

Clarendon

Early Education Services, Inc.

A Quality Family Child Care & Nutrition Agency

PROVIDER NAME _____ PROVIDER NUMBER _____

It's Your Business! How to Successfully Manage Your Food Program



Two (2) Record Keeping Training Hours 2018/2019

Massachusetts Department of Elementary and Secondary Education Child and Adult Care Food Program (DESE) April 2007 - Revised 2017/2018

United States Department of Agriculture www.fns.usda.gov/cacfp/child-and-adult-care-food-program
Massachusetts Department of Elementary and Secondary Education Office of Food and Nutrition Programs (FNP)
www.doe.mass.edu

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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.'

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CACFP provides aid to child and adult care institutions and family or group day care homes for the provision of nutritious foods that contribute to the wellness, healthy growth, and development of young children, and the health and wellness of older adults and chronically impaired disabled persons.

Through CACFP, more than 4.2 million children and 130,000 adults receive nutritious meals and snacks each day as part of the day care they receive.

Provider Rights

- Sponsor support
- Tier classification
- Training
- CACFP Information
- Reimbursement
- Sponsor transfer
- Program termination

Responsibilities

- Meal Pattern
- Meal Components
- Infant meals
- Food Substitutions
- Menu Planning
- Food Safety & Sanitation
- Child Enrollment Forms
- Tier Status
- Recordkeeping
- Monitoring
- Serious Deficiency
- Contact Your Sponsor

Child and Adult Care Food Program Meal Pattern & Components



Meal Pattern for Children

- ▶ The combined fruit and vegetable component is now a separate vegetable component and a separate fruit component.
- ▶ At least one serving of grains per day must be whole grain-rich.
- ▶ Grain-based desserts no longer count towards the grain component (sweet crackers allowed **ONLY** 2 times a week PM snack only).
- ▶ Meat and meat alternates may be served in place of the entire grains component at breakfast a maximum of three times per week.
- ▶ Yogurt must contain no more than 23 grams of sugar per 6 ounces.
- ▶ Unflavored whole milk must be served to 1 year olds; unflavored low-fat or fat-free milk must be served to children 2 through 5 years old; however unflavored low-fat, unflavored fat-free, or flavored fat-free milk can be served to children 6 years old. **please note* 6 years old and older can also have low fat flavored milk.*
- ▶ Non-dairy milk substitutes that are nutritionally equivalent to milk may be served in place of milk to children with medical or special dietary needs.
- ▶ Breakfast cereals must contain no more than 6 grams of sugar per dry ounce.
- ▶ Frying is not allowed as a way of preparing foods on-site.
- ▶ Ounce equivalents (oz. eq) are used to determine the amount of creditable grains (starting October 1, 2019).
- ▶ Tofu counts as a meat alternate.
- ▶ Juice is limited to once per day.

**CHILD MEAL PATTERN**

Breakfast			
(Select all three components for a reimbursable meal)			
Food Components and Food Items¹	Ages 1-2	Ages 3-5	Ages 6-12
Fluid Milk³	4 fluid ounces	6 fluid ounces	8 fluid ounces
Vegetables, fruits, or portions of both⁴	¼ cup	½ cup	½ cup
Grains (oz eq)^{5,6,7}			
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 ⁸ , cereal grain, and/or pasta	¼ cup	¼ cup	½ cup
Whole grain-rich, enriched or fortified ready-to-eat breakfast cereal (dry, cold) ^{8,9}			
Flakes or rounds	½ cup	½ cup	1 cup
Puffed cereal	¾ cup	¾ cup	1 ¼ cup
Granola	⅛ cup	⅛ cup	¼ cup

¹ Must serve all three components for a reimbursable meal. Offer versus serve is an option for at-risk afterschool participants.

² Larger portion sizes than specified may need to be served to children 13 through 18 years old to meet their nutritional needs.

³ Must be unflavored whole milk for children age one. Must be unflavored low-fat (1 percent) or unflavored fat-free (skim) milk for children two through five years old. Must be unflavored low-fat (1 percent), unflavored fat-free (skim), or flavored fat-free (skim) milk for children six years old and older.

