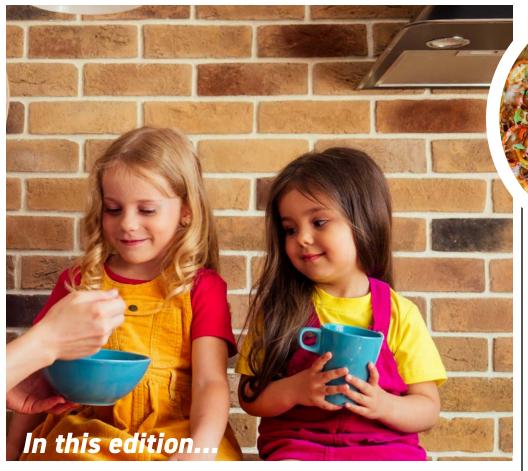


ODBCACFP.org



INFANT MENUS AND MEAL TIMES

Claiming infants in the CACFP can feel pretty daunting, but Our Daily Bread, CACFP makes keeping documentation no sweat!

In this edition of *The Link*, we cover documentation guidelines and best practices for claiming infants and what you need to know when changing meal times or shifts. Mastering these areas can help you maximize your claim for your child care facility.



4 Spring Meal Planning



Claiming Infants in the CACFP



Our Daily Bread 2024 Training Schedule



10 Making Changes to Meal Times and Shifts





Featured Educators:

the owners, directors, and leaders at Olive Tree Early Learning Academy and Funshine Child Care are making a major difference in the lives of children.

Read their stories on pages 13 and 14.

Magazine Editor-in-Chief | Bria McKamey
Editor | Ashley Little
Graphic Design | Zach Oran
Stock Photography courtesy of Envato Elements.

A LETTER FROM OUR PRESIDENT

Dear friends,

Providing training and resources for educators to serve healthy, affordable meals to children is a great privilege for our organization. We value community, diversity, and integrity. We lead by example, making ethical choices and believing in the worth of every individual.



Since 1995, Our Daily Bread Child and Adult Care Food Program (ODB CACFP) has been dedicated to the nutritional care of children. Partnering with educators, we serve over 12,000 meals a day to children and adults across the states of Tennessee and Kentucky.

At Our Daily Bread CACFP, we firmly believe that knowledge is power. We are committed to informing the public about making healthy food choices and educating adults and children about the importance of proper nutrition. This is a vital step in our collective fight against the epidemics of childhood hunger and childhood obesity. Through our programs, we offer thorough training and technical assistance to daycare homes, adult care, and childcare centers, ensuring that they are equipped with all the necessary tools to provide nutritious meals to those in their care.

We have taken extraordinary pride in being members of the National CACFP Sponsors Association since 2004. Our Executive Director, Senta Hester, has played a significant role within the association. She has served as a board member, chairperson, vice president, and as president. Senta's dedication and leadership have been instrumental in advancing our cause, and in 2017, she was elected as the president of the National CACFP Sponsors Association, serving a twoyear term.

Looking ahead, we remain committed to promoting children's health and well-being. Our vision is a society where healthy choices are the norm, and education is promoted, taught, encouraged, and passed on to educators and parents, and ingrained in our children at a very young age. Your support makes this possible. Childcare educators lay the foundation for the future of our society, and we are proud to walk along your side as positive forces in the lives of children.

Together, let us build a future where every child has access to nutritious meals and the knowledge for healthy living. Thank you for being part of our journey.

Warm regards,

Phillip Hester

President, Our Daily Bread CACFP

Lunch/Dinner

Snack

Spring Meal Planning This sample menu is for ages 1-12 Yrs.

Monday

Tuesday

Wednesday

Thursday

Friday

ABC **Smoothie**

Skim/1%/Whole **Apples** Cranberries Beets Low-Fat Yogurt

Give a Moose a Muffin...

