

Food for Thought

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From the chair of the Director.....



Once again it's October in Georgia, the leaves are falling and a new Federal Fiscal Year has already begun for the Child and Adult Food Program (CACFP) and Summer Food Service Program (SFSP). Just like the seasons that bring change the Nutrition Services Division has been very busy making program changes, especially this year due to new requirements that came out with the recently enacted Healthy, Hunger-Free Kids Act of 2010.

One of these program changes required the Nutrition Services Division to redesign the entire online CACFP Application process so program participants no longer have to fill out a renewal or continuing online applications each new fiscal year. As of mid October 2011, nearly two-thirds of all CACFP Institutions have already successfully rolled over their entire current FY2011 online CACFP Applications into the new FY2012 fiscal year by only having to complete a one page list of annual requirement questions.

However, now that the new online CACFP Applications have successfully been redesigned to allow for submitting updates annually, the Nutrition Division will also need to redesign the entire online SFSP Application process so returning SFSP Sponsors from the previous year will also not have to resubmit an entire new on line application, but only make a few annual updates to continue into the new fiscal year. The Nutrition Division have not yet met with the CNP2000 web base designers to effect these changes, but we are hoping that this upcoming new web design will be another successful program enhancement, allowing all returning SFSP Sponsors to quickly process their required summer program information.

Besides these two examples of streamlining application processes and improving upon customer service, another area where the Nutrition Services Division can now provide better service can now be found on the CNP2000 Splash Page, using the link [Key DECAL Staff](#). This link will take you to an updated listing of all of the Nutrition Services Staff where you will find their names, phone numbers, email addresses (click on letter envelope icon) and titles.

Please help us to help you better by using our email addresses when our phones maybe busy and also by directly contracting the person that handles the particular issue you need assistance with so we can assist you quicker. It's a new fiscal year and let's all have a great and successful one together!

Bright from the Start's Summer Food Service Program Outreach Campaign a Success!

In preparation for the 2011 Summer Food Service Program (SFSP) operations, Bright from the Start launched its first statewide media and advertisement campaign. Marta buses were wrapped with information regarding the SFSP, bill board signs were posted along the interstate in northern and southern rural counties, and Bright from the Start management staff participated in Public Service Announcements broadcast by WSB-TV Channel 2, Fox 5 News and solicited support from Georgia State and Federal Legislators.

Through these successful outreach efforts, Bright from the Start approved 102 sponsoring organizations (government entities, colleges and/or universities, or local non-profit organizations that served more than 3.5 million nutritious meals to Georgia's children at more than 1600 sites.

The SFSP is a federally funded program regulated by the United States Department of Agriculture (USDA) and administered by Bright from the Start in Georgia. Meals are provided by eligible sponsoring organizations to children at local feeding sites (camps, parks and recreation centers, churches, or apartment communities). For more information on how to participate in the SFSP as a sponsor or to locate local feeding sites, please contact 1-855-550-SFSP, or visit Bright from the Start's website at www.dec.al.ga.gov.

Special points of interest:

- Policy revisions in the CACFP may affect the way you operate your CACFP program
- At-Risk Afterschool MEALS in the Child and Adult Care Food Program (CACFP)
- Bright from the Start Nutrition Services receives Team Nutrition Training Grant
- Fruit & Veggie equations



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"To file a complaint of discrimination, write USDA, Director, Office of Civil Rights, 1400 Independence Avenue, S.W., Washington, D.C. 20250-9410 or call (800) 795-3272 (voice) or (202) 720-6382 (TTY). USDA is an equal opportunity provider and employer."

Inside this issue:

CACFP Updates	2
Policy Revisions	2
At-Risk After-school Meals	3
Team Nutrition Grant	3
Healthy Eating Tips	
Breakfast Recipe	4
What Counts As A Cup?	4
Contact Nutrition	

CACFP Updates



Institutions are no longer required to complete and submit a continuing or renewing application during the renewal period. Beginning in FY 2012, institutions will only be required to meet annual requirements. Bright from the Start: Nutrition Services' will accomplish annual requirements in two phases:

Phase :1) annual requirement certification statements available online in CNP 2000 September 15, 2011 (Programs must complete FY 12' Annual Training requirements before access to annual requirements is granted)

Once Phase:1 of the annual requirements are complete, the approved 2012 application will become available on October 1.

Institutions **must complete** annual requirements for Phase:1 by **November 30, 2011** in order to file a claim October 2011.

Institutions that do not complete the annual requirements will not

have an approved 2012 application.

Institutions without an approved 2012 application will not be able to submit claims for reimbursement.

Phase: 2) required annual documentation submission beginning January 1, 2012.

For additional information regarding annual requirements contact Christy McCray at 404.651.7191.

For questions regarding applications contact Geneise Graham at 404.656.6411.

“Institutions are no longer required to submit a continuing or renewing application...”

