

COMING SOON TO A MEAL NEAR YOU!

## Child and Adult Care Food Program Meal Pattern Revisions

WE ARE EXCITED TO ANNOUNCE the many positive changes to the newly revised CACFP meal patterns that will make our important program even better! The new CACFP meal patterns ensure children have access to healthy, balanced meals throughout the day. The changes



will take effect **October 1, 2017**

which gives everyone ample time for learning about the changes, implementing them and making a smooth transition to an even healthier meal pattern. Information, training and plenty of resources will be available as the changes are rolled out over the next 14 months.

### New Infant Meal Pattern Highlights

The changes to the infant meal pattern support breastfeeding and the consumption of vegetables and fruit without added sugars.

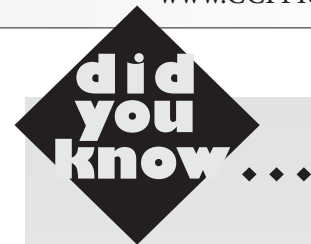
#### Encourage and support breastfeeding:

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

#### Developmentally appropriate meals:

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

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- ▶ More than 40% of eye injuries every year are related to sports or recreational activities.
- ▶ Eyes can be damaged by sun exposure, not just chemicals, dust or objects.
- ▶ Baseball is the leading cause of sports-related eye injuries in children 14 and under.
- ▶ More than 90% of all eye injuries can be prevented through use of suitable protective eyewear.
- ▶ More fires are reported on the 4th of July than any other day of the year in the U.S.
- ▶ The human body is 50–75% water with babies and children having the highest percentage of water.

Sources: American Academy of Ophthalmology, [www.nfpa.org](http://www.nfpa.org), [KidsHealth.org](http://KidsHealth.org), [chemistry.about.com](http://chemistry.about.com)

### Quotable Quotes

“Keep moving—Keep playing—Keep dreaming.”

– Susan O’Malley

## INSIDE:

- ◆ Eye Injury Prevention
- ◆ Red, White & Blue Stuffed Strawberries
- ◆ Spa Water Recipes
- ◆ Fun with Scarves

# Child and Adult Care Food Program Meal Pattern Revisions

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## More nutritious meals:

- Requires a vegetable or fruit to be served at snack for older infants.
- No longer allows juice, cheese food or cheese spread to be served.
- Allows ready-to-eat cereals for older infants at snack time.
- Allows yogurt and whole egg for older infants for protein.



## New Child Meal Pattern Highlights

Under the new child meal pattern, meals served will include a greater variety of vegetables and fruit, more whole grains and less added sugar and saturated fat.

### Greater variety of vegetables and fruits:

- The combined fruit and vegetable component is now a separate vegetable component and a separate fruit component.
- Provider can serve either a fruit and a vegetable or 2 vegetables at lunch and supper.
- Juice is limited to once per day.

## More whole grains:

- At least one serving of grains per day must be whole grain-rich.
- Grain-based desserts no longer count towards the grains component.
- Ounce equivalents (oz. eq.) are used to determine the amount of creditable grains (starting October 1, 2019).

## More protein options:

- Meat and meat alternates may be served in place of the entire grains component at breakfast a maximum of three times per week.
- Tofu is reimbursable as a meat alternate.

## Less added sugar:

- Yogurt must contain no more than 23 grams of sugar per 6 ounces.
- Breakfast cereals must contain no more than 6 grams of sugar per dry ounce.

## Making every sip count:

- 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; and unflavored low-fat, unflavored fat-free or flavored fat-free milk must be served to children 6 years old and older.
- 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.

## Healthier Meal Preparation:

- Deep-fat frying is not allowed as a method of preparing foods on-site. Pre-fried foods may be reheated in an oven or microwave oven.

These new nutrition standards are the first major changes to the CACFP meals and snacks since the Program's inception in 1968. These improvements are expected to enhance the quality of meals served in CACFP and to help children adopt healthy eating habits early in their lives.

## KIDS' HEALTH & SAFETY

# Children's Eye Injuries: Prevention and Care

**WHEN CHILDREN** participate in sports, recreation, crafts or home projects, it's important to follow eye safety practices and use protective glasses or goggles as appropriate. Each year thousands of children sustain eye damage or even blindness from accidents at home, at play or in the car. Sports deserve particular attention, because eye injuries occur fairly often in children and young adult athletes between the ages of five and 14.



