



Food For Thought

Bright from the Start: Georgia Department of Early Care and Learning



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Bright from the Start Nutrition Services' Vision Statement:

Working together with our partners to *eradicate* hunger and ensure nutritious meals for ALL Georgians!

From the Chair of the Director



Bright from the Start: Georgia Department of Early Care and Learning is committed to supporting the development of young children throughout the state. In addition to the Child and Adult Care Food Program (CACFP) and the Summer Food Service Program (SFSP), the U.S. Department of Agriculture also funds the Women's, Infants, and Children Program (WIC), which was established in 1972. The WIC program is designed to improve the health and nutritional status of low-income pregnant, postpartum and breastfeeding women and children up to the age of five years.

WIC participants receive vouchers to redeem at authorized grocery stores and pharmacies for food that is rich in protein, iron, calcium, and vitamins A and C. These foods include cheese, milk, eggs, 100% fruit juice, dried peas and beans, peanut butter, and infant formula. Participants who are breastfeeding their babies can also purchase carrots and tuna in addition to the standard food package.

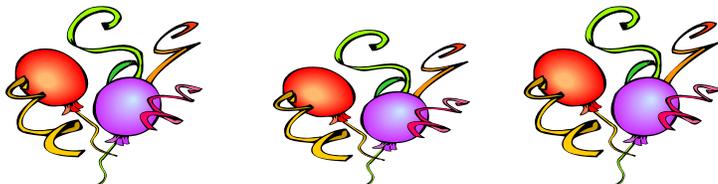
You can help the families you serve by educating them about the WIC program. Make sure that your institution is distributing the current WIC Information Fact Sheet, which is updated annually in April. The WIC Information Fact Sheet can be downloaded from our website at www.decal.state.ga.us under "Nutrition Services". Refer parents to their local health department if they want more information. They can also visit the DHR website at www.dhr.georgia.gov, and search under "Services" to find a location.

Perfect CACFP Reviews

The Nutrition Services Division congratulates the following institutions for having perfect CACFP Reviews:

1. **St. Peter's Preschool**– St. Peter's Preschool recently had a perfect 90 Day Review in March 2007.
2. **Brookhaven Christian Child Development Center**– Brookhaven Christian CDC recently had a perfect 3 Year Review in April 2007.

Congratulations! Keep up the good work!



CACFP Requirements

Bright from the Start must operate the Child and Adult Care Food Program in compliance with the Federal regulations, 7 CFR 226, USDA policies, instructions and circulars.

The USDA has authorized Bright from the Start, with the USDA's approval, to create policies that are more stringent than the federal regulations. Bright from the Start may also issue policies or policy memos to provide guidance or clarify broad provisions in the regulations.

If your organization has a question about a particular rule or stipulation, we suggest that you refer to the Federal regulations first. If the regulations do not address the rule or stipulation, or appear to be in conflict with information or guidance provided, there may be a USDA policy that overrides the regulations.

As participants on the program, you can reference the Federal regulations and Bright from the Start's policies on the our website.

If you are unable to locate a specific rule or regulation, you may contact your consultant or a Nutrition Services Manager for clarification.

Planning Healthy Snacks for Kids

Healthy snacks are an important part of a child's eating habits. Serving healthy snacks encourages healthy eating and equips children to develop good eating habits that can follow them into their adult years.



Snack Planning Tips

1. Use principles such as balance, moderation, and variety. Snack time can be used to teach children that snacks can be healthy by:
 - a. serving a variety of fruit, vegetables and whole grains
 - b. choosing food that is low or moderate in fat
 - c. limiting salty food
 - d. limiting desserts or food with highly processed sugar, serving no more than twice per week.
2. Remember that the CACFP meal patterns require food from two different component groups. For example, apple juice and carrot sticks would not be a reimbursable snack, because both items come from the same component group. Plan snack menus that contain food from at least two of the following food groups:
 - a. Milk
 - b. Bread or Bread Alternate
 - c. Vegetable or Fruit or 100% Juice
 - d. Meat or Meat Alternate
3. Satisfy different appetites (i.e., sweet, crispy, warm, cold/thirst) with a variety of healthy food.
 - a. Sweet – banana slices, pineapple chunks, apple wheels
 - b. Crispy – carrot sticks, cucumber strips, toast, cereal mix
Note: Only serve crispy items when they are age appropriate.
 - c. Warm – tomato soup, chicken soup
 - d. Cold or Thirst – vegetable or fruit juice, fruit & yogurt shakes

Sample of Reimbursable CACFP Snacks

Monday	Tuesday	Wednesday	Thursday	Friday
Low-Fat Yogurt Strawberries	Blueberry Muffins Milk	Mini Bagels Sliced Cheese	Bananas Vanilla Wafers	Turkey Sandwich 100% Fruit Juice Bar

Ask Pierre Baguette



Dear Pierre,
I heard through the "grapevine" that CACFP policy #00-8 was recently revised. What was revised in the policy, and how will it affect CACFP participants?