⁴ Pasteurized full-strength juice may only be used to meet the vegetable or fruit requirement at one meal, including snack, per day.

⁵ At least one serving per day, across all eating occasions, must be whole grain-rich. Grain-based desserts do not count towards meeting the grains requirement.

⁶ Meat and meat alternates may be used to meet the entire grains requirement a maximum of three times a week. One ounce of meat and meat alternates is equal to one ounce equivalent of grains.

⁷ Beginning October 1, 2019, ounce equivalents are used to determine the quantity of creditable grains.

⁸ 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).

⁹ Beginning October 1, 2019, the minimum serving size specified in this section for ready-to-eat breakfast cereals must be served. Until October 1, 2019, the minimum serving size for any type of ready-to-eat breakfast cereals is ¼ cup for children ages 1-2; 1/3 cup for children ages 3-5; and ¾ cup for children ages 6-12.

CHILD MEAL PATTERN

Lunch and Supper			
(Select all five components for a reimbursable meal)			
Food Components and Food Items ¹	Ages 1-2	Ages 3-5	Ages 6-12
Fluid Milk³	4 fluid ounces	6 fluid ounces	8 fluid ounces
Meat/meat alternates			
Lean meat, poultry, or fish	1 ounce	1 ½ ounce	2 ounces
Tofu, soy product, or alternate protein products ⁴	1 ounce	1 ½ ounce	2 ounces
Cheese	1 ounce	1 ½ ounce	2 ounces
Large egg	½	¾	1
Cooked dry beans or peas	¼ cup	⅜ cup	½ cup
Peanut butter or soy nut butter or other nut or seed butters	2 tbsp	3 tbsp	4 tbsp
Yogurt, plain or flavored unsweetened or sweetened ⁵	4 ounces or ½ cup	6 ounces or ¾ cup	8 ounces or 1 cup
The following may be used to meet no more than 50% of the requirement: Peanuts, soy nuts, tree nuts, or seeds, as listed in program guidance, or an equivalent quantity of any combination of the above meat/meat alternates (1 ounces of nuts/seeds = 1 ounce of cooked lean meat, poultry, or fish)	½ ounce = 50%	¾ ounce = 50%	1 ounce = 50%
Vegetables⁶	⅛ cup	¼ cup	½ cup
Fruits^{6,7}	⅛ cup	¼ cup	½ cup
Grains (oz eq)^{8,9}			
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 ¹⁰ , cereal grain, and/or pasta	¼ cup	¼ cup	½ cup

¹ Must serve all five components for a reimbursable meal. Offer versus serve is an option for at-risk afterschool participants.

² Larger portion sizes than specified may need to be served to children 13 through 18 years old to meet their nutritional needs.

³ Must be unflavored whole milk for children age one. Must be unflavored low-fat (1 percent) or unflavored fat-free (skim) milk for children two through five years old. Must be unflavored low-fat (1 percent), unflavored fat-free (skim), or flavored fat-free (skim) milk for children six years old and older.

⁴ Alternate protein products must meet the requirements in Appendix A to Part 226.

⁵ Yogurt must contain no more than 23 grams of total sugars per 6 ounces.

⁶ Pasteurized full-strength juice may only be used to meet the vegetable or fruit requirement at one meal, including snack, per day.

⁷ A vegetable may be used to meet the entire fruit requirement. When two vegetables are served at lunch or supper, two different kinds of vegetables must be served.

⁸ At least one serving per day, across all eating occasions, must be whole grain-rich. Grain-based desserts do not count towards the grains requirement.

⁹ Beginning October 1, 2019, ounce equivalents are used to determine the quantity of the creditable grain.

¹⁰ 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).