Skim/1%/Whole Grapefruit Whole Grain -Banana Muffins

Dr. Seuss **Pancakes**

Skim/1%/Whole Sliced Bananas & Strawberries Whole Grain -**Pancakes**

Peachy **Parfait**

Skim/1%/Whole Peaches Greek Yogurt Granola

Breakfast of Champions

Skim/1%/Whole Bananas Whole Grain -Wheaties

Zucchini Lasagna

Skim/1%/Whole Mozzarella & Cottage Cheese Zucchini, Sliced Purple Grapes Whole Grain -Lasagna Noodles

Sunny Lemon Chicken

Skim/1%/Whole Chicken Breast Peas Cantaloupe Whole Grain -Dinner Roll

Green Eggs & Ham

Skim/1%/Whole Egas & Ham Hashbrowns Cherries Whole Grain -English Muffin

Cheesu Tilapia

Skim/1%/Whole Tilapia with Parmesan -Cheese Asparagus Manages Whole Grain -Brown Rice

Sausage Flatbread Pizza

Skim/1%/Whole Mozzarella -Cheese & Italian Sausage **Red Peppers** Blueberries Whole Grain -Tortillas

Avocado **Express**

Water Avocado Slices Whole Grain Crackers

Cheerios with Raisins

Water Raisins Whole Grain -Cheerios

One Fish Two Fish

Water Lorax Drink -(100% Orange Juice) Whole Grain -Goldfish

Deviled Eggs

Water Deviled Eggs Celery Sticks

Turkey Sliders

Water Turkey & Cheese Hawaiian Rolls

This sample menu is for ages 6-11 months.

Monday

Tuesday

Wednesday

Thursday

Friday

IFIF or BM

Yogurt Applesauce

IFIF or BM

Infant Whole -Wheat Cereal **Diced Pears**

IFIF or BM

Infant Oatmeal Sliced Bananas & Strawberries

IFIF or BM

Yogurt **Diced Peaches**

IFIF or BM

Yogurt Mashed -Blueberries

IFIF or BM

Cottage Cheese or Iron Fortified -Infant Rice -Cereal Cooked -Zucchini

IFIF or BM

Infant or Diced Chicked Peas

IFIF or BM

Scrambled -Eggs & Infant or Diced Ham Hashbrowns Mashed -Cherries

IFIF or BM

Infant Rice -Cereal or Tilapia Cooked & Diced Asparagus

IFIF or BM

Mozzarella -Cheese or Infant Whole -Wheat Cereal Green Beans

IFIF or BM

Avocado Slices Whole Grain -Crackers

IFIF or BM

Diced -Cantaloupe Cheerios

IFIF or BM

Sliced Oranges Goldfish

IFIF or BM

Mangoes Graham -Crackers

IFIF or BM

Sliced -**Tomatoes** Hawaiian Rolls

Snack

Breakfast

Lunch/Dinner

6

CLAIMING INFANTS IN THE CACEP



BY KELLY CHILDERS
FIELD REPRESENTATIVE
OUR DAILY BREAD CACFP

Claiming infants in the CACFP can feel pretty daunting, but Our Daily Bread CACFP makes keeping documentation no sweat!

To stay in compliance while claiming infants on the CACFP, educators should maintain documentation for all meals and attendance just as they would any other child. This should include having an Infant Master Menu posted for parents.

However, because infants are developing at different paces, one menu is not enough. Individual infant menus are required.

These menus should be completed throughout the day and filed on site.

Additionally, each infant should have an infant addendum for milk preferences. These should be sent over with the child's enrollment forms.

Infant Addendum: This form introduces the parent to the food program and what they can expect their child to be served during the day. Each educator should choose an iron fortified infant formula to keep on site. On this addendum, the parent

can choose to provide breast milk (BM) or an iron fortified infant formula (IFIF) of their choice OR request that the educator supply their formula designated on the form.

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Due Passes:

This still see exerce principases in the URBA Child do Adult Cent Food Prings on (CACET). This program provides reministration to the enter his confidence was served to prevail under office in our case. We want to work with your principations of the confidence was a confidence

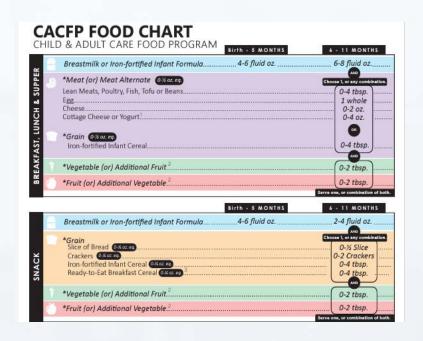
If a parent/guardian chooses to supply the BM or IFIF, the educator will still be reimbursed. For infants 0-5 months, even if the parent/guardian supplies the component, this meal is fully reimbursable.

When infants turn 6 months OR are developmentally ready for table foods, the parents can continue supplying the milk, but the educator would have to supply the other remaining components to be reimbursed.

