



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 (BFTS) is working to make sure that no child in the State of Georgia goes hungry when school is closed this coming summer. The Summer Food Service Program (SFSP) administered by BFTS is a federally funded program that provides free meals to eligible children during the summer.

When school is out, many different types of organizations can participate as a SFSP Sponsor and/or a feeding site. A sponsor can be a school, university, college, camp, unit of local government or private non-profit organization. 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 sponsors or sites in their area.

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

Mandatory training to operate as a SFSP Sponsor will be held from January to March 2008. Please contact Sherry Mays at 404-651-7426, if you are interested in becoming a Sponsor!

Meal Component Facts

1. Reimbursable meals and snacks must include all of the required meal components, and they have to be served in the required serving size.
2. *Milk has to be served at every meal (breakfast, lunch, and/or supper). Snacks are optional.
3. **A meat or meat alternate must be served at lunch and supper. Breakfast and snacks are optional.
4. Potatoes are credited as a vegetable component, and not a bread or bread alternate.
5. All meal components must be safe for the ages of the children.
6. Whole grain products should be offered at least once per week.
7. Fresh fruit and/or vegetables should be offered on several days of the week.
8. Meals should include components that have a variety of color and texture.

* Special consideration is granted for adult daycare facilities.

**Special consideration is granted for adult daycare facilities, and religious groups.

Please refer to handbooks, policies, and policy memos for further instruction.

Using Cycle Menus for the Child and Adult Care Food Program (CACFP)

Planning meals and snacks that meet CACFP meal pattern requirements, that are healthy and pleasing to children & adults can be challenging. However, the process can be easier by planning cycle menus.

Cycle menus are a sequence of menus planned for a specific period of time (i.e. 4 weeks). The menu is different each day of the cycle, and at the end of the cycle, the menu is repeated in the same order (week 1, 2, 3, 4). Because the menu starts again (at week 1), it is called a cycle menu.

Using a cycle menu can help you save time, because the menu and meal preparations are repeated. Cycle menus also enable you to purchase food in season, take advantage of food bargains, and buy in bulk.

When planning a cycle menu, decide the number of weeks your cycle menu will include. A cycle menu should be at least three weeks so that participants will not be served the same combination of food too often. Include *some* of the participants favorite food items. Plan nutritious meals and snacks that have a variety of color and texture. Always make sure that your menus meet the CACFP meal pattern requirements.

Juice Recommendations and Facts for Children

~ Juice should be limited to 4– 6 oz per day for children who are 1– 6 years of age.

~Juice should be served in a cup and not offered in a bottle.

~Only 100% juice should be served. “Fruit drinks” or “ades” should not be offered.

~Children often drink too much juice because it tastes good and it is conveniently packaged for consumption. **Serve fruit to encourage children to enjoy eating fruit more often.**

~Drinking too much juice can cause the following:

Tooth Decay

Malnutrition

Diarrhea

Tangy Cherry Salad

Ingredients

2 #10 cans of sliced peaches, drained
1 #10 can pear halves, sliced and drained
3 lbs. fresh apples, unpeeled, chopped, cored
2 1/4 lbs. dried tart cherries
2 1/2 cups lemonade concentrate, frozen, thawed

Instructions

1. In a large bowl combine peaches, pears, apples and dried cherries.
2. Drizzle lemonade concentrate over top. Toss gently to combine.
3. Refrigerate and cover at least two hours prior to serving.

