8g	8g
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The 2023 Calendar is Here!

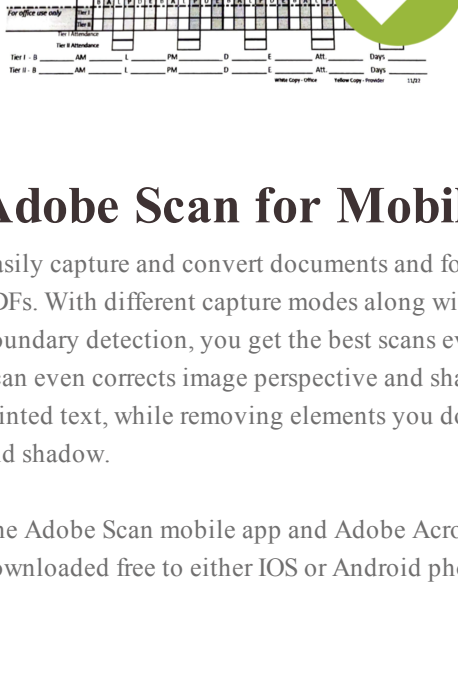
Home monitors will be delivering 2023 calendars at our next home visit with you. Everyone should receive one by the end of January. (Your current calendar also includes January 2023.) Keep the calendar handy, as we will be offering an at-home training to go along with it sometime in the new year.



Reminder: Submit Readable Documents

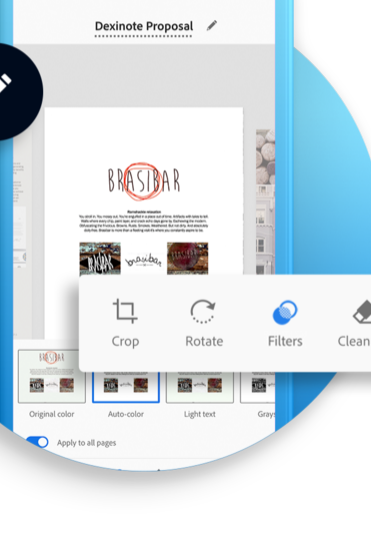
As much as we would love to have ☆Superpower Telescopic Eyesight☆, we sometimes have a hard time reading enrollment forms or menus that have been submitted to us if they are dimly lit, crooked, blurry, or in a reduced size format.

When submitting paperwork, please be sure to send it in the largest format available and that the text is not blurry. The best way to send a document is to use a scanner to create a PDF to send in an email. If you do not have access to a scanner, Adobe has a free app that you can download to your smartphone or tablet. This app allows you to take a picture of your document, clean up any discolored markings or stains, convert it to a PDF, then email to your home monitor.

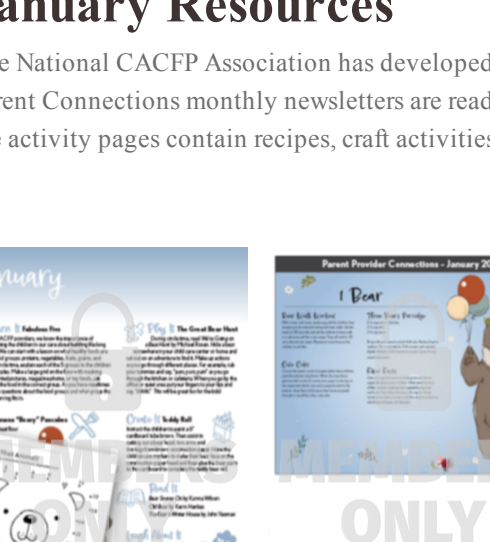


Adobe Scan for Mobile

Easily capture and convert documents and forms into high-quality PDFs. With different capture modes along with automatic boundary detection, you get the best scans every time. Adobe Scan even corrects image perspective and sharpens handwritten or printed text, while removing elements you don't want, like glare and shadow.