**Sincerely,
No Gossip Here**

Dear No Gossip Here:
CACFP policy #00-8 was revised on 5/21/07 for all Independent Centers, Center Sponsors, Day Care Home Sponsors, and Administrative Sponsors. New applicants will be approved to submit claims the first day of the month that the application process is complete, which includes a successful pre-op review. Experienced applicants may be approved to submit claims the first day of the month preceding the month that the application is complete. These same procedures apply to

Center and Administrative Sponsors, who are adding sites to their sponsorship, and are submitting claims for reimbursement on their behalf.

Dear Pierre,
We operate an Adult Care facility under the CACFP, and I want to make sure that we are in compliance with everything. Has Bright from the Start issued a CACFP policy for Adult Care facilities?

**Sincerely,
100% compliance**

Dear 100% Compliance:
Thank you for writing! Actually, Bright from the Start recently issued policy #07-33, which is a new policy that discusses eligibility requirements that must be met for adult care centers to be eligible to participate in

the CACFP. You should check it out.

Dear Pierre,
I am planning to start an After School Program at my center when the new school year begins. Can you tell me how to determine if my center is eligible to participate in the At-Risk After School Care Snack Program?

**Sincerely,
Snacks for After School**

Dear Snacks for After School:
Yes! Yes! Bright from the Start has issued policy #07-34 to help you. This is a new policy that discusses eligibility requirements for centers and other eligible organizations that would like to participate in the At-Risk After School Care Snack Program.

Dear Pierre,
My Nutrition Program Consultant recently

completed my CACFP review. She reclaimed meals because I did not indicate on the Daily Menu and Food Service Record Form that I served buns on the day that I served hamburgers. Was she supposed to reclaim those meals?

**Sincerely,
Justice**

Dear Justice:
Yes, she was supposed to reclaim the meals. All of the required food items that are served in any given meal service must be listed on the Daily Menu and Food Service Record form.

To all my readers:
Everyone, please make sure that you read each policy and policy memo in its entirety. All of them can be found on the Bright from the Start website, www.decal.state.ga.us.

Reminders from the Finance Department

1. Per CACFP Policy #1-15 and SFSP Policy #03-4, all CACFP Independent Centers and Sponsors who are participating in the Child and Adult Care Food Program and/or the Summer Food Service Program are required to submit an original claim for reimbursement within **30 calendar** days following the end of the claiming month.
2. Payment for reimbursement is processed once a week. It may take 3 - 5 business days from the date that the claim was processed in CNP 2000 for the funds to be available in your institution's bank account.
3. Always make sure that your e-mail address is current in your institution's application in CNP 2000.



Nutrition Services CACFP Consultant Territories

1. **Rae-Marie Lockhart** - Bibb, Bleckley, Chattahoochee, Crawford, Crisp, Dodge, Dooly, Harris, Houston, Laurens, Macon, Marion, Montgomery, Muscogee, Peach, Pulaski, Schley, Stewart, Sumter, Talbot, Taylor, Telfair, Treutlen, Twiggs, Upson, Webster, Wheeler, Wilcox, and Wilkinson county.
2. **Brenda Carter** - Atkinson, Baker, Ben Hill, Berrien, Brooks, Calhoun, Clay, Clinch, Coffee, Colquitt, Cook, Decatur, Dougherty, Early, Echols, Grady, Irwin, Lanier, Lee, Lowndes, Miller, Mitchell, Quitman, Randolph, Seminole, Terrell, Thomas, Tift, and Turner county.
3. **Cassandra Sylvester** - Baldwin, Butts, Clarke, Clayton, Hancock, Jasper, Lamar, Madison, Monroe, Morgan, Newton, Oconee, Oglethorpe, Putnam, Rockdale, Spalding, and Walton county.
4. **Deidrea Thompson** - Banks, Barrow, Burke, Columbia, Elbert, Emanuel, Franklin, Glascock, Greene, Gwinnett, Hart, Henry, Jackson, Jefferson, Jenkins, Johnson, Lincoln, McDuffie, Richmond, Screven, Stephens, Warren, Washington, and Wilkes county.
5. **Reynold Salamo** - Appling, Bacon, Brantley, Bryan, Bulloch, Camden, Candler, Charlton, Chatham, Effingham, Evans, Glynn, Jeff Davis, Liberty, Long, McIntosh, Pierce, Tattnall, Toombs, Ware, and Wayne county.
6. **Valerie Coulton** - Bartow, Carroll, Catoosa, Chattooga, Cobb, Coweta, Dade, Douglas, Floyd, Gordon, Haralson, Heard, Meriwether, Murray, Paulding, Polk, Troup, Walker, and Whitfield county.
7. **Sonya James** - Cherokee, Dawson, DeKalb, Fannin, Forsyth, Gilmer, Habersham, Hall, Lumpkin, Pickens, Rabun, Towns, Union, and White county.
8. **Bridgette Merrett** - Fayette, Fulton, and Pike county.

