



Georgia Department of Early Care and Learning

FOOD FOR THOUGHT

July 2011



From the Director's Chair



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Bright from the Start: Georgia Department of Early Care and Learning has been literally on the move for the past few weeks. The agency is now located in the James H. "Sloppy" Floyd State Building, also referred to as the Twin Towers, next to the State Capitol. This move was completed on Monday, June 27, 2011. The agency is now located on the 6th and 7th floors of the East Tower.

The Nutrition Services Division is housed on the 6th floor of the East Tower along with Child Care Services, Quality Initiatives, Finance, and Human Resources. The mailing address for the 6th floor is Bright from the Start: Georgia Department of Early Care and Learning, 2 Martin Luther King Jr. Drive, SE, 670 East Tower, Atlanta, GA 30334.

Public access to the 6th Floor is available through the Child Care Services' Reception Area. If you need to meet with someone in the Nutrition Services Division, call first to set up an appointment to ensure that the person you need to see is in the office that day and is available when you arrive.

You can still hand deliver items to the department, but we recommend that you notify the appropriate person in Nutrition Services that you are coming. That will help ensure that the item you are delivering will get to the person who can record and date when the item was received.

The 7th floor houses Pre-K, Legal Services, Public Relations, and the Commissioner's Office. Telephone numbers and e-mail addresses for agency staff are the same as they were before the move.

Child Nutrition Reauthorization 2010

Nutrition Requirements for Fluid Milk and Fluid Milk Substitutions in CACFP

The Healthy, Hunger-Free Kids Act of 2010 modified requirements for fluid milk and fluid milk substitutions in the CACFP. Therefore, fluid milk served in CACFP to participants two years of age and older must be: fat-free or low-fat milk, fat-free or low-fat lactose reduced milk, fat-free or low-fat lactose free milk, fat-free or low-fat buttermilk, or fat-free or low-fat acidified milk.

****Whole milk and reduced-fat (2%) milk may not be served to participants two years of age and older.****

Water Availability in CACFP

The Healthy, Hunger-Free Kids Act of 2010 establishes a requirement to make potable water available to children in the CACFP. This new provision requires child care centers, family day care homes, at-risk afterschool programs, and shelters participating in CACFP to make drinking water available to children, as nutritionally appropriate. Throughout the day, including at meal times, water should be made available to children to drink upon their request but does not have to be available for children to self-serve.

****While drinking water must be made available to children during meal times, it is not part of the reimbursable meal and may not be served in lieu of fluid milk.****

The provisions are effective immediately! However, to provide adequate time for training and technical assistance, full compliance should occur no later than October 1, 2011.

USDA Celebrated National Summer Food Service Program Week

USDA celebrated National Summer Food Service Program Week: "Food That's In When School Is Out" from June 6-10, 2011. Several exciting events and activities took place throughout Georgia! We celebrated the week with Marietta's Salvation Army on June 9.



FNS Deputy Administrator Lisa Pino (right) and Southeast Regional Administrator Don Arnette (left) hand out meals and backpacks to kids at a Salvation Army summer feeding site in Marietta, GA. (Photo retrieved from <http://blogs.usda.gov/2011/06/21/usda-works-with-partners-to-feed-children-in-the-summer-months/>)

SFSP – FYI

FOX 5's Good Day Atlanta featured a news segment about the SFSP in Georgia with Louis Brienza, Nutrition Services Director, in June 2011. To view the story, visit http://www.myfoxtatlanta.com/dpp/news/local_news/Program-Serves-Lunch-for-Kids-While-School-Is-Out-20110623-am-sd



During the summer months millions of families struggle to feed their children nutritious meals. The USDA's Summer Food Service Program, administered by Bright from the Start: Georgia Department of Early Care and Learning, Nutrition Services Division, provides funding to sponsoring organizations to feed kids nutritious meals within Georgia. Nutritious meals are available when school closes and the National School Lunch program is not in session.

To find a Summer Food Service Program sponsor or feeding site near you, call toll free:

SFSP Info Line @
855-550-SFSP(7377)

Or

National Hunger Hotline @
866-3-Hungry(486479)
877-8-HAMBRE(426273)

Information available in English and Spanish

<h2 style="margin: 0;">Spotlight Programs!!</h2>		<p>100% Compliance for CACFP "Perfect Review" Westwood Day Care Center 03204 Suwanee Dam Child Care, LLC 03892</p>
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Resources to Share with Parents

Eating and Food Behaviors of Infants

► **Avoid giving infants foods that you do not want them to love when they get older.**

Occasionally feeding infants such foods as fast food and sweets is fine, but serving these foods on a regular basis can make them strong favorites that will be hard for children to eliminate later in life.

► **Provide variety and repetition of food to keep it interesting.**

By doing this, you will get infants used to the foods you want them to accept.

► **Make mealtime relaxed and enjoyable.**

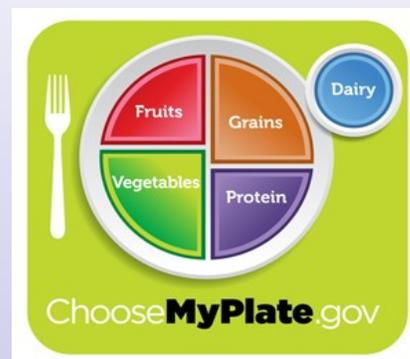
At this age, mealtimes may take up to 45 minutes or longer. The more relaxed and cheerful the atmosphere, the more quickly foods will get eaten. Offer small portions, use a soft baby spoon, and wait while the child finishes each mouthful before offering more. Try not to overfill the spoon to speed things up – this will actually slow things down.

► **Be a food role model.**

Practice the same eating habits you would want the children to follow. For example, if you eat fruit as a snack, the children will want to eat fruit as well.

www.fns.usda.gov/tn/Resources/blocksintro.pdf

USDA unveiled the new food icon, MyPlate which replaces MyPyramid. MyPlate, built off the 2010 Dietary Guidelines, offers a visual reminder to making wise and healthy food choices when planning and preparing meals. For additional information visit www.choosemyplate.gov



A Word to the Wise!!

#1 The following item is not creditable:

Schreiber's Reduced Sodium Light American Style Pasteurized Processed Cheese product does not meet the requirements for use in Food-based Menu Planning approaches and is not creditable toward meal pattern requirements for Child Nutrition Programs. See superscript 14 on pages 1-24 and 1-25 of the Food Buying Guide for Child Nutrition Programs.



#3 Documenting Ready to Eat (RTE) Cereal Grain Products:

The FNS Nutrition Promotion and Technical Assistance Branch has determined that some General Mills cereal bars do not adequately document grain content: Cinnamon Toast Crunch, Cocoa Puffs, Fruity Cheerios, Team Cheerios - Strawberry, and Trix.

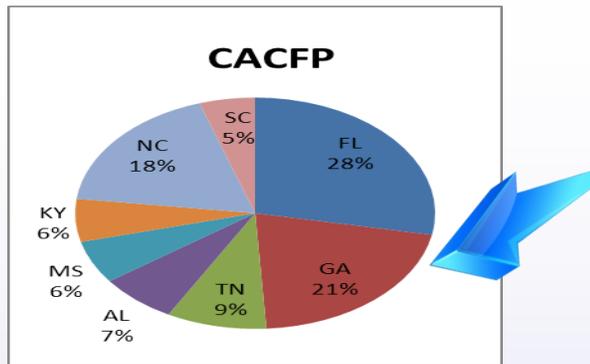
#2 Licensing Fees are due annually:

HB 1055 authorizes BFTS to collect an annual license fee for all child care learning centers, group day care homes, and family day care homes. For additional information and fee amount, visit our website: www.dec.state.ga.us

How Do We Stack Up?

The Southeastern Sound, an executive summary of key nutrition assistance programs that weave a safety net against hunger in our state, recently printed an overview of fiscal year (FY) performance data on programs in our region. Study the pie chart below to see "How we stack up"!