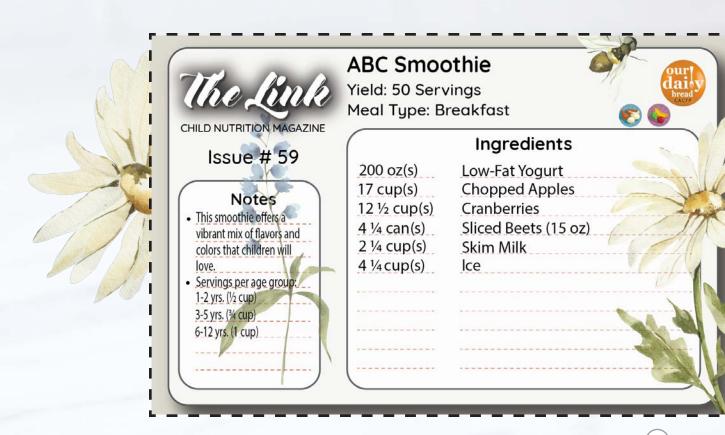
Infant Required Components: As mentioned previously, infants should be given milk (breast milk or iron fortified infant formula) at all meals and snacks for both the 0-5 month and 6-11 month age groups.

After infants are developmentally ready for table food, please be sure to pay close attention to the additional required components listed on the CACFP food chart.

Please keep in mind, you can reach out to your Field Representative or Case Manager for assistance. We are always happy to help with any documents you may need!



Iron fortified infant cereal OR a meat/meat alternate are required at all meals. Grains such as crackers or breads are only creditable at snacks.







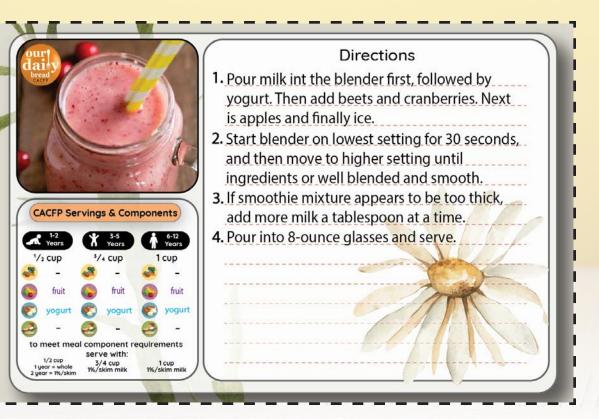




Looking for menu planning tips, CACFP recipes, and administrative best practices?

Attend a training with Our Daily Bread CACFP!

Visit odbcacfp.org to sign up for our mailing list so that you can be the first to register. Space is limited - reserve your seat ASAP!





*Please note that child care educators in Kentucky who attend this session will not receive ECE-TRIS credit.

However, you will be awarded CACFP annual training credit.

Join us for a concise, hands-on workshop designed specifically for child care educators participating in the Child and Adult Care Food Program (CACFP). You'll gain insights into CACFP guidelines and regulations, focusing on key areas like meal patterns, menu planning, and record-keeping. Learn how to serve nutritious, well-balanced meals, and discover strategies for encouraging

healthy eating habits in children.

We'll explore adding more fruits, vegetables, and whole grains to meals, catering to dietary needs, and efficiently managing food costs and waste. This workshop is a great opportunity to understand CACFP better, network with fellow educators, and enhance your skills in providing healthy meals to children. Join us to elevate your CACFP involvement!

REGISTER ONLINE:

training.odbcacfp.org

OR CALL:

(865)938-6328

Lexington, KY

Jan. 27, 2024

Winchester, KY

Feb. 24, 2024

Knoxville, TN

March 16, 2024

Clarksville, TN

March 30, 2024

Chattanooga, TN

May 18, 2024

Louisville, KY

June 1, 2024

Memphis, TN

June 22, 2024

Lexington Public Library, Northside Branch

10:30a 2:00p

Clark County Extension Office

10:00a - 1:00p

Public Works Service Center

■ 10:00a - 1:00p

■ Clarksville-Montgomery County Public Library

10:00a - 1:00p

East Ridge Community Center

11:30a - 2:30p

St. Matthews-Eline Branch Library

10:00a - 1:00p

Benjamin L. Hooks Central Library - Memphis Public Library

■ 11:00a - 1:00p

ALL SESSIONS, 100% FREE!



MAKING CHANGES TO MEAL TIMES AND SHIFTS



BY TAKESHA MIDDLETON TN CENTERS PROGRAM MANAGER OUR DAILY BREAD CACEP

Serving kids within your meal time window is very important for your CACFP sponsor and for TDHS.