CHILD MEAL PATTERN

Snack			
(Select two of the five components for a reimbursable snack)			
Food Components and Food Items ¹	Ages 1-2	Ages 3-5	Ages 6-12
Fluid Milk³	4 fluid ounces	4 fluid ounces	8 fluid ounces
Meat/meat alternates			
Lean meat, poultry, or fish	½ ounce	½ ounce	1 ounce
Tofu, soy product, or alternate protein products ⁴	½ ounce	½ ounce	1 ounce
Cheese	½ ounce	½ ounce	1 ounce
Large egg	½	½	½
Cooked dry beans or peas	⅛ cup	⅛ cup	¼ cup
Peanut butter or soy nut butter or other nut or seed butters	1 tbsp	1 tbsp	2 tbsp
Yogurt, plain or flavored unsweetened or sweetened ⁵	2 ounces or ¼ cup	2 ounces or ¼ cup	4 ounces or ½ cup
Peanuts, soy nuts, tree nuts, or seeds	½ ounce	½ ounce	1 ounce
Vegetables⁶	½ cup	½ cup	¾ cup
Fruits⁶	½ cup	½ cup	¾ cup
Grains (oz eq)^{7,8}			
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 ⁹ , cereal grain, and/or pasta	¼ cup	¼ cup	½ cup
Whole grain-rich, enriched or fortified ready-to-eat breakfast cereal (dry, cold) ^{9,10}			
Flakes or rounds	½ cup	½ cup	1 cup
Puffed cereal	¾ cup	¾ cup	1 ¼ cup
Granola	⅛ cup	⅛ cup	¼ cup

¹ Select two of the five components for a reimbursable snack. Only one of the two components may be a beverage.

² Larger portion sizes than specified may need to be served to children 13 through 18 years old to meet their nutritional needs.

³ Must be unflavored whole milk for children age one. Must be unflavored low-fat (1 percent) or unflavored fat-free (skim) milk for children two through five years old. Must be unflavored low-fat (1 percent), unflavored fat-free (skim), or flavored fat-free (skim) milk for children six years old and older.

⁴ Alternate protein products must meet the requirements in Appendix A to Part 226.

⁵ Yogurt must contain no more than 23 grams of total sugars per 6 ounces.

⁶ Pasteurized full-strength juice may only be used to meet the vegetable or fruit requirement at one meal, including snack, per day.

⁷ At least one serving per day, across all eating occasions, must be whole grain-rich. Grain-based desserts do not count towards meeting the grains requirement.

⁸ Beginning October 1, 2019, ounce equivalents are used to determine the quantity of creditable grains.

⁹ 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).

¹⁰ Beginning October 1, 2019, the minimum serving sizes specified in this section for ready-to-eat breakfast cereals must be served. Until October 1, 2019, the minimum serving size for any type of ready-to-eat breakfast cereals is ¼ cup for children ages 1-2; 1/3 cup for children ages 3-5; and ¾ cup for children ages 6-12.

Child Nutrition Program Flexibilities for Milk Requirement

One of these flexibilities allows Program operators in the NSLP (National School Lunch Program), SBP (School Breakfast Program), SMP (Special Milk Program), and CACFP (Child and Adult Care Food Program) the option to offer flavored, low-fat (1 percent fat) milk as part of a reimbursable meal for students in grades K through 12, and for SMP and CACFP participants 6 years of age and older. Based on the flexibilities provided by the USDA's interim final rule offering menu planning flexibilities to Child Nutrition Program Operators, FNP will extend the option to serve either low-fat flavored milk or fat-free flavored milk Beginning July 1, 2018.

As a reminder, in order to meet the meal pattern, all CACFP programs including adult day health centers (ADH) must continue to serve adults and children six years and older, milk that is low-fat (1 percent fat or less) or fat-free (skim) milk. This flexibility applies to School year 2018-2019, from July 1, 2018 through June 30, 2019. A final rule is expected to be published in fall 2018 and implemented in school year 2019-2020.

Choking Prevention: Nutrition for Young Children

Based on guidance from the USDA*, foods that pose the highest risk for choking are foods that possess the following characteristics: "round, tube-shaped, small, hard, thick and sticky, smooth, slippery, or easily molded to stick to the airway." In order to align with Massachusetts state licensing and USDA's recommendations, FNP's policy restricts the serving of the following foods to children under four years of age:

- * Hot dogs, sausages, sausage links or similar processed food items
- * Grapes, cherries, melon balls, or cherry and grape tomatoes
- * Specific berries - kiwi, raspberries, blackberries, goji berries
- * Peanuts, nuts, and seeds (for example sunflower or pumpkin seeds)
- * Peanut butter and nut butters
- * Dried fruit such as raisins or cranberries

There are many items that are not included in the above list, which may still pose a choking hazard due to their shape or texture. FNP asks CNP operators to consider the aforementioned characteristics when feeding children under the age of four; and alter any food items that may pose a risk. CNP operators shall alter food items so that they can be served in manageable bites, no larger than a nickel in size, to pre-school age, toddlers and infant age groups.

