

# NUTRITION NEWS

Helpful Hints & Tips | CACFP Edition XXXI

• Celebrate National Farm to School Month! •



October is **National Farm to School Month!** It's time to celebrate connections between children and local food being made all across the country! National Farm to School Month is a perfect time to plan a new Farm to Child Care activity, organize a special celebration of your current efforts, or initiate a new partnership. Join other early care and education sites, farms, communities, and organizations across the country as we celebrate food education, school gardens, and lunches filled with healthy, local ingredients.

**Georgia Organics** is celebrating Make Room for Legumes this October for Farm to School month. This statewide campaign encourages children across Georgia to eat, grow, and learn about a new fruit or vegetable. This year join us in celebrating beans, peas, peanuts, and other legumes! Click [here](#) to find out more!

• Nutrition Ed Nook •

This month's Nutrition Education buzz is dedicated to the **updated meal pattern requirements for CACFP**. USDA's Food and Nutrition Service is seeking to enhance the nutritional quality of meals and snacks and to help children develop healthy eating habits at an early age. These requirements include increasing whole grains in children's diets. Here's a fun and nutritious meal that meets the USDA whole grain-rich criteria to meals.

**\*Chic'Penne\***

Recipe Size: modified to 25 portions; 1 serving size equals 1½ cups

For recipe details, click [here](#). For a video, click [here](#).

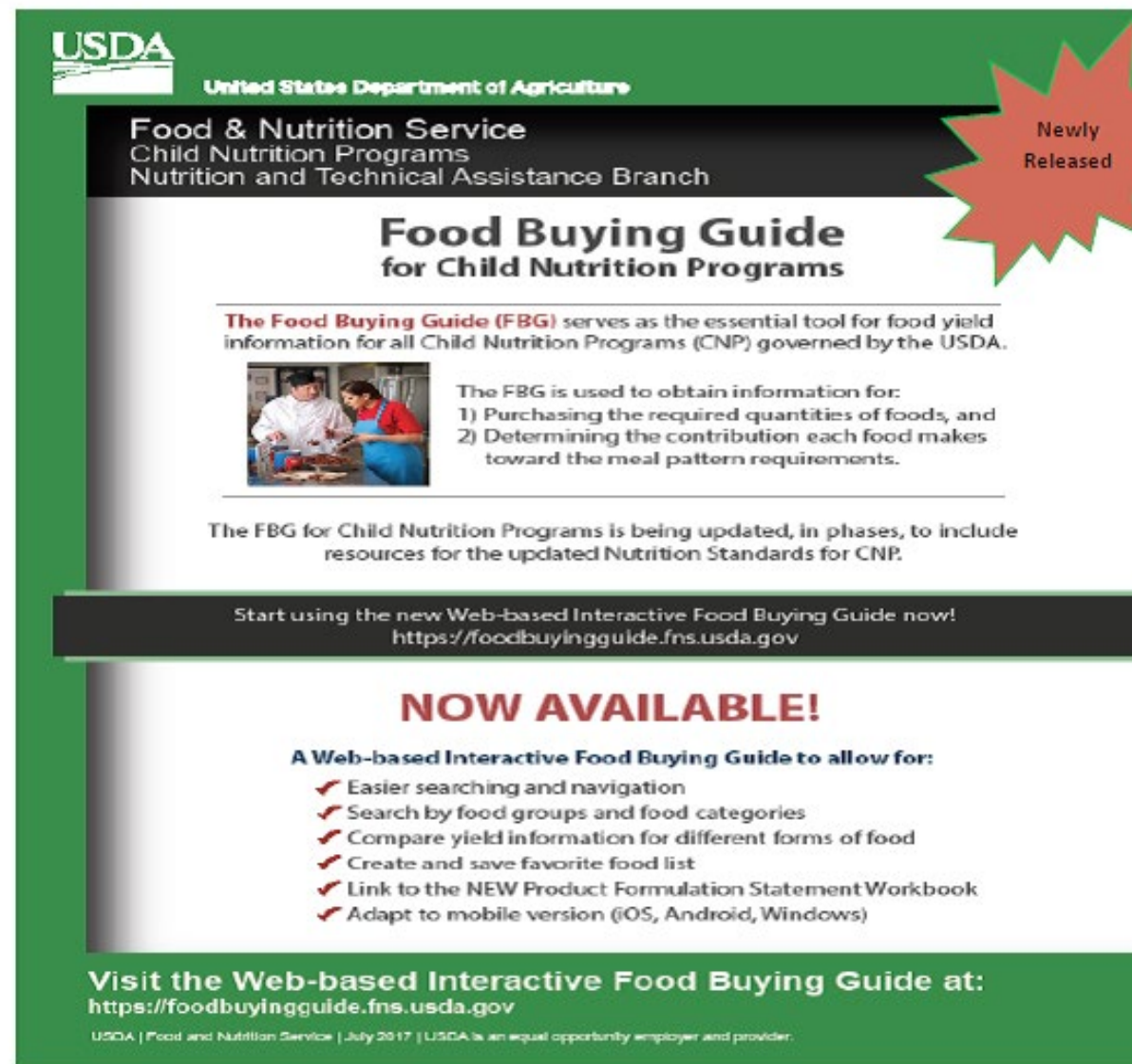
Ingredients	
<ul style="list-style-type: none"> <li>• 3 lbs or 3 - 16 oz boxes of whole grain penne pasta</li> <li>• 1 lb, 9 oz of broccoli florets, chopped</li> <li>• 1lb of cooked chicken, diced</li> <li>• ½ cup of low-sodium chicken broth</li> <li>• 5½ cups of non-fat milk</li> </ul>	<ul style="list-style-type: none"> <li>• ¼ cup of enriched all-purpose flour</li> <li>• ½ cup of reduced-fat cheddar cheese, shredded</li> <li>• ½ cup of low-fat mozzarella cheese, shredded</li> <li>• 4 tsp of granulated garlic</li> <li>• 1 tbsp of salt</li> <li>• 3 tsps of pepper</li> </ul>