**Yields 100- 1/2 cup servings.
Children who are served must be age appropriate.**

Resource: <http://docs.schoolnutrition.org/recipes>

Ask Pierre Baguette



Dear Pierre,

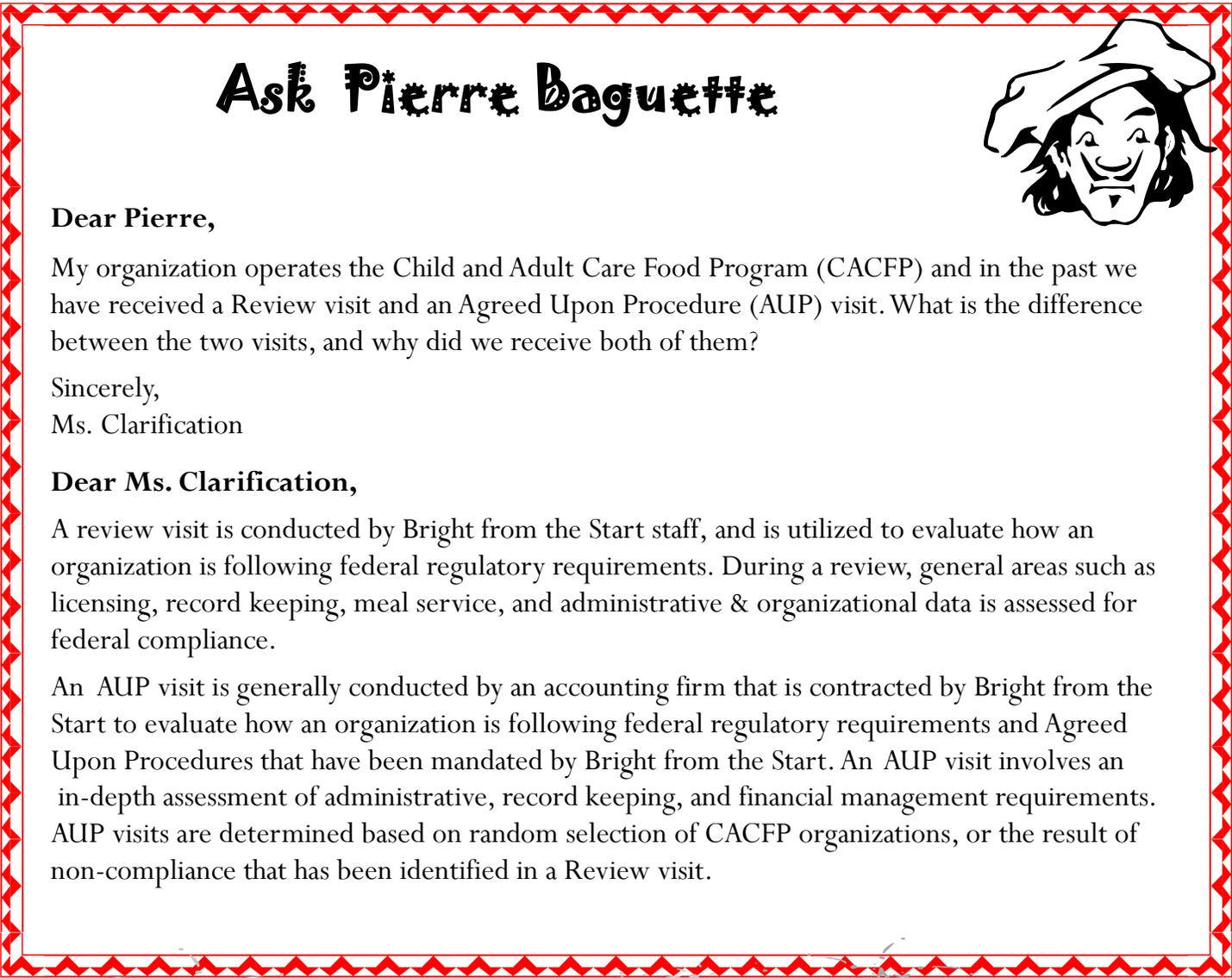
My organization operates the Child and Adult Care Food Program (CACFP) and in the past we have received a Review visit and an Agreed Upon Procedure (AUP) visit. What is the difference between the two visits, and why did we receive both of them?

Sincerely,
Ms. Clarification

Dear Ms. Clarification,

A review visit is conducted by Bright from the Start staff, and is utilized to evaluate how an organization is following federal regulatory requirements. During a review, general areas such as licensing, record keeping, meal service, and administrative & organizational data is assessed for federal compliance.

An AUP visit is generally conducted by an accounting firm that is contracted by Bright from the Start to evaluate how an organization is following federal regulatory requirements and Agreed Upon Procedures that have been mandated by Bright from the Start. An AUP visit involves an in-depth assessment of administrative, record keeping, and financial management requirements. AUP visits are determined based on random selection of CACFP organizations, or the result of non-compliance that has been identified in a Review visit.



Perfect CACFP Reviews

Nutrition Services acknowledges the following institutions for having perfect CACFP Reviews:

Early Literacy Academy, Inc.— had a perfect 1 Year Review in November 2007.

Creative Image Learning Daycare Center, Inc.— had a perfect 3 Year Review in December 2007.

Congratulation and continue to keep up the good work!!



8 Most Common Child and Adult Care Food Program (CACFP) Findings

In September 2007, Nutrition Services conducted a training entitled "The 8 Most Common CACFP Findings". The top eight CACFP findings were identified from Fiscal Year 2007, and the training focused on how to ensure program compliance in the eight deficient areas.

The top eight findings were the following:

1. Income Eligibility is not correct, current, or complete.
2. Inaccurate or incomplete roster.
3. Missing meal components.
4. Food not maintained, prepared, and/or served in sanitary conditions.
5. Record keeping practices are not accurate.
6. Using funds for unallowable costs.
7. Inadequate milk receipts to justify proper quantities served.
8. Inaccurate claim form.

For CACFP participants who did not have an opportunity to attend the training in September. We are currently working to make the training available online, with an anticipated launch in the Spring of 2008. For more information about the training, and/or it's online launch, please contact Anjuly Davis at (404) 656-6292 or e-mail at anjuly.davis@decal.state.ga.us.

**We are
here for YOU!**

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Nutrition Staff News

Nutrition Services is glad to announce that we have two new staff members that have joined our team. Teresa Todd, who is our new Accountant, and Meggan Hemans-Reese, who is our new Program Administrator. Both ladies bring a wealth of knowledge and expertise to Nutrition Services, and we are glad to have them as a part our team.

Also, we want to thank Kay McCorkle for providing seven years of excellent service as the Business Process Manager for CACFP. Kay has recently accepted a position in our Finance Department at Bright from the Start, and we want to wish her well in her new endeavors!

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



Georgia Department of Early Care and Learning