

# Heartland Child Nutrition

# HORIZONS

A Bimonthly Newsletter for ND Child Care Providers Participating  
in the Heartland Child Nutrition USDA Food Program

November/December 2017



You have completed the first month of USDA's New Meal Pattern - and what a success! Our staff is so pleased and proud of our providers! Thank you for your efforts in applying the new regulations into your menus. Please read this newsletter for updates and suggestions.

## Attention: Providers that submit claims online



- 1 A common error in October claims appeared as "Error #187" on your *Claims Error Summary* report. This was a non-deducted error for not recording at least one whole grain-rich (WGR) food a day. If the food is a whole grain-rich food, **remember to flip the WGR button**, that appears at the bottom of the grains/bread slot. The button

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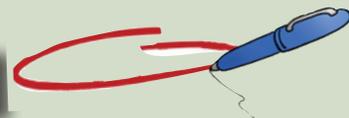
The HCN office is open 7:30 AM to 4:30 PM Monday through Thursday; 8:00 AM to Noon on Fridays. Phone messages may be left after hours and we will respond the following business day.

USDA is an equal opportunity provider, employer and lender.

## Attention: Providers that submit claims on paper forms

- 1 **Circling the type of milk served MUST be done, starting with November claims.** Our State Agency (Department of Public Instruction) is only allowing a one month transition period, which was October's claim, for warnings to be given. From your November claim and forward, **failure to circle a milk will be reason to disallow reimbursement for a meal. Please be careful and re-check your claim.**

WM 1% Sk Sub



- 2 **The specific cereal served MUST be listed.** Heartland has previously informed providers that the word "cereal" would be acceptable. However, our State Agency informed CACFP Sponsors that the specific cereal needs to be recorded (including the type of cereal if served in an infant snack). Examples: Life, Oatmeal Squares, Rice Krispies. This is to assure that the cereals meet the sugar limitation of no more than 6 grams of sugar per ounce. **Note: Providers may continue to write the word "cereal" if a list of offered cereals appears on the top of at least one menu form each month.**



- 3 **Throw away old menu forms.** Only use the new versions of the Meal Count/Menu Record. The old forms do not have the type of milk served and WGR designations so using them may lead to errors. The old infant forms do not have the solid food designations for snack.

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## Attention: Providers that submit claims online

automatically flips to on when entering a food with the words "whole grain" in its name but is not automatic for any other grains or bread.

**2** Check to be sure you updated any menu templates previously entered to be sure they meet the new meal pattern requirements. Slide the WGR button for whole grain-rich foods on menu templates. Choose the correct milk. Check for slots that are now blank because a food was removed or the number changed in the KidKare food list.

**3** If you were previously in the habit of entering food list numbers rather than words, be sure the numbers you enter still exist and are assigned to the food you intend to enter.

**4** Check your message center when logging into KidKare for updates and helpful hints.



## 6-11 Month Old Infant Snack What Counts as a Bread Serving?

The following are creditable for snack times:

- ◆ Iron-Fortified Infant Cereal (IFIC)
- ◆ Ready-to-eat cereals that meet the sugar limitations (Cheerios, etc.)
- ◆ White or whole grain bread
- ◆ White or whole grain toast
- ◆ Bun or dinner roll
- ◆ Plain crackers such as Saltines or Ritz
- ◆ Oyster crackers, cracker squares or shapes
- ◆ Graham crackers (made without honey)
- ◆ Animal crackers
- ◆ Teething biscuits
- ◆ Biscuits
- ◆ Bagel (may be choking hazard)
- ◆ Soft tortilla (may be choking hazard)



The once-a-day whole grain rule does not apply to infants.

Note that the serving sizes for both the fruit or vegetable and IFIC/Cereal/Cracker/Bread component are small. For example, only 1-2 crackers or 1/4 piece toast is a snack serving for a 6-11 month old. The fruit or vegetable serving at snack is 2 Tbsp. or less. If not developmentally appropriate, these snack time foods should not be served.

Foods that do not count but may be served as an extra food if appropriate for age:

Gerber Infant Puffs & Crunchies  
Pancake, Waffle, French toast  
Muffin, Banana bread  
Macaroni, Noodles, Rice  
Cooked cereals  
Rice cakes, Pretzels

Not appropriate to serve:  
Tortilla chips

## Welcome to Heartland Child Nutrition

Bismarck:	Mercedes Clark Mary Meyer Rebecca Saxton
Grafton:	Mackenzie Lizakowski
Grand Forks:	Stacie Felix Virginia Gilpin Jessica Abrahamson
Langdon:	Jennifer Mackall
Mandan:	Emily Jensen Kelsey Brouwer
Minot:	Kelly Crowe
Steele:	Marsha Rauda
Williston:	Debra Beard Reveena Hegge Rachel Johnson Trudy Keith Angela Thomas Torrie Vader Mary Wegley



## Revision: USDA Guidance for Whole Grain Labels

There has been a small revision in USDA's directions in determining a whole grain-rich product. Previously, in HCN's *New Meal Pattern* training, providers were instructed to look for a whole grain to be first ingredient on a product's ingredient list. If there are any other flours or grains in the product, they must be enriched or whole grain.

### UPDATE

USDA revised the above direction to use a

### “RULE OF THREE”

in determining whole grain-rich foods.

**ONE** The first ingredient (after water) needs to be a whole grain.

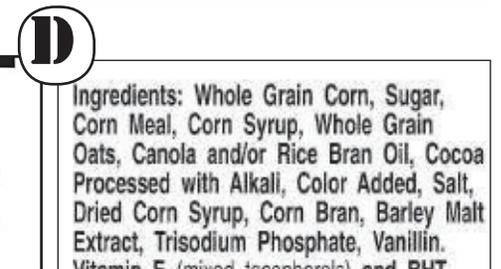
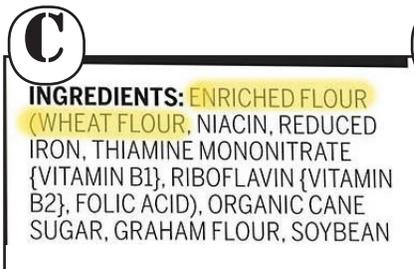
### TWO & THREE

If other grains (flours) are in the product, the second and third grains listed need to be enriched or whole grains.

Grain ingredients that appear after the third grain do not have to be considered because the amount will be insignificant. Ingredients listed after “Contains 2% or less....” may be disregarded. Wheat gluten and fiber are not grains. Bran and germ are counted as a whole grain ingredient. **Fortified cereals are exempt from this rule.**

## Label Reading Quiz

Look at the following labels. Which are whole grain-rich products?



The answer: B is a whole grain-rich product.

- Label A states it is made with whole grain, however the ingredient list would need to be checked if a whole grain is the primary ingredient with the next two listed grains (if any) being either whole or enriched.
- Label C is creditable because it is made with enriched flour, but it would not be a whole grain-rich (WGR) food because a whole grain is not listed first in the ingredient label.
- Label D appears, at first glance, to be WGR because whole grain corn is the first ingredient. However, the second ingredient is “corn meal” which is neither whole grain nor enriched. It does not meet the *Rule of Three* guidance (see article to the left).



## Reasons for Child Care Providers to Eat Whole Grains Along with the Children in Their Care

In a study of more than 160,000 women, those who averaged two to three servings of whole grains per day were 30% less likely to develop type 2 diabetes than those who rarely ate whole grains.

Harvard University research found that eating three servings of whole grains a day resulted in a 25% reduction for cardiovascular deaths and 14% for cancer-related deaths.

Whole grains are digested more slowly than refined grains. As a result, blood sugar and insulin are better regulated. The result: energy and mood swings may be less likely and the feeling of being full may last longer when compared to eating refined grains.

Menu Menu Using the New CACFP Meal Pattern	
1	Breakfast Cereal Milk Fruit Yogurt Eggs Bread Butter Jelly Custard Ice Cream Smoothie Juice Milkshake Pancakes Waffles French Toast Cakes Cookies Pie Pastry Sandwich Salad Soup Stew Casserole Bread Butter Jelly Custard Ice Cream Smoothie Juice Milkshake Pancakes Waffles French Toast Cakes Cookies Pie Pastry Sandwich Salad Soup Stew Casserole
2	Breakfast Cereal Milk Fruit Yogurt Eggs Bread Butter Jelly Custard Ice Cream Smoothie Juice Milkshake Pancakes Waffles French Toast Cakes Cookies Pie Pastry Sandwich Salad Soup Stew Casserole Bread Butter Jelly Custard Ice Cream Smoothie Juice Milkshake Pancakes Waffles French Toast Cakes Cookies Pie Pastry Sandwich Salad Soup Stew Casserole

Heartland has 5 weeks of New Meal Pattern menu ideas on our website:

[www.heartlandnutrition.org](http://www.heartlandnutrition.org)  
Under *Current Providers* click *New Meal Pattern Menus*

We sent the above menu link in an October email to child care providers. If you would like a printed copy of the menus, but do not have the capability to print, please give our office a call to be mailed a copy. Ann Schuetzle, HCN Education Director, is available for questions and assistance with meal pattern and food concerns.

Reminder: The password to some of the pages at [heartlandnutrition.org](http://heartlandnutrition.org) is "children." The password protected pages, such as those containing the Learn-at-Home courses, are only available to Heartland providers.



## Fun with Whole Grains in December

- ★ In the first photo below, a large and a smaller cookie cutter of the same shape is used to make a festive snack sandwich. Before placing the top bread cut-out, the bottom is spread with jam, hummus or peanut butter. A few (not as many as in the photo!) colorful sprinkles may be scattered in the center of the sandwiches spread with peanut butter. Whole grain bread could be used to make these fun sandwiches.
- ★ Rudolf, center, also has the option of being made with whole grain bread. Children can help assemble their own reindeer using a red M&M and raisins for the face.
- ★ The pizza tree crust is made with thawed frozen bread dough rolls. Rhodes whole grain frozen bread dough could be used. The roll dough is flattened and baked without allowing the buns to rise. "Decorations" include diced vegetables, pepper strips, and a yellow cheese star.



Photos source: Pinterest



## New Creditable Cereals on the Market



General Mills has developed a new flavor, Blueberry Chex, that meets the CACFP sugar limitations and is whole grain-rich. Blueberry Chex may be tasty snack in addition to giving providers another option for breakfast. Two other Chex cereals, Cinnamon and Vanilