



# 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 (Bright from the Start)** is working to make sure that no child in the State of Georgia goes hungry when school is closed this summer. The Summer Food Service Program (SFSP) is administered by Bright from the Start, a federally funded program that provides free meals to eligible children in low-income neighborhoods during the summer.

An individual or organization can participate as a feeding site for children in its community. A feeding site can be a school, church, recreation center, playground, park, community center, day camp, migrant center or other location where children can come and receive nutritious meals. Individuals may also volunteer to help at sites in their area.

Each summer, Bright from the Start works with organizations to provide over 700,000 children in the state of Georgia with free and nutritious meals by providing orientation sessions, training and program monitoring.

For information about becoming an SFSP feeding site or finding a feeding site, please e-mail us at [SFSP@decal.ga.gov](mailto:SFSP@decal.ga.gov) or call Sherry Mays at (404) 651-7426 or Shanita Webb at (404) 656- 6411, or call "211"- the United Way information line.

### Summer Food Service Program (SFSP) Updates

SFSP Sponsors are required to notify each county health department where their sites are located. For example, if a Sponsor has sites that are located in 3 different counties, the Sponsor must send a Health Department letter to each of the 3 health departments, notifying them of the sites that are providing meals in the specific county of operation.

Sponsors are required to ensure that the correct verbiage in the non-discrimination statement of the Public Release is used. Sponsors must use the statement that is provided at training and/or the sample Public Release document that is provided on the SFSP data CD. Sponsors are prohibited from creating their own non-discrimination statement and/or using alternate verbiage of the statement.

The Small Purchases Threshold for using vended/contracted services is \$500,000. If a contract exceeds the \$500,000 threshold, the Sponsor is required to conduct a Sealed Bid Procedure.

Sponsors who operate closed-enrolled sites have the option to qualify the site based on School Data or Income Eligibility Statements. If the site qualifies based on Income Eligibility Statements, the Sponsor must submit copies of the Income Eligibility Statements along with their SFSP application.

Bright from the Start will be distributing two USDA Policy Memos to all SFSP Sponsors. The Policy Memos include information about the Duration of Area Eligibility, and the Ability to Share Income Information.

For further information about the SFSP updates, please contact the SFSP Manager, Nikki Venisee at (404)463-1494 or the SFSP Coordinator, Shanita Webb at (404)656– 6411.

## **Child and Adult Care Food Program (CACFP) Infant Meal Policy Memo**

The CACFP Infant Meal Policy Memo dated 7/7/05 states “Institutions must offer a United States Department of Agriculture (USDA) approved ‘ready-to-feed’ commercially prepared iron-fortified milk-based infant formula to all infants in their care”.

To clarify this statement, Institutions that supply formula for infants who are in their care can prepare the infants’ bottle by using “ready-to-feed” formula, but cannot use formula that requires mixing, such as concentrated or powdered formula. If the parent/guardian provides the infant’s formula, the formula has to be given to the center in bottles that have been prepared by the parent/guardian— the center cannot prepare the infant’s bottle.

If you have further questions about serving infant formula, please contact Bright from the Start’s Nutrition Services Division at 404-656-5957.

### **Grain and Bread Components**

In order for grain products to be credited as a grain/bread component for the Child and Adult Care Food Program (CACFP), they must be enriched or whole-grain, or made from enriched or whole-grain meal and/or flour. In the past, the CACFP has allowed corn-meal (cornmeal) and corn flour to be counted as a whole grain for crediting grains/breads; however, this was recently changed. Effective February 2008, products identified as “corn-meal” and “corn flour” should no longer be considered as whole grains for the CACFP unless they are labeled as “whole corn” (or other “whole” corn designations, such as whole grain corn, whole ground corn, whole cornmeal, whole corn flour, etc.), or “enriched” corn (or other “enriched” corn designations, such as enriched yellow cornmeal, enriched corn flour, enriched corn grits, etc.).



### **Child and Adult Care Food Program (CACFP) Updates**

1. All CACFP Institutions will receive revised Household Letters to distribute to parents/guardians. The revision will include a statement which explains that household members who become unemployed are automatically eligible for free or reduced priced meals via evidence of the Income Eligibility Statement.
2. All CACFP institutions will receive FNS Instruction 113-1, which outlines the Civil Rights Compliance and Enforcement Requirements. All institutions are required to adhere to all Civil Rights guidelines.
3. Adult Day Care facilities are prohibited from using funds under Title III of the Older Americans Act of 1965 for costs and/or expenses charged to CACFP.

For further information about the CACFP updates, please contact the Program Managers- Falita Flowers at (404) 656-6452 or Lou Brienza at (404) 651-7433.

## **Perfect Child and Adult Care Food Program (CACFP) Reviews**

Nutrition Services acknowledges the following Institutions for having perfect CACFP reviews:

### **February of 2008**

**Lafayette Christian School, Inc**– had a perfect 90 day review.

### **March of 2008**

**Always Kids Child Care Center, Inc**– had a perfect 90 day review.

**Atkinson County Board of Education, Pre-K**– had a perfect 3 year review.

**Bee Happy Daycare, Inc**– had a perfect 90 day review.

**Child Care and Beyond, Inc dba Angel Care**– had a perfect 1 year review.

**Congratulations and continue to keep up the good work!!!**

# Lets Create Healthy Stars!

## Strategies to Prevent Childhood Overweight

### Remove Calorie-Rich Temptations

- Only allow children to eat them sometimes (in moderation).
- Replace with low-fat, low-sugar food, such as:
  - ~ A medium apple
  - ~ A medium-sized banana
  - ~ 1 cup of blueberries
  - ~ 1 cup of carrots, broccoli, or bell peppers with 2 tbsp. of hummus

### Encourage Healthy Eating Habits

- Provide plenty of vegetables, fruit, whole grains and/or bread.
- Choose lean meat, poultry, fish, and beans for protein.
- Limit consumption of sugar and saturated fat.
- Include low-fat or non-fat milk or dairy products.
- Encourage them to drink plenty of water.
- Serve reasonably-sized portions.

- Children should engage in at least 60 minutes of moderately intense physical activity most days of the week.
- Moderately intense physical activity can include:
  - ~ Playing Tag
  - ~ Playing Soccer
  - ~ Jumping Rope
  - ~ Swimming
  - ~ Dancing
  - ~ Brisk Walking

### Help Children Stay Active

- Limit the time that children watch television, play video games, or surf the internet to no more than two-hours per day.
- Encourage and find fun physical activities for children to do with family or on their own.
- For children who are two-years of age or younger, the American Academy of Pediatrics (AAP) does not recommend television viewing.

### Reduce Sedentary Time

# Scheduled Child and Adult Care Food Program (CACFP) Trainings

## Annual Training

The FY'09 CACFP Annual Training is scheduled to begin June 30, 2008.

Training registration announcements were sent to all CACFP Institutions and Sponsors in late May 2008.

## Quarterly Trainings

**Civil Rights Training**— the training will provide information about the United States Department of Agriculture's (USDA) Civil Rights requirements for operating the CACFP. The training will be a virtual tutorial that will be available in CNP 2000. The training was launched in May 2008, and all Institutions and Sponsors are welcome to register for the training. For more information about the training and registration, please contact Lou Brienza at (404) 651-7433.

**CACFP Training and Orientation**— organizations that wish to operate the CACFP under a direct agreement with Bright from the Start are required to attend a two-day program training. The training includes information about Bright from the Start, CACFP eligibility requirements, nutrition and menu planning, record keeping, and other essential CACFP information. Currently, we have two trainings that are scheduled in the metro-Atlanta area for July and August. For more information and/or to register contact Leslie Truman at (404) 657-1779.

### We are here for YOU!

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### Nutrition Staff News

Nutrition Services has two new members who joined the department in April of 2008.

We have Sonja Adams who is our new Policy Coordinator; and we have Nikki Venisee who is our new Summer Food Service Program Manager.

Falita Flowers and Marissa Hamm recently received promotions. Falita has become one of the Nutrition Services Program Managers, and Marissa has become one of the Nutrition Services Review Managers.

**Congratulations!!**

### 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 disability, write immediately to the Secretary of Agriculture, Washington, DC 20250.



Georgia Department of Early Care and Learning