



Volume 6, Issue 1

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

Food For Thought

Welcome to the first issue of Food For Thought FFY 2005



January 2005

Department of Early Care and Learning 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



As a result of the recent merger, Bright from the Start: Georgia Department of Early Care and Learning (DECAL) is able to support child care services in many new ways. Merging organizations included the Office of School Readiness, Child Care Licensing Division (Dept. of Human Resources) and the Georgia Child Care Council. One of the core businesses of the new department is to expand opportunities for Georgia's children and their families to participate in quality early care and education and nutrition programs. The Nutrition Services Division of DECAL is still charged with ensuring that eligible children and adults receive USDA compliant meals. The Child and Adult Care Food Program and the Summer Food Service Program provide funding for nutritious meals, which contribute to the overall health and ability of participants to learn and be involved in social activities.

To date, more than 730 CACFP applications have been approved for FY 2005. Several revisions have occurred, including the ability to submit management plans on-line, which helped make the application process better for providers and DECAL staff. Suggestions for ways to further improve the process are always welcome and will continue to be used when the content and structure of training sessions are planned.

USDA has issued a 2nd Interim CACFP Management Improvement Rule. If you are currently participating in the CACFP, you will soon receive information about specific changes in federal regulations and state policies that may affect your program operations.

Please visit our new website at www.dec.state.ga.us for answers to frequently asked questions, official forms, and general program information. We look forward to working with you in 2005!

PERFECT CACFP REVIEWS

We continue to recognize organizations that have had perfect reviews. We commend the following sponsors for their perfect reviews for the first quarter of FY 2005:

90-Day Reviews

Cusseta Road Christian Center, Columbus

Summer Food Service Program Training is Coming to Town!

Mark your calendars! Summer is coming, and DECAL is already getting ready for Summer Food Service Program (SFSP) training! Below is a preview of the training dates. Please note that this year's training will again be categorized by sponsor type. Don't forget to bring to training the items detailed in your announcement letter, which was sent out to all SFSP sponsors in December 2004.

Experienced Sponsors-

PNP Only- Feb. 02, 2005 Macon

SFA Only- Feb. 03, 2005 Macon

Govt Only- Mar. 02, 2005 Forsyth

NYS/Upward Bound/Camps Only-Mar. 03, 2005 Forsyth

New Sponsors-

Program Training- Feb. 09-10, 2005 Forsyth

Program Training- Feb. 23-24, 2005 Macon

Program Training- March 09-10, 2005 Atlanta

Last Chance Training- March 16-17, 2005 Atlanta

How do I prepare for SFSP?

For sponsors who plan to renew participation for Summer 2005 and for organizations that are interested in the program, there are *lots* of resources available online. Please visit the USDA's website on SFSP by logging on at <http://www.fns.usda.gov/cnd/Summer/Library/index.html>. You will find information on "Tips for Success" and outreach materials. There's more so take a look at these helpful resources as you are planning for this upcoming summer.

One-year Reviews

Krayons Academy, St. Mary's

Satilla Community Services, Waycross

Three-Year Reviews

Celena's Kids World, Glenwood

Terco, Inc. DBA Fairy Tales Learning Center, Atlanta

Congratulations to the staff and management of these organizations. We look forward to recognizing **YOU** next quarter.

Constructive Classroom Rewards: Promoting Good Habits While Protecting Children's Health

Rewarding children in the classroom need not involve pizza parties, candy, and other foods that can undermine children's diets and health and reinforce unhealthy eating habits. A wide variety of alternative rewards can be used to provide positive reinforcement for children's behavior.

"It's just a little treat": the harm in using food to reward children

Schools should not only teach children how to make healthy choices and to eat to fulfill nutritional needs, but also should provide an environment that fosters healthy eating. Providing food based on performance or behavior connects food to mood. This practice can encourage children to eat treats even when they are not hungry and can instill lifetime habits of rewarding or comforting themselves with food behaviors associated with unhealthy eating or obesity. Awarding children food during class also reinforces eating outside of meal or snack times. Since few studies have been conducted on the effect of using food rewards on children's long-term eating habits, the best policy is to not reward children with food at all. At minimum, children should not be rewarded using low-nutrition foods.

The value of rewarding children (with non-food rewards)

As teachers know, classroom rewards can be an effective way to encourage positive behavior. Children, like everyone, alter their actions based on short-term anticipated consequences. When trying to foster a new behavior, it is important to reward a child consistently each time he or she does the desired behavior. Once the behavior has become an established habit, rewards can be given every now and then to encourage the child to maintain the preferred behavior. The ultimate goal of rewarding children is to help them internalize positive behaviors so that they will not need a reward. Eventually, self-motivation will be sufficient to induce them to perform the desired behavior, and outside reinforcement will no longer be necessary. Physical activity and food should not be linked to punishment. Punishing children by taking away recess or physical education classes re-

duces their already-scarce opportunities for physical activity. Another counterproductive punishment is forcing children to do physical activity such as laps or pushups. Children often learn to dislike things that are used as punishments. Thus, penalizing children with physical activity might lead them to avoid activities that are important for maintaining wellness and a healthy body weight. In addition, food should not be withheld as a means of punishing children.