* <https://fns-prod.azureedge.net/sites/default/files/supplementA.pdf>

Combination Meals

A combination food is a single serving of a food item that contains more than one food item from different food components that cannot be separated. Examples of combination foods are soups, pizza, casseroles, burritos and sandwiches. USDA's guidance explains that some combination foods may be credited for up to three (3) different food components (meat/meat alternate, grains/bread, vegetable or fruit).

Effective October 1, 2017, due to a change in the meal pattern requiring that fruits and vegetables be recognized as separate food components, the meal pattern will need to include at least 5 food components to qualify as a reimbursable meal for lunch or supper. Therefore, OFNP's policy will permit crediting of up to three (3) food components for any combination meal.

Snack or party mixes and trail mixes are snack food mixtures with a variety of items including nuts, dried fruit, seeds and cereal. These cannot be credited unless the menu documents the portions of the creditable ingredients.

Fruit and nut bars (without grains) can be credited, with documentation, based on a) volume of dried fruit meeting the minimum serving size by age group or b) meet the meat alternate serving for peanuts, soy nuts, pine nuts, tree nuts and seeds. Additionally, nuts and seeds may be credited to meet no more than 50% (half) of the meat alternate requirement at a meal (breakfast, lunch or supper). Please refer to OFNP's policy restricting the serving of these food items for young children and some adults.

Infant Meals

USDA recently revised the CACFP meal patterns to ensure children and adults have access to healthy, balanced meals throughout the day. The changes to the infant meal pattern support breastfeeding and the consumption of vegetables and fruit without added sugars. These changes are based on the scientific recommendations from the National Academy of Medicine, the American Academy of Pediatrics and stakeholder input. CACFP centers and day care homes must comply with the updated meal patterns by October 1, 2017.

INFANTS

Encourage and Support Breastfeeding:

- Providers may receive reimbursement for meals when a breastfeeding mother comes to the day care center or home and directly breastfeeds her infant; and
- Only breastmilk and infant formula are required to be served to infants 0 through 5 months to meet the meal pattern.

Developmentally Appropriate Meals:

- Two age groups, instead of three: 0 through 5 month olds and 6 through 11 month olds; and
- Solid foods are gradually introduced around 6 months of age, as developmentally appropriate

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More Nutritious Meals:

- Requires a vegetable or fruit, or both, to be served at snack for infants 6 through 11 months old;
 - No longer allows juice or cheese food or cheese spread to be served; and
 - Allows ready-to-eat cereals at snack.
- ▶ Vegetable or fruit, or both, required to be served at snack for infants 6 through 11 months old.
- ▶ Juice or cheese food or cheese spread are no longer allowed to be served.
- ▶ Allows ready-to-eat cereals at snack.
- 👉 All providers participating in CACFP must offer the program to all enrolled infants.
 - 👉 Parents may decline to have their infant participate in CACFP.
 - 👉 Each infant must be offered a developmentally appropriate meal at each meal time.
 - 👉 Parents decide when the infant is developmentally ready to be introduced to a new food.
 - 👉 Infants must receive at least the minimum requirements for each meal type.
 - 👉 Actual foods being served must be listed on the infant menu.

Menu Planning for Young Children

The five basic menu planning principles are...

Strive for **balance**

Emphasize **variety**

Add **contrast**

Think about **color**

Consider eye **appeal**

- 👉 Set standards for taste, appearance, texture and temperatures.
- 👉 Consider the children's ages and preferences while keeping nutrition and physical development in mind.
- 👉 Always model good eating behaviors and positive attitudes about food.

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One of these flexibilities allows Program operators in the NSLP (National School Lunch Program), SBP (School Breakfast Program), SMP (Special Milk Program), and CACFP (Child and Adult Care Food Program) the option to offer flavored, low-fat (1 percent fat) milk as part of a reimbursable meal for students in grades K through 12, and for SMP and CACFP participants 6 years of age and older. Based on the flexibilities provided by the USDA's interim final rule offering menu planning flexibilities to Child Nutrition Program Operators, FNP will extend the option to serve either low-fat flavored milk or fat-free flavored milk beginning July 1, 2018.

