



Nutrition News

Child Care Food Program

Building a Healthier Generation

March 2018

SERVING MEAT AND MEAT ALTERNATES AT BREAKFAST

Breakfasts in the Child Care Food Program include milk, vegetables and/or fruits, and grains. You can also serve meat and/or meat alternates instead of grains at breakfast **up to 3 times per week**. This option gives you more choices for menu planning.

Here's how to include meat or meat alternates as part of a reimbursable breakfast meal:

- Substitute **1 ounce equivalent** of meat/meat alternate for 1 serving of grains; or
- Substitute **1 ounce equivalent** of meat/meat alternate for 1 ounce equivalent of grains.

If you want to serve meat/meat alternates more than 3 days a week, you must offer them as additional foods, which do not count toward the reimbursable meal.

✓ You can serve a meat or meat alternate as a standalone item, such as eggs, yogurt, cottage cheese, turkey sausage, and ham. As a best practice, choose foods that are lower in saturated fat and sodium. Meat and meat alternates can be served together, such as eggs (a meat alternate) and ham (a meat). Meat and meat alternates can also be served in a dish mixed with other foods, such as apple slices spread with peanut butter, yogurt topped with fruit, or a tofu scramble with vegetables.

✗ Bacon, imitation bacon products, scrapple, and salt pork are not creditable in the CCFP.

● Turkey bacon, Canadian bacon, and some types of sausage are creditable only if the product has a Child Nutrition label, or if you have a Product Formulation Statement (PFS) signed by the manufacturer.

QUIZ: (answers in page 2)

1) Your child care home is open 7 days per week. How many times per week may you serve meat and meat alternatives in place of grains at breakfast?

2) You want to serve yogurt at breakfast to your 3-5 year olds once per week. If you are serving the yogurt in place of a grain, what's the minimum amount you must serve to this age group to meet the meal pattern requirement?

	Ages 1 - 2 years and 3 - 5 years	Ages 6 - 12 years and 13 - 18 years
Minimum amount of meat/meat alternates required when served instead of grains at breakfast	½ ounce equivalent	1 ounce equivalent
	is equal to:	is equal to:
Beans or peas (cooked)	½ cup	¼ cup
Natural or processed cheese	½ ounce	1 ounce
Cottage or ricotta cheese	½ cup (1 ounce)	¼ cup (2 ounces)
Eggs	¼ large egg	½ large egg
Lean meat, poultry, or fish	½ ounce	1 ounce
Peanut butter, soy nut butter, or other nut or seed butters	1 tablespoon	2 tablespoons
Tofu (store-bought or commercially prepared)	½ cup (1.1 ounces) with at least 2.5 grams of protein	¼ cup (2.2 ounces) with at least 5 grams of protein
Yogurt (including soy yogurt)	¼ cup of yogurt (2 ounces)	½ cup of yogurt (4 ounces)

TRAINING

Infant Nutrition & Becoming a Breastfeeding-Friendly Center

When: March 24, 9:00 – 10:00 a.m.

Where: CCFP Office – 3615 W. Waters Ave, Tampa

To register, email us at ccfp@lsfnet.org

Nemours Children's Health System:

UF/IFAS Extension Family Nutrition Program – State Resources for ECE Programs

March 29, 2:00 – 3:00 P.M.

To register, go to <https://goo.gl/awZzpe>

Team Nutrition's Thirty on Thursdays:

May 17: **Methods for Healthy Cooking**

June 21: **Adding Whole Grains to Your Menu**

To register, go to <https://www.fns.usda.gov/tn/cacfp-halftime-thirty-thursdays-training-webinar-series>

UF/ IFAS Extension, Hillsborough County

Fighting Children's Obesity through Active Play

April 7, 9:00 – 11:00 a.m.

To register, go to <https://goo.gl/4zN5cK>

Don't Forget!

✓ **Monthly claims and new Enrollment Forms** should be submitted by the third (3rd) day of each month. Delays in submitting claims may result in a reimbursement delay. Meals for any child with a missing or incomplete Enrollment Form will be disallowed and a Corrective Action Plan may be required.

✓ **Attendance** must be recorded by the end of each day.

QUIZ ANSWERS

1. You may serve meat and meat alternate in place of grains up to 3 times per week. All day care homes have the option to serve meat/meat alternates in place of grains at breakfast up to 3 times per week, no matter how many days per week they are open.
2. If serving yogurt in place of grain at breakfast, you must serve at least 2 ounces (1/4 cup) of yogurt to the 3-5 year olds to meet the meal pattern requirement.



PROVIDER HIGHLIGHT

"As a Home Care Provider I must make the right decisions to make sure that my business is sustained and thrives. An appropriate choice has been to belong to LSF, this agency has worked directly, continuously and effectively, guiding me and offering me trainings, educational materials and resources so that children, families and providers make a unique and vital team to promote adequate nutrition. The support, preparation and knowledge demonstrated by the LSF program and its monitors is essential to maintain the quality of children's nutrition. I have been part of this amazing program since September 1, 2005."

-Sandra Castillo

123 SESAME STREET in Communities



recipe Zoe's Baked Sweet Potato Chips

ingredients

2 large sweet potatoes 2 tbsp Olive oil
Salt

directions

Using a mandolin or sharp knife, slice the potatoes into thin pieces. Toss with olive oil and sprinkle with a dash of salt. Spread the chips onto a baking sheet in a single layer. Bake at 250 for 2 hours. Turn the chips over half way through at one hour. Let them cool for about 10 minutes to become crispier. Serve with 1/4 cup of plain hummus.



Snack Crediting: 4 Servings for ages 1-5
ccfp.org



JOIN US ON FACEBOOK!

1. Visit the Lutheran Services Florida Facebook page at <https://www.facebook.com/Lutheranservicesflorida/>
2. Look for "Child Care Food Program" under "Groups"
3. Click on "Join".



Contact information:
LSF Child Care Food Program

3615 W. Waters Ave, Tampa, FL 33614

Phone: 813-877-9303 ♦ Fax: 813-514-9815 ♦ ccfp@lsfnet.org