Directions	
<ul style="list-style-type: none"> <li>• Heat a large pot of water to a roiling boil. Slowly add pasta, and cook about 8 minutes.</li> <li>• Toss cooked pasta with half amounth of garlic. Place in a large steam table pan.</li> <li>• Cook broccoli for 5 minutes in boiling water. Drain broccoli and toss with remaining half of garlic.</li> <li>• Add broccoli and chicken to pasta. Mix well.</li> </ul>	<ul style="list-style-type: none"> <li>• Sauce: combine broth, salt, pepper, and 4 cups of milk. Bring to boil, stir constantly.</li> <li>• Add both types of cheese. Continue to stir until cheese melts.</li> <li>• Divide cheese sauce evenly and pour over pasta mixture.</li> <li>• Cover with foil and bake at 350 degrees Fahrenheit for 8 minutes.</li> </ul>



• Web-Based Interactive Food Buying Guide Now Available •

• Center Spotlight: Little Ones Learning Center •



**USDA**  
United States Department of Agriculture

Food & Nutrition Service  
Child Nutrition Programs  
Nutrition and Technical Assistance Branch

**Food Buying Guide  
for Child Nutrition Programs**

**Newly Released**

The Food Buying Guide (FBG) serves as the essential tool for food yield information for all Child Nutrition Programs (CNP) governed by the USDA.

The FBG is used to obtain information for:  
1) Purchasing the required quantities of foods, and  
2) Determining the contribution each food makes toward the meal pattern requirements.

The FBG for Child Nutrition Programs is being updated, in phases, to include resources for the updated Nutrition Standards for CNP.

Start using the new Web-based Interactive Food Buying Guide now!  
<https://foodbuyingguide.fns.usda.gov>

**NOW AVAILABLE!**

A Web-based Interactive Food Buying Guide to allow for:

- ✓ Easier searching and navigation
- ✓ Search by food groups and food categories
- ✓ Compare yield information for different forms of food
- ✓ Create and save favorite food list
- ✓ Link to the NEW Product Formulation Statement Workbook
- ✓ Adapt to mobile version (iOS, Android, Windows)

Visit the Web-based Interactive Food Buying Guide at:  
<https://foodbuyingguide.fns.usda.gov>

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Copy/paste/go to: <https://foodbuyingguide.fns.usda.gov>

**Now Available! The New Interactive Recipe Analysis Workbook (RAW) – A Feature of the New Food Buying Guide for Child Nutrition Programs Interactive Web-Based Tool**

**Purpose:** The Recipe Analysis Worksheet (RAW) is a tool to help you determine your recipe's expected meal pattern contributions. RAW is not a tool to evaluate dietary specifications for calories, sodium, and saturated fat. It also cannot determine whether the serving size information entered is correct for crediting.

Other Useful Resources

Copy and paste the following URL in your browser to go to the Food Buying Guide (FBG) Calculator. <http://fbg.nfsmi.org/>  
Copy and paste URL below in your browser to go to Choose My Plate Vegetable Subgroup List to determine the subgroup in which the vegetable ingredient will credit.  
<https://www.choosemyplate.gov/vegetables>



Students at the Little Ones Learning Center prepping their garden for planting!

“Through a new national investment, Little Ones Learning Center, along with four other organizations, is launching an effort to promote access to local, healthy foods for young children in Georgia’s early learning environments. The statewide public-private partnership will be led by The Common Market Georgia, Georgia Organics, Little Ones Learning Center, Voices for Georgia’s Children, and Quality Care for Children [another organization participating in the CACFP].”

“This Farm to Early Care and Education (FTECE) initiative will offer hands-on education in nutrition, cooking, gardening, and promoting local, fresh foods in early care and education programs. Together, the partners will expand healthy food access for Georgia’s most vulnerable children by encouraging family engagement, helping children learn where their food comes from, and expanding opportunities for local farmers to sell fresh foods to early care and education programs. The project is funded by grants totaling \$1.75 million from the W.K. Kellogg Foundation and builds on Georgia’s successful Farm to School movement, which connects stakeholders in early care, local farming, and nutrition.”

Congratulations to Little Ones Learning Center for receiving this special grant funding! Thank you for your commitment to the Farm to Early Care and Education movement!