Examples of beneficial (and inexpensive) rewards for children¹

* Social rewards

"Social rewards," which involve attention, praise, or thanks, are often more highly valued by children than a toy or food. Simple gestures like pats on the shoulder, verbal praise (including in front of others), nods, or smiles can mean a lot. These types of social rewards affirm a child's worth as a person.

* Recognition

Trophy, plaque, ribbon, or certificate in recognition of achievement or a sticker with an affirming message (e.g., "Great job!"); Recognizing a child's achievement on the school-wide morning announcements and/or the school's website; A photo recognition board in a prominent location in the school; A phone call, email, or letter sent home to parents or guardians commending a child's accomplishment; A note from the teacher to the student commending his or her achievement

* Privileges

Going first; Choosing a class activity; Helping the teacher; Having an extra few minutes of recess; Sitting by friends or in a special seat next to or at the teacher's desk; Teaching the class; Playing an educational computer or other game; Making deliveries to the office; Eating lunch with a teacher or principal; Listening with a headset to a book on tape or CD; Taking a walk with the principal or teacher; Designing a class or hall bulletin board; Writing or drawing on the blackboard/whiteboard; Taking care of the class animal for a day

* Rewards for a class

Extra recess; Eating lunch outdoors; Reading outdoors; Holding class outdoors; Extra art, music, PE, or reading time; Listening to music while working; Dancing to music; Playing a game

or doing a puzzle together; A song, dance, or performance by the teacher or students; A book read aloud to the class by the teacher; A field trip

* School supplies

Pencils: colored or with logos or other decorations; Pens; Erasers; Notepads/notebooks; Boxes of crayons; Stencils; Stamps; Plastic scissors; Bookmarks; Highlighters; Chalk (e.g., sidewalk chalk); Markers; Coloring books; Rulers; Glitter; Pencil sharpeners, grips, or boxes

* Sports equipment/athletic gear

Paddleballs; Frisbees; Water bottles; NERF balls; Hula hoop; Head and wrist sweat bands; Jump rope

* Fashion wear

Temporary tattoos; Hair accessories (barrettes, elastics, or ribbons); Bracelets, rings, necklaces; Sunglasses; Eyeglasses with nose disguise; Hat or cap; T-shirt; Sneaker bumper stickers; Shoe laces

* Toys/trinkets/Misc.

Stickers; Yo-yos; Rubber balls; Finger puppets; Stuffed animals; Toy cars, trucks, or airplanes; Plastic sliding puzzles or other puzzle games; Slinkies; Gliders; Magnifying glasses; Spinning tops; Marbles; Jacks; Playing cards; Stretchy animals; Silly putty; Bubble fluid with wand; Balloons; Capsules that become sponges/figures when placed in water; Inflatable toys; Small dolls or action figures; key chains; flashlight; cups; magnets; crazy straws; backscratchers; a plant or seeds and a pot for growing a plant; books

* A token or point system

Whereby children earn points that accumulate toward a bigger prize. Children can be given fake money, tokens, stars, or a chart can be used to keep track of the points they have earned. Points can be exchanged for privileges or prizes when enough are accumulated. A point system also may be used for an entire class to earn a reward. Whenever individual children have done well, points can be added to the entire class's "account." When the class has earned a target number of points, then they receive a group reward.

For more information, visit www.cspinet.org/schoolfood/ or contact CSPI at nutritionpolicy@cspinet.org

¹ Some examples adapted from "Alternatives to Using Food as a Reward," Michigan Team Nutrition (a partnership between the Michigan Department of Education and Michigan State University Extension). Accessed at www.tn.fcs.msue.msu.edu/foodrewards.pdf.

Ask Pierre Baguette



Dear Pierre Baguette:

For the past couple of years, I have had a coding system in a commingled account. I stated this in my management plan and was approved with no problems. This year, however, I was encouraged to open a separate account for CACFP funds and expenses and was not approved for a commingled account based on my accounting procedures. I don't quite understand the procedures for having a commingled account. Please explain.

Sincerely,

Confused about Accounting

Dear Confused about Accounting:

Because integrity in the CACFP has become a predominant theme in the past few years, more focus is being placed on ensuring reimbursement is properly spent. Federal regulations have always required records be maintained that adequately identify the source (where the money comes from) and application (how the money is used) of funds provided. To ensure that each organization is meeting this requirement, you were asked to fully describe your accounting system in your management plan. If the plan did not fully explain

how you are able to separate CACFP funds/expenses from other monies in your accounting system, your application could not be approved. Since many people do not have an accounting background or use a CPA, the easier route was to open a separate account. A financial management manual is being developed for CACFP participants and should be available next quarter to provide more information concerning financial management standards.