Child and Adult Care Food Program Requirements

Child Enrollment Form

- ◆ Is the basis of each monthly claim submitted for Federal reimbursement dollars.
- ◆ Enrollment forms must be completed for all new participants then updated annually.
- ◆ Forms must be completed fully by a parent or legal guardian with current information and signed by the parent or guardian of the participant.
- ◆ Providers must complete an enrollment form to claim their own children (ren).
- ◆ Providers must retain a copy of the initial enrollment form as well as annual renewal.
- ◆ Providers offering substitute care must have an enrollment form on file for each participant claimed for reimbursement.
- ◆ Parents must accept or decline the provider's offering of food components.
- ◆ Each provider must state the IFIF provided (name of formula) on the enrollment form or expressed breast milk.
- ◆ Enrollment of each child/infant will be verified during the home reviews conducted by the Home Monitor.

Tiering

- 👤 A provider's Tier status is initially assessed when they are new to the CACFP and when a provider transfers to another Food Program.
- 👤 Three methods determining the Provider's Tier status are:

1. School Data: valid for 5 years
2. Census Data: valid for 5 years
3. Income: verified using IRS 1040 form including the IRS schedule C

For a Tier II provider to claim Tier I rates for any child for in her care, a Meal Benefit Form must be distributed to all parents/guardians of the children enrolled.

Tier I providers may claim their own income eligible participating children for Tier I reimbursement only with approved income documentation on file both in the home and with Clarendon.

Meal Benefit Form

- 📌 Tier 2 providers may send Meal Benefit Forms to each parent or legal guardian for each enrolled child in the home to determine Tier 1 eligibility.
- 📌 Sponsors must determine a child's eligibility category based on the information provided by the parent/guardian.
- 📌 Assessment is valid for 12 months.

Claims & Reimbursement

A **meal** may be claimed when:

- The approved meal was served.
- The meal met the meal pattern.
- The menu was properly documented & posted prior to meal service.
- Meal counts were correctly recorded daily.
- Time in/out records are accurate and up to date per CEES policy
- The meal occurred within the approved meal service time.

A **child** may be claimed when:

- An enrollment form in complete, current and on file.
- The Provider can claim child prior to Clarendon processing eligibility (can claim as Tier 2).
- The child is present and served at the meal service.
- The child, if Provider's own, is present at the meal service when at least one other enrolled participant, who is not the Provider's own child(ren), is present and served at the same meal service.

Required Records For The Child & Adult Care Food Program

- ✓ Posted daily or weekly dated pre-planned menus
- ✓ Your child care license
- ✓ License/approval of all assistants who are working in your child care

The following documents must be on file for immediate review by your home monitor, or representatives from the Department of Elementary and Secondary Education (DESE), and/or the U.S. Department of Agriculture (USDA).

These records must be kept in the child care home and available during your business hours:

- Copy of the Permanent CACFP Agreement
- Copy of the Annual Enrollment Status Update for the current year
- Current month Menus, Meal Counts, and Child Enrollment Forms and Sign In/Out sheet

- Copies of Child Enrollment/Claim Information Forms for the past twelve months
- Copies of Review Detail Report for current fiscal year
- Tier Status documentation
- Physician Statement, if applicable
- Any correspondence regarding the CACFP
- Copies of any approval letters for income eligibility or capacity changes
- Training certificates from CEES

USDA regulations require that providers maintain three years plus the current year of CACFP records. Current year's records are listed above; you may store the remaining two years of records in a manner that is accessible within a reasonable amount of time and under your control. Records may be stored in hard copy or electronic format.

Records available in both your home and the CEES office allow ESE or USDA the ability to confirm the accuracy of records at both locations.

Any advertising of your child care that references the CACFP must have the USDA nondiscrimination disclaimer included. The disclaimer is included in this training. If the material is too small to print the full statement, you may include, in the same print size as the text: ***"USDA is an equal opportunity provider"***.