### Preventing Injuries

- Children should wear protective eye wear made with polycarbonate lenses for baseball, basketball, football, racquet sports, soccer, hockey, lacrosse and paintball.
- All chemicals and sprays must be kept out of reach of small children.
- Parents and care givers need to practice safe use of common items that can cause serious eye injury, such as paper clips, pencils, scissors, bungee cords, wire coat hangers and rubber bands.
- Teach children to practice eye safety by safeguarding your own sight with protective eyewear during potentially dangerous yard work and household repairs or projects.
- Purchase only age-appropriate toys.
- Avoid projectile toys such as darts, bows and arrows and missile-firing toys.
- Look for toys marked with "ASTM", American Society for Testing and Materials, which meet national safety standards.
- Use safety gates at the top and bottom of stairs. Pad or cushion sharp corners. Put locks on all cabinets and drawers that kids can reach.

- Do not allow children to play with non-powder rifles, pellet guns or BB guns. They have been reclassified as firearms and removed from toy departments.
- Do not allow children near fireworks, especially bottle rockets. These fireworks pose a serious risk of eye injury and have been banned in several states.
- When young children (age 4 and younger) are bitten by dogs, eye injuries occur about 15 percent

of the time. The dog is usually one the child knows.

- On the road, make sure children are properly secured in infant and child safety seats. Store loose items in the trunk or secured on the floor, as any loose object can become a dangerous projectile in a crash.

### First Aid

A serious eye injury is not always immediately obvious. Delaying medical attention can cause the damaged areas to worsen and could result in permanent vision loss or blindness. While seeking medical help, care for the child as follows:

- DO NOT touch, rub or apply pressure to the eye.
- DO NOT try to remove any object stuck in the eye. For small debris, lift eye lid and ask child to blink rapidly to see if tears will flush out the particle. If not, close the eye and seek treatment.
- Do not apply ointment or medication to the eye.
- A cut or puncture wound should be gently covered.
- Only in the event of chemical exposure, flush eye with plenty of water.

— Adapted from: *American Academy of Ophthalmology*,  
Reviewed by: *Brenda Pagan-Duran MD*

## Spa Water Recipes

**DELICIOUS, REFRESHING FLAVORED WATER** is a healthy replacement for sweetened beverages like soda and punch and is the perfect drink on a hot summer day and for any occasion.

Fruits and vegetables you may want to try alone or in combination: oranges, lemons, limes, grapefruit, watermelon, cantaloupe, berries, cucumber, mango, kiwi, sweet peppers or pineapple, or try the following suggestions.

### CITRUS CUCUMBER WATER

- Lemon, sliced
- Lime, sliced
- Orange, sliced
- Cucumber, peeled and sliced
- Water

### ORANGE MINT WATER

- Oranges, sliced
- Mint leaves
- Water

### SWEET PEPPER WATER

- Red pepper, sliced
- Orange pepper, sliced
- Yellow pepper, sliced
- Water

### MELON WATER

- Watermelon, cubed
- Honeydew melon, cubed
- Cantaloupe, cubed
- Basil leaves
- Water

### LEMON ROSEMARY WATER

- Lemon, sliced
- Rosemary sprigs
- Water

### STRAWBERRY KIWI WATER

- Strawberries, sliced
- Kiwi, peeled and sliced
- Mint leaves
- Water

1. Place all fruit, vegetables and/or fresh herbs in a pitcher and add water.
2. Let flavors develop for 2 hours or longer and serve over ice, garnish if desired.

## Red, White & Blue Stuffed Strawberries

Strawberries, fresh .....	20-25	Powdered sugar .....	3 Tbsp
Blueberries, fresh .....	20-25	Vanilla extract .....	1 tsp
Mascarpone cheese .....	8 ounces		

1. Rinse and dry berries. Set aside blueberries. Cut a small slice off the bottom of each strawberry so that they can stand up on a plate. Using a small melon baller, scoop out the top and stem of each strawberry.
2. Beat together cheese, sugar and vanilla until fluffy. Place mixture in a Ziploc bag and snip off a tiny corner to make an opening like a pastry bag.
3. Gently squeeze the cheese mixture into each strawberry and top it with a blueberry.

Yield: 4-6 servings

Meets requirement for fruit/vegetable

**Food Funny** Q: Why did the orange stop in the middle of the road?  
A: Because he ran out of juice!

## Activity Corner

### FUN WITH SCARVES

Have children stand a safe distance apart so they have room to stretch their arms wide while swinging and tossing the scarves.

Ask the children to “draw” with a scarf. Can they draw:

- A triangle in front of them
- A circle over their heads
- A square or oval on their right and then left side
- Switch hands and repeat

Toss the scarf in the air and catch it. Then make it more challenging:

- Toss and then clap once, then twice before catching it
- Spin around and catch it before it drops
- Catch it on their head, elbow, knee, foot
- Toss a scarf to a friend for them to catch
- Switch hands and repeat

Turn on music and dance with the scarves. Try some slow songs, then fast songs to get those hearts beating.

— Adapted from Spark!

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