



Nutrition News

Building Healthy Eating Habits for Life

Child Care Food Program

July 2017

GRAINS/BREADS: MAKE IT COUNT!

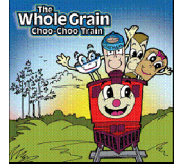
Grain-based dessert foods will not be creditable on the Child Care Food Program beginning October 1, 2017. Non-creditable grain items cannot contribute towards a reimbursable meal. Creditable grain items must be in the correct portion for the age group served and must be whole grain, enriched, or made from whole grain or enriched meal or flour. Prepackaged products must have whole grain or enriched flour or meal as the first ingredient. **At least one serving per day, across all eating occasions, must be 100% whole grain.**



Non-creditable Foods

- Animal Crackers
- Brownies
- Cake (all varieties, frosted or unfrosted)
- Cereal Bar/Treat
- Cobbler/Fruit Crisp
- Cookies (all kinds)
- Doughnuts
- Fig Bar
- Fruit Turnover
- Graham Crackers (all kinds)
- Grain Fruit Bar
- Granola Bar (all kinds)
- Honey Bun
- Oatmeal (more than 6 grams of sugar per dry ounce)
- Pastry
- Popcorn
- Pop Tart
- Potato/Vegetable Chips (or puffs/straws/sticks)
- Ready-to-eat Cereal (more than 6 grams of sugar per dry ounce)
- Sweet Crackers
- Sweet Roll/Sticky Bun
- Tortilla chips—*flavored*²
- Wafers (chocolate, vanilla)

Check out this book and lesson plan about the importance of eating whole grains:



<http://www.floridahealth.gov/programs-and-services/wic/nutrition-materials/whole-grain-choo-choo-train/index.html>



Our newest Day Care Home Providers!

Marta Alfonso-Dominique
 Greta Harris
 Yudit Mendoza-Fernandez
 Damaris Ramirez-Rosales

MEET OUR TEAM

Migdal Leon-

Martinez has been a Program Assistant with LSF for 8 years and started as a volunteer.

She is responsible for providing clerical support, processing enrollment, and informing Providers of problems and needs with claims and reports. She loves spending time with family and travelling!



SAVE
The
DATE

Annual Provider Trainings

August 26, 2017
September 9, 2017
More details to come!

KIDKARE

We encourage you 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.

July 2017 Live Webinars:

- 07/06, 07/24: Getting Started with KidKare
- 07/11, 07/27: KidKare Extra: Reports
- 07/06, 07/17: KidKare Extra: Schedule Menus

Recorded Webinars

- 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>)

YOU CAN START USING KIDKARE TODAY!
All Providers will be using KidKare starting
September 2017.



Frequently Asked Question

Question:

“Will I need to re-enroll my children from KIDS into KidKare?”

Answer:

No you don't!

No need to go through the enrollment process again!

If you are an existing KIDS user and already have children enrolled, then your existing children will be transferred to KidKare once you start testing KidKare.

WE NEED YOUR UPDATED INFO!

The State CCFP Headquarters requires that we provide **current** contact information for all our Providers.

HOW TO UPDATE?

- 1) You can check and update your information on KidKare by going to “My Site”. Click on “Edit” if you need to make an update. If you do NOT have an e-mail address, please enter x@x.com.
- 2) You can send us an e-mail at ccfp@lsfnet.org with your name (First and Last name), phone number, and email address.

Please give us your updated information by
August 1, 2017.

Knowledge
is
power!



Do you want to learn more about the **NEW Meal Pattern and KidKare**? We are offering the following training opportunities:

July 15, 10:30am – 12:30pm
North Tampa Branch Library (8916 North Blvd Tampa, FL 33604)

There are 2 ways to sign-up:

- 1) Call us and speak to a member of our team.
- 2) Email ccfp@lsfnet.org and let us know which training session you want to attend.

Contact information:

LSF Child Care Food Program
3615 W. Waters Ave, Tampa, FL 33614
Phone: 813-676-9402 ♦ Fax: 813-514-9815
Email: ccfp@lsfnet.org