Monitoring

Provider must be informed of the right of the Sponsoring Agency, State Agency or USDA officials to make unannounced or announced reviews of the home's operations and have access to meal service and records during the normal hours of child care operations. In the event that a provider will not be open the provider must call the "field trip line" and notify the Sponsor that the business will be closed.

What is required during a Home Review

During a home review, your monitor will:

- ✓ See your daily or weekly dated menu(s) posted.
- ✓ View parent signed copies of Child Enrollment Forms for all children in your child care.
- ✓ Review current month's menus, recorded **prior** to meal service, and verify that meal observed matches your menu.
- ✓ Review current meal counts recorded daily, by the end of each business day.
- ✓ View a copy of CACFP Permanent Agreement.
- ✓ View a copy of current fiscal year Annual Enrollment Status Update.
- ✓ Check that the "Building for the Future" poster is in view for parents.
- ✓ See licenses posted for you and current assistants working in your child care.
- ✓ Check your kitchen and food storage areas for general sanitation.
- ✓ Check the temperature of your thermometers in refrigerators and freezers used for child care.
- ✓ Check for expiration dates of refrigerated and dry storage foods.
- ✓ Record all the children's names present. Children that are present and claimed are validated during claims processing. Children listed as absent are not eligible for reimbursement for the observed meal.
- ✓ Reconcile the past 5 days' meal counts to your attendance records and enrollment information. Children listed as absent are not eligible for reimbursement of those days.
- ✓ Record any assistants present.
- ✓ Verify that you are within your license capacity.

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- ✓ Observe either 1% or fat-free milk being served to children over age 2 and whole milk to children ages 1-2, if part of meal service.
- ✓ Give you technical assistance or corrective actions on any menu or other CACFP compliance issues.
- ✓ Give a due date if corrections need to be made.
- ✓ Leave a copy of your last review form (aka as Review Detail Report)
- ✓ Answer questions and provide resources as needed.
- ✓ Check that you are current on CACFP training requirements.
- ✓ Ask if you have specific training needs.
- ✓ Ask you to check information recorded, including attendance information, is accurate, before signing the review form.

Reasons to Contact Your Sponsor

- ❖ Name change
- ❖ Address change
- ❖ New phone number
- ❖ Not home for meal service
- ❖ Meal time change
- ❖ Change of meal type claimed
- ❖ Capacity Change
- ❖ License Change
- ❖ Enrollment changes
- ❖ Questions concerning the CACFP
- ❖ Termination letter does not include training & hours

PROVIDER NAME _____ PROVIDER NUMBER _____



Two (2) Record Keeping Training 2018/2019

QUIZ

1. List the minimum requirements of foods to be served at each type of meal.

2. A complete meal must be provided to each child the meal to be claimed. **TRUE FALSE**
3. 100% pure fruit or vegetable juices are the only type of juices that are allowed. **TRUE FALSE**
4. Nuts and seeds may fulfill up to one half of the meat and/or meat alternate requirement and must be served with another meat or meat alternate **if age appropriate. TRUE FALSE**
5. Parents may decline to have their infant participate in CACFP **TRUE FALSE**
6. List the five (5) basic menu planning principles tips for young children.

7. How can you be a good role model to ensure good eating behaviors and positive attitudes about food

8. How often are grain based desserts permitted **Once a week Once a day No more than twice per day**

9. What is a "Combination Meal" _____

10. Please give at least five (5) examples of Providers Rights _____

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11. What are your Responsibilities as a CACFP Family Day Care Provider

12. Through CACFP how many children receive nutritious meals and snacks _____

13. How many adults receive nutritious meals and snacks _____

14. Yogurt must contain no more than _____ per 6 ounces

15. Breakfast cereals must contain no more than _____ per dry ounce

16. What are some of the "Choking Preventions" for young children _____

17. How would you would encourage Mom breastfeeding in your day care. _____

18. 100% fruit juice, at full strength, may only be served to infants in the 8-11 month age group when the infant is developmentally ready to drink from a cup. **TRUE FALSE**

19. Give at least five (5) examples why you would contact your Sponsor. _____

20. To file a program complaint of discrimination who do you contact and how.