We do know the life as a childcare facility owner or director can be very busy at times with parents, staff, and children in your care.

There may be times where something has happened at the home or center that has put your facility's meal time behind. In those instances, please contact your Case Manager or Field Representative to inform them of this change.

This is very important. If we or TDHS conduct a monitoring review and your meal has been served out of your approved meal time, there is the chance the meal will not be claimable for reimbursement. If you feel like a different meal time would work better for your location, we are able to change your meal times in our system and in the state system. Just inform your Case Manager of the mealtime changes that are needed.

If you are needing to add a meal or shift to your location, this process is a little different. You will inform your Case Manager, and they will submit it for approval to the program manager in the state. The approval process cannot be done in the middle of the month. If the added shift or meal is submitted before the 19th

of a month, it will be

approved for the following month to come. If it is received after the 19th, it will not be able to be approved until the following month. For example, if you submit your meal time change on February 20th, it will not be able to be approved until April 1st, because the deadline for changes to be applied earlier than that has already passed.

If at any time you have questions or concerns, please contact your Case Manager or Field Representative. We are happy to help!



MONITORING REVIEW TIP



Contact the ODB CACFP office if you will be closed ahead of any scheduled meal times. Serve all approved meals within the approved meal times or shifts. If you need to make a change to any meal times or add a meal, please contact us as soon as possible for approval.





Issue #59

Notes

- This snack is a fantastic way to introduce children to the flavors of the Mediterranean while providing essential nutrients.
- Servings per age group: 1-2 yrs. (1/2 cup) 3-5 yrs. (1/2 cup) 6-12 yrs. (3/4 cup)

Israeli Salad

Yield: 50 Servings Meal Type: Snack

Ingredients

13 ½ cup(s) 91/4 cup(s) 2 1/4 cup(s) 6 tbsp 14 1/4 tbsp 14 1/4 tbsp 3/4 tbp

Cucumbers **Tomatoes** Onions Fresh Parsley Olive or Canola Oil Lemon Juice

Salt



Scan the QR code to find more recipes like this one in our Quick Bites series on YouTube!





CHILD NUTRITION MAGAZINE

Issue # 59

Notes

- A fun mealtime activity is to let the children personalize their pizzas with their favorite toppings.
- Servings per age group: 1-2 yrs. 1 slice 3-5 yrs. 1 slice

6-12 yrs. 1 slice

Sausage Flatbread Pizza

Yield: 50 Servings Meal Type: Lunch/Dinner



50 6 1/4 cup(s) 4 1/4 tbsp 4 1/4 tsp Garlic Powder 50 oz(s) 10 ½ cup(s) 21 cup(s)

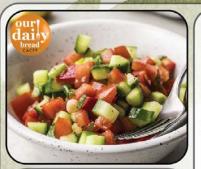
Whole Grain Tortillas **Tomato Paste Italian Seasoning**

Cooked Italian Sausage **Red Bell Pepper Strips**











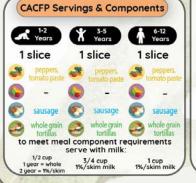
Directions

- Dice cucumbers, tomatoes and onions finely. Mix together in a bowl.
- 2. Add parsley, olive oil, lemon juice and salt. Mix until vegetables are well-coated.
- 3. Serve with whole grain pita chips, sliced bread, or a wheat tortilla.









Directions

- 1. Preheat oven to 400 F.
- 2. In a small bowl combine tomato paste, Italian seasoning, and garlic powder.
- 3. Spread tomato paste on each tortilla, add sausage, pepper strips, and mozzarella cheese. Bake for 6 to 8 minutes or until crispy and golden.

Above: Children from Olive Tree Early Learning Academy playing in outdoor playscape.

Right: Children at Olive Tree Early Learning Academy take part in a creative activity.



FEATURED CACEP SITES

Tennessee Featured Educator: Olive Tree Early Learning Academy



BY SHEENA WILSON CASE MANAGER **OUR DAILY BREAD CACFP**

I am pleased to introduce the Tennessee Featured Educator for this edition, Olive Tree Early Learning Academy.

Daniel and Mandy Watson began their journey working with low income, mother-led families at The Restoration House in Knoxville, Tennessee.