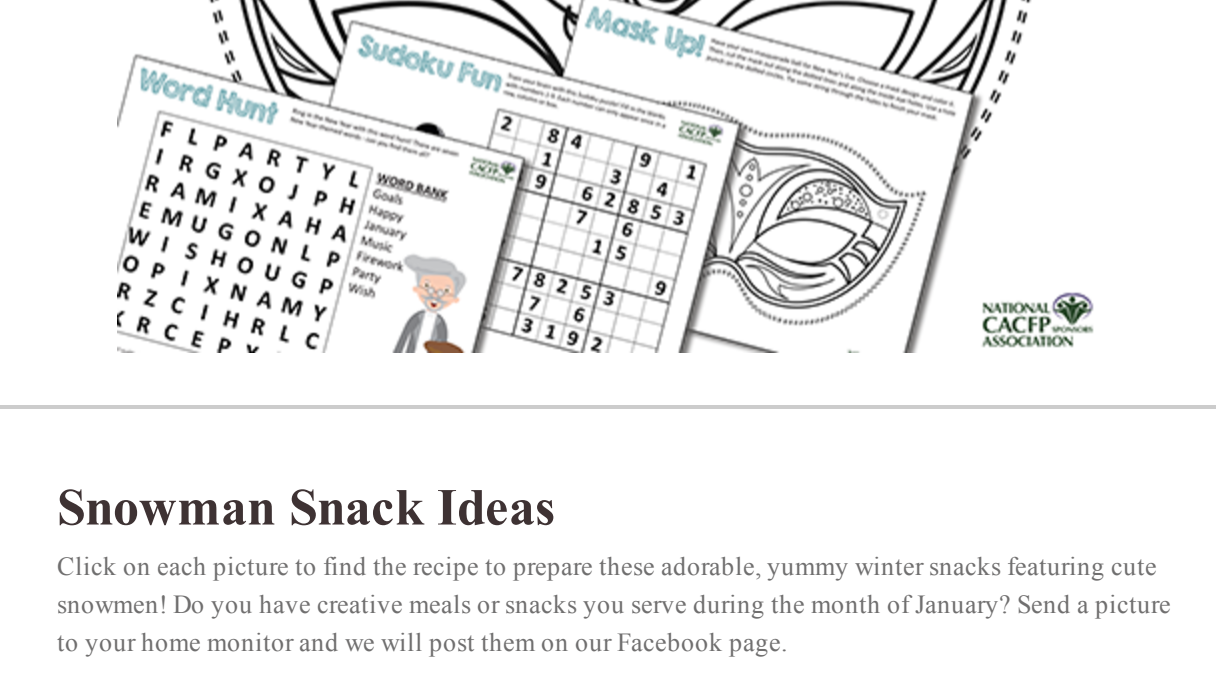


The Adobe Scan mobile app and Adobe Acrobat Reader can be downloaded free to either IOS or Android phones.



January Resources

The National CACFP Association has developed extra monthly resources to go along with your calendar. The Parent Connections monthly newsletters are ready for you to add your own info at the bottom of the page; and the activity pages contain recipes, craft activities, movement activities and more.



Snowman Snack Ideas

Click on each picture to find the recipe to prepare these adorable, yummy winter snacks featuring cute snowmen! Do you have creative meals or snacks you serve during the month of January? Send a picture to your home monitor and we will post them on our Facebook page.



*Whole milk is required for children 1 year of age/1% or skim milk is required for children 2 and older	
<h2>Training Opportunities</h2>	
Looking for free training hours? Check out our website for all of the available at-home training modules	

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Training Opportunities

Looking for free training hours? Check out our website for all of the available at-home training modules. SENDCAA training hours are Growing Futures approved and free to SENDCAA providers and their staff.

- [Nutrition Facts Label](#)
- [Infant Feeding Guide](#)
- [Nutrition & Wellness Tips for Young Children](#)
- [Identifying Whole Grain-Rich](#)

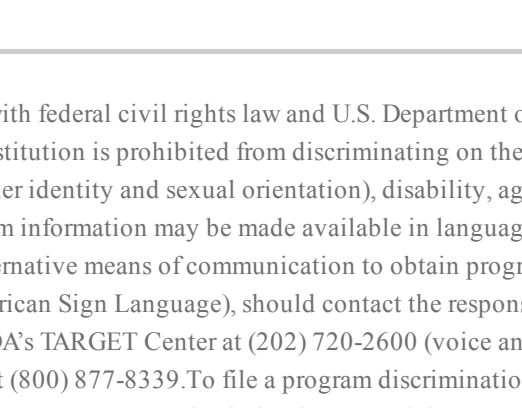
Growing Futures

Can't remember which trainings you have completed? Log in to your Growing Futures account to see all the trainings in one list. Once logged in, choose the training tab along the top to view all your approved trainings. The most recent will be at the top of the list.

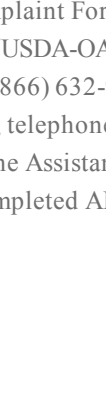
[Log into Growing Futures](#)



Contact Us



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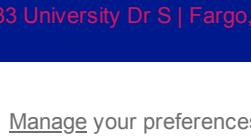


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U.S. Department of Agriculture
Office of the Assistant Secretary for Civil Rights
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Washington, D.C. 20250-9410
or fax: (833) 256-1665 or (202) 690-7442; or email: program.intake@usda.gov

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