FY 2010 Total CACFP Meals Served in Southeastern Regional Office



(Numbers retrieved from Southeastern Sound 4/11)

SFSP in FY 2010

	AL	FL	GA	KY	MI	NC	SC	TN	National
# of Sponsors	35	115	94	114	84	113	64	52	4,614
# of Sites	542	2,742	1,079	1,884	296	927	1,015	1,033	38,451
ADA in July 2010	26,657	129,578	70,218	50,137	25,671	66,633	58,651	29,658	2,290,030
Total Meal Earnings	\$3,193,358	\$20,742,098	\$7,995,537	\$5,947,156	\$4,125,455	5,525,967	\$6,429,252	\$5,772,400	\$314,113,353

Basic Menu Planning Principles

Advances in food technology make it possible to select foods in many forms – frozen or chilled, partially or totally prepared, pre-portioned or in bulk, pre-prepared or as ingredients to put together “from scratch.”

All of this makes menu planning exciting as well as challenging. Where do you begin?

The five basic menu planning principles are...-

1. Strive for balance.
2. Emphasize variety.
3. Add contrast.
4. Think about color.
5. Consider eye appeal.



Keep these in mind as you think about your children's preferences and nutrition needs.
<http://teamnutrition.usda.gov/Resources/blocks4.pdf>

Healthy Menu

	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast	Wheat Toast Scrambled Eggs Orange Juice 1% or Skim Milk	Fruit Burrito -fresh fruit in a tortilla with yogurt 1% or Skim Milk	Whole Grain Cereal Banana 1% or Skim Milk	Oven Baked Whole Wheat Pancakes* Applesauce 1% or Skim Milk	Oatmeal Pineapple Tidbits 1% or Skim Milk
Lunch	Black-eyed Peas Corn Muffin* Greens Peaches 1% or Skim Milk	Baked Chicken Wheat Roll Green Beans Sweet Potato 1% or Skim Milk	Tuna Salad on Whole Wheat Bread* Carrot Sticks Peas 1% or Skim Milk	Spaghetti with Turkey Meat Sauce Salad Corn 1% or Skim Milk	Stir Fry Chicken* Brown Rice Stir Fry Veggies* Mandarin Oranges 1% or Skim Milk
Snack	Ants on a Log -celery sticks with peanut butter and raisins	Fresh Fruit 1% or Skim Milk	English Muffin Pizza -English muffin half topped with tomato sauce and mozzarella cheese	Yogurt Parfait -yogurt with fruit and cereal (try crisped rice or toasted oats)	Animal Crackers 1% or Skim Milk

*These recipes and more available at www.fns.usda.gov/TN/

Nutrition Services Contact Information

(email address = Firstname.Lastname@Decal.ga.gov)

Name	Title	Number			
Louis Brienza	Nutrition Services Director	404-651-8197	Anjuly Davis	Program Administrator (Supervisor)	404-656-6292
Leslie Truman	Program Administrative Assistant	404-657-1779	Luetricia Billingsley	Nutrition Consultant	770-359-5806
Maria Reznik	Policy Administrator	404-651-7181	Reynold Salamo	Nutrition Consultant	866-370-3203
Teresa Todd	Nutrition Accountant (Budgets/AUPs)	404-656-2472	Meggan Hemans-Reese	Program Administrator (Supervisor)	404-651-7192
Falita Flowers	Program Manager (Training/Applications)	404-656-6452	Wanda Simkins	Nutrition Consultant	678-222-7787
Christy McCray	Program Coordinator	404-651-7191	Sherrie Tuten	Nutrition Consultant	229-584-1289
Geneise Graham	Application Specialist	404-656-6411	Brenda Carter	Nutrition Consultant	229-238-2958
Coretta White	Business Operations Specialist	404-463-1494	Danna Foster	Nutrition Consultant	770-359-5809
Angelica Flucas	Business Operations Specialist	770-651-7426	Sonja Adams	Program Administrator (Supervisor)	404-651-8193
Marissa Hamm	Program Manager (Reviews/Nutrition Ed)	404-651-7433	Sonya James	Nutrition Consultant	770-357-7012
Monica Fink	Education Manager	404-463-4093	Bridgette Merritt	Nutrition Consultant	770-357-7062
Nina Bryant-Hunter	Nutrition Training Coordinator	404-463-2317	Valerie Coulton	Nutrition Consultant	770-357-4927
			Aneshia Harris	Grants Administrator	404-656-3325