Through The Restoration House, the Watsons helped these families find community and become more self-sufficient, but they discovered that a lack of access to dependable childcare made it difficult for these families to experience stability. This experience is what led them to open Olive Tree Early Learning Academy on September 11, 2023. Olive Tree Early Learning Academy is located in West Knoxville, on 16 beautifully wooded acres. By connecting families with exceptional educators in a wholechild approach, Olive Tree is able to provide high-quality early education in a creative, safe, and

inclusive environment.

Olive Tree is working to be a true holistic hub for families where they not only receive an excellent education, but also have access to a trauma responsive, therapeutic

"Our school brings together a diverse community of families and children from all walks of life."

> space. Their outdoor playscape overlooks a large pond where the children get to view ducks, fish, turtles, and frogs during their extensive time

Olive Tree currently has plans and partnerships in store to help develop even more on-site therapeutic offerings.

exploring nature.

When asked what

she loved most about the work she does at Olive Tree, Mandy Watson said, "Olive Tree is one of the greatest sources of joy that I've ever experienced. Our school brings together a diverse community of families and

> children from all walks of life. Each day our teachers and staff are bringing the equality of opportunity for excellent early childhood education to children who might otherwise never receive this chance. I love that Olive Tree is evening

the playing field while also building a community that reflects our values of dignity, respect, collaboration, and reciprocity.'





Kentucky Featured Educator: Funshine Child Care



BY KIMBERLEY CASTELLUZZO FIELD REPRESENTATIVE OUR DAILY BREAD CACFP

Our Daily Bread is excited to spotlight Funshine Child Care in Covington, Kentucky!

Funshine's director, Allyssa (Ally) Bishop, started working in child-care straight out of high school and never looked back! The love she has for the children has fueled her motivation for the past eight years.

Funshine Child Care has been sponsored by Our Daily Bread, CACFP for three years. Ms. Ally joined their team as director shortly after.

When asked what she loved most about the CACFP, she said, "the kindness of the staff and the quality they maintain for the children they help serve."

Our Daily Bread certainly appreciates the kind words, but we know our educators are the true superstars!

Ms. Ally prides herself on providing a safe and loving environment for children of all backgrounds to learn and grow. The excellent work she does at Funshine is a true testament of how much she loves and cares for each child.

"They make it easy to maintain high standards for tiny humans. 10/10 recommend!"

Ms. Ally and the kiddos at Funshine have a favorite

meal: meatball hoagies with mozzarella cheese. They serve it up with carrots, apple slices, and milk for a yummy (and creditable) meal!

I asked Ms. Ally what advice she would give a new educator who is thinking about joining the CACFP. Her response? "Do it! They make it easy to maintain high standards for tiny humans. 10/10 recommend!"

A BIG thanks to Ms. Ally and her staff at Funshine Child Care! Your hard work and dedication is greatly appreciated and definitely does not go unnoticed!

Above left: Allyssa Bishop, director of Funshine Child Care located in Covington, Kentucky.



At Our Daily Bread CACFP, we believe in community both inside and outside our walls. The Educator Portal is a tool meant to help you stay connected as an Educator to Our Daily Bread and all things CACFP. The Educator Portal makes completing and submitting documents to your Case Manager easier than ever before! Child Care is a challenge and we're trying our best to remove pain-points from your daily operations. Be on the lookout for more upcoming features soon!

History of Documentation

Access a library of all of your past uploaded documents. This will allow you to download any document you need without having to contact Our Daily Bread CACFP.

- o Easily retrieve documents from your history.
- o Never lose any of your CACFP documents.
- o Accessible anytime.

Credible Cuisines

Dive into a rich collection of CACFP approved recipes, tailor yields to your needs, and bookmark favorites to your personal culinary vault.

- Comprehensive library of CACFP approved recipes.
- o Save your favorite recipes to a personal cookbook.
- o Recipes with compliant CACFP crediting information.
- Adjust recipe yields to fit your serving needs.

More Portal Perks Coming Soon!

- o E-Sign & Online Form Completions
- o Annual CACFP Training
- o CACFP Calendar

CACFP Calculators

Equip yourself with smart tools that effortlessly crunch numbers, ensuring cereals, yogurts, and grains meet CACFP standards.



- o Calculate if a cereal or yogurt remains compliant to CACFP sugar limits.
- o Calculate grain ounce equivalents for commonly served grain components.

CN Label Archive

Navigate through a curated gallery of CN Labels, and save all of the essentials to your quick-access favorites shelf.



- o Browse a collection of CN Labels tailored for CACFP.
- o Save CN Labels to a favorites list for quick reference.







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mail:

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mail

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his institution is an equal opportunity provider.

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