



Nutrition News

*Building Healthy Eating
Habits for Life*

Child Care Food Program

May 2017

MEAL PATTERN CHANGES

At the 2016 Annual Provider Training, we introduced the changes to the current Meal Pattern for Children and Infants. The changes increase the consumption of vegetables, fruits, and whole grains, and reduce the consumption of added sugars. These improvements are expected to enhance the quality of meals served to young children.

All Providers have until October 1, 2017 to be in compliance with the new Child Care Food Program Meal Pattern changes. Make sure that your menus reflect these changes! Additional “warnings” have been added to WebKids to remind you of these meal pattern changes. We will also be sending out “Meal Pattern Reminders” weekly through the Minute Menu WebKids system. Forms and resources are available at our website (www.lsfnet.org/children-families/child-care-food-program/). In-person (optional) trainings will be offered soon. Watch out for those dates!

FOOD ALLERGY AWARENESS WEEK

May 14-20: this nationwide campaign hosted by the Food Allergy Research & Education (FARE) aims to educate others by raising awareness of food allergies. Check out some free resources at the FARE website (<https://www.foodallergy.org/food-allergy-awareness-week>)

15 MILLION

Americans have food allergy,
a serious medical condition.



People can be allergic to any food, but there are **8 FOODS THAT CAUSE THE MOST REACTIONS.**



Milk



Eggs



Peanut



Tree Nuts



Soy



Wheat



Fish



Shellfish



KIDKARE!

Good news Minute Menu WebKids users! We will be migrating to KidKare – a new and improved online claiming service – in the next couple of months! This allows access anytime, anywhere! You can access KidKare from any device with an internet connection: mobile phone, tablet, laptop, or desktop computer.

Implementation Plan:

May – June 2016: KidKare Introduction & Trainings
Providers are encouraged to visit the KidKare support page at <http://help.kidkare.com> to learn how to get started. You can sign-up for a live webinar, view instructional videos, and find answers to frequently asked questions.

- Upcoming Live Webinars:
 - “Getting Started with KidKare” (May 11, 15, and 26) - this is a 45-minute webinar

- that explores how to add a child, enter meals, schedule menus, and more!
- “KidKare Extra: Reports” (May 11 and 23) - this is a 30-minute webinar that explores reports on child, meals and attendance, claim statements, and more!
- “KidKare Extra: Schedule Menus” (May 10 and 25) - this 30 minute webinar will explore add/edit menus, infants, non-infants, schedule menus and more!
- Recorded past webinars are also available.
 - Getting Started with KidKare (<https://help.kidkare.com/help/recorded-webinar>)
 - KidKare: Reports (<https://help.kidkare.com/help/videos-recorded-webinar>)
 - KidKare: Schedule Menus (<https://help.kidkare.com/help/videos-recorded-webinar-menus>)
- Short instructional videos are also available on <http://help.kidkare.com>. These videos include: Enroll a Child, Withdraw a Child, Enter Meal for Non-Infants, Enter Meal for Infants, Record a Meal, and more!
- Make sure to check out the topics under “Getting Started” and “How do I...”

July 2016 – August 2016: Start migration to KidKare

September 2016: ALL Providers to use KidKare



KidKare
Frequently Asked Question

Question: “Do you offer KidKare training?”

Answer: We sure do!

The KidKare Knowledge Base is full of helpful tips, tricks and learning opportunities - including live webinars!

Learn KidKare inside and out, speak to a KidKare expert and ask questions in real time!

Head on over to help.kidkare.com to sign up for a live webinar today!



COOK'S CORNER

Confetti Soup

Prep time: 20 minutes

Cook time: 40 minutes

Makes: 6 Servings



Ingredients

- 1 3/4 teaspoons canola oil
- 3/4 cup Fresh onions, peeled, diced
- 3/4 cup Fresh celery, diced
- 3/4 cup Fresh carrots, peeled, diced
- 1/2 teaspoon salt
- 1/2 teaspoon ground black pepper
- 1/4 teaspoon Whole fennel seed
- 1/8 teaspoon crushed red pepper (optional)
- 1 1/2 cups Canned low-sodium black-eyed peas, drained, rinsed
- 3 1/2 cups water
- 1 cup Extra-lean turkey ham, diced 1/4" (6 oz)
- 1/3 cup Fresh kale, coarsely chopped
- 1 1/2 tablespoons Fresh parsley, chopped

Directions

1. In a large pot, heat oil over medium-high heat. Add onions and celery. Cook for 2-3 minutes or until tender. Add carrots, salt, pepper, fennel seed, and optional crushed red pepper. Cook for an additional 2-3 minutes.
2. Add black-eyed peas and water. Cook uncovered for 25 minutes over medium heat.
3. Add turkey ham and kale. Cook covered for an additional 10 minutes over medium heat until kale is tender.
4. Add parsley right before serving. Serve hot.

1 cup provides:

Legume as Meat Alternate: 1 1/2 oz equivalent meat/meat alternate and 1/4 cup other vegetable.

OR Legume as Vegetable: 1/2 oz equivalent meat, 1/4 cup legume vegetable, and 1/4 cup other vegetable.

**Legumes can be counted as either a meat alternate or as a vegetable but not as both simultaneously*

(Source: <https://whatscooking.fns.usda.gov/recipes/child-nutrition-cnp/confetti-soup>)

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