Sincerely,

Pierre Baguette



Policy Update

The United States Department of Agriculture issued a CACFP Interim Rule on September 1, 2004. This interim rule includes revisions and additions to the current federal regulations (7 C.F.R. § 226) that govern the CACFP. Nutrition Services Division managers have reviewed the changes included in the interim rule and are working to ensure that all necessary policy revisions are made and that all changes in program regulations are implemented.

We will revise all pertinent CACFP policies and policy memos to reflect

the changes in program regulations and requirements and will update all institutions participating in the CACFP of any changes that will need to be made in program operations and/or management. As always, we will provide training and technical assistance as needed to ensure successful implementation of program guidance.

If you need copies of any of our policies, visit our web page at www.decal.state.ga.us. You may also call our Policy Coordinator, Joya McKinstry, at (404) 651-7181 for copies or for additional information concerning our policies.



From the Desk of the Audit Coordinator:

The dollar threshold for A-133 Audit reports has increased from \$300,000 to \$500,000. This new threshold is effective beginning January 2004. For those who fall within the \$300,000-\$500,000 in federal dollars expended, please remember that your fiscal year 2003 annual audit report is due based on the \$300,000 threshold. In addition, make sure you are also in compliance with state audit requirements.

Dietary Guidelines for Americans 2005

The *Dietary Guidelines for Americans* is published jointly every five years by the Department of Health and Human Services (HHS) and the Department of Agriculture (USDA). USDA is the federal agency that administers the CACFP and the SFSP.

The *Guidelines* provide authoritative advice for people two years and older about how good dietary habits can promote health and reduce risk for major chronic diseases. The *Guidelines* are the cornerstone of federal nutrition policy and education, and they are based on what experts have determined to be the best scientific knowledge about diet, physical activity, and other issues related to what we should eat and how much physical activity we need.

The 2005 edition of the *Guidelines* was released January 12, 2005. You can find information about the new guidelines at www.healthierus.gov/dietaryguidelines.

Have You Seen Our New Web Page?

Bright from the Start: Georgia Department of Early Care and Learning has created a new web page. The site address is: www.decal.state.ga.us. On this website you will find detailed information about the new Department, the programs we administer, the services we provide, and how to contact us. You will also have access to all the documents, forms, and information you will need to run your programs. We are especially excited about our new "search" function. You no longer have to hunt through the website to find what you are looking for. You can now put in key words and be able to pull up the document or information that you need without knowing exactly where it is located on the site. We hope that you will find this site easier and more user friendly than our old website. As we continue to work on the new site, please feel free to let us know if you cannot find something that you need.

From the Finance Unit

Our claims section does not want anyone to miss the filing deadline. We have added a process to the CNP2000 system that will identify providers who have not filed their claim and notify them via e-mail that their claim has not been submitted. We need to be sure that we have your current e-mail address. Please check the system and notify us if corrections are needed.

Finance continues to process claims on a weekly basis. If you do not receive your payment timely, please double check the status of your claim in the system.

Some tips on entering claims successfully:

1. Enter your claim data under the correct claim month. Remember when entering an original claim, the claim form will be blank. If data is already entered into the claim form, check the claim month. You may be revising the claim information of a claim month that has already been paid.
2. Remember that it is no longer necessary for

profit-oriented organizations to enter data in the title XX space on the claim form. The CNP2000 system will automatically determine that the 25% F/RP enrollment requirement and license capacity requirements are met.

3. Beginning February 1, 2005, Day Care Home Sponsors will see a new screen in the CNP2000 system when preparing to file their reimbursement claims. Sponsors will be required to enter expense data in appropriate category fields as an additional step in completing the claim form.

Finance will mail out 1099 forms beginning January 19, 2005. Please make sure that the Federal Identification Number or Social Security Number and Legal Name are correct. Also, check to make sure that the payment amount matches your records.

If you have questions about your 1099 information, or if you do not receive your 1099 form by February 1, contact Glenda Hambrick at 404-651-8189.

We Are Here For YOU!

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Congrats Community Partnership of Rabun County!

The Department of Agriculture recently accepted nominations for the 2003-2004 Summer Food Service Program (SFSP) *Sunshine Awards* in five categories. The nominations that were submitted for consideration included the Community Partnership of Rabun Co. in the category of "Community and Faith-Based Organizations." Although they didn't win, their program will be featured in a publication that focuses on the best practices and great ideas of SFSP sponsors and state agencies. This electronic publication can be accessed via the Child Nutrition Division Website www.fns.usda.gov/cnd/summer.

For Your Information

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