**We are
here for YOU!**

Nutrition Services

Jackie Romain

Director
404-651-8197
Jackie.romain@decal.state.ga.us

Lou Brienza

Program Manager
404-651-7433
Louis.brienza@decal.state.ga.us

Marissa Hamm

Policy Administrator
404-651-7181
Marissa.hamm@decal.state.ga.us

Leslie Truman

CACFP Administrative Assistant
404-657-1779
Leslie.truman@decal.state.ga.us

Kay McCorkle

CACFP Business Process Manager
404-463-0970
Kay.mccorkle@decal.state.ga.us

Wanda Simkins

CACFP Application Specialist
404-651-7191
Wanda.simkins@decal.state.ga.us

Falita Flowers

CACFP Admin/DCH Sponsor
Coordinator & Review Manager
404-656-6452
Falita.flowers@decal.state.ga.us

Brenda Carter

Nutrition Consultant
678-920-4026
Brenda.carter@decal.state.ga.us

Deidrea Thompson

Nutrition Consultant
678-634-2038
Deidrea.thompson@decal.state.ga.us

Valerie Coulton

Nutrition Consultant
770-222-6676
Valerie.coulton@decal.state.ga.us

Sonya James

Nutrition Consultant
770-808-5307
Sonya.james@decal.state.ga.us

Cassandra Sylvester

Nutrition Consultant
678-699-4206
Sylvester.cassandra@decal.state.ga.us

Bridgette Merrett

Nutrition Consultant
404-243-7351
Bridgette.merrett@decal.state.ga.us

Rae-Marie Lockhart

Nutrition Consultant
478-329-4770
Rae-marie.lockhart@decal.state.ga.us

Reynald Salamo

Nutrition Consultant
912-526-5852
Reynald.salamo@decal.state.ga.us

Anjuly Davis

Training Coordinator
404-656-6292
Anjuly.davis@decal.state.ga.us

Teresa Todd

Accountant
404-656-2472
Teresa.todd@decal.state.ga.us

Sherry Mays

SFSP Administrative Assistant
404-651-7426
Sherry.mays@decal.state.ga.us

Finance

Glenda Hambrick

Budget Officer
404-651-7411
Glenda.hambrick@decal.state.ga.us

Aneshia Harris

Claims Administrator
404-656-3325
Aneshia.harris@decal.state.ga.us

MIS/Technology

Charlotte Stevenson

MIS -Nutrition Program
Coordinator
404-463-5006
Charlotte.stevenson@decal.state.ga.us

Audit

Tanya Astin
Audit Coordinator
404-656-6293
Tanya.astin@decal.state.ga.us

Website

www.decal.state.ga.us

Nutrition Staff News

Join us in saluting **Sophal Lackey** for seven years of service in the Nutrition Services Division. For the last five years, she has served as the Summer Food Service Program (SFSP) Manager. Sophal has been promoted to another position in the department, and we thank her for providing dedicated service to the SFSP!

Please welcome Nutrition's new staff members: Teresa Todd, Accountant; Tosha Powell, SFSP Manager, and Shanita Webb, SFSP Coordinator.

For Your Information

The CACFP and SFSP are equal opportunity programs. If you believe you have been discriminated against because of race, color, national origin, age, sex, or handicap, write immediately to the Secretary of Agriculture, Washington, DC 20250.



Georgia Department of Early Care and Learning