Policy Revisions

The following policies and guidance materials were recently updated due to the 2010 Child Nutrition Reauthorization and the Final Ruling on Regulatory Changes 7 CFR 226.

POLICY: CACFP/02-26 SUBJECT: Designation of Program Contact in Organizations Participating in the CACFP has been recently revised and a new Delegation of Authority form has been created, which is now required by all Institutions. Institutions will be required to submit the Delegation of Authority form starting January 2012 (Annual Requirements-Phase II).



POLICY: CACFP /03-28 SUBJECT: Responsibilities and Guidelines for the Board of Directors in All Federal Tax-Exempt Non-Profit Institutions and For-Profit Institutions Applying to or Participating in the CACFP has been revised to include the following, “Federal regulations require that an institution's governing Board of Directors must 1) meet on a regular basis; and 2) have the authority to hire and fire the institution's executive director (i.e., the Board must be independent of the executive director's control). It is a critical aspect of Board's ability to provide adequate oversight of the Program. Federal guidance emphasizes that the governing Boards of Directors which include executive director/CACFP director, other sponsor officials, and/or members of their families cannot perform the type of independent oversight required for the sponsor's successful operation of the CACFP, therefore the above parties cannot be members of the governing boards in order to ensure board's integrity and independence”.

For questions regarding the policies listed please contact the Policy Administrator at 404-651-7181. Detailed Policy information can be found at www.decal.ga.gov/Nutrition/CACFPolicies.aspx.



At-Risk Afterschool Meals



Extra, Extra!

Cash reimbursement is available to existing institutions or new institutions operating afterschool programs in their local communities. All school aged children and youth attending qualified afterschool programs that participate in CACFP can receive a cash reimbursement for up to one snack and one meal per child per day. Approved institutions are eligible to receive reimbursements for healthy meals served to children enrolled in the afterschool programs. Visit www.decal.ga.gov for eligibility information or contact Bright From the Start, Nutrition Services @ 404-657-1779 to register for the 1-day At-Risk Afterschool Meals Program Training & Orientation.

Team Nutrition Training Grant



Bright from the Start is extending the Caregivers Promoting Healthy Habits program to Clayton, Dekalb, Fayette, Fulton and Spalding counties. Participating child care centers will receive training, technical assistance and mini-grant funding to implement wellness policies that support good nutrition and physical activity practices. The request for applications (RFA) is available on the Bright from the Start website at www.decal.ga.gov. Applications were due Friday, October 21st at 5:00 p.m.

Bright from the Start has also been awarded a 2011 USDA Team Nutrition grant to expand the Caregivers Promoting Healthy Habits program to select counties in middle Georgia. The request for applications will be available on the website later this year.

For more information, contact Monica Fink at (404) 463-4093 or monica.fink@decal.ga.gov.

“Cash reimbursement is available to institutions that serve nutritious meals and snacks...”

Healthy Eating Tips

Fruits and vegetables come in terrific colors and flavors, but their real beauty lies in what's inside. Fruits and vegetables are great sources of many vitamins, minerals and other natural substances that may help protect you from chronic diseases.

To get a healthy variety, think color. Eating fruits and vegetables of different colors gives your body a wide range of



The Colors of Health

valuable nutrients, like fiber, folate, potassium, and vitamins A and C.

Some examples include green spinach, orange sweet potatoes, black beans, yellow corn, purple plums, red watermelon, and white onions. For more variety, try new fruits and vegetables regularly.

Retrieved from: <http://www.fruitsandveggiesmatter.gov/benefits/index.html>



Breakfast Recipe

Golden Apple Oatmeal

Recipe Summary:

Preparation Time: 15 minutes

Number of Servings: 1

Ingredients:

1 golden delicious apple, diced

1/3 cup apple juice

1/3 cup water

Dash of cinnamon

Dash of nutmeg

1/3 cup quick-cook rolled oats, uncooked

Directions:

Combine apples, juice, water and seasonings;

bring to a boil. Stir in rolled oats; cook 1 minute.

Cover and let stand several minutes before serving.

*Serve with a cup of 1% milk

Recipe retrieved from:

<http://www.fruitsandveggiesmatter.gov/>

What Counts as a Cup???

One cup refers to a common measuring cup (the kind used in recipes). In general, 1 cup of raw or cooked vegetables or 100% vegetable juice, or 2 cups of raw leafy greens can be considered as 1 cup from the vegetable group. One cup of fruit or 100% fruit juice, or 1/2 cup of dried fruit can be considered as 1 cup from the fruit group.

The chart below shows simple ways to enjoy fruits and vegetable throughout the day, with corresponding cup amounts.

Morning	1 small apple = 1 cup	
Mid-Day	1 cup of lettuce + 1/2 cup veggies = 1 cup	
Evening	1/2 large sweet potato + 1/2 cup of green beans = 1 cup	

Information retrieved from: <http://www.fruitsandveggiesmatter.gov/what/index.html>

We are Here to Serve You — Nutrition Services Contact Information

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



Name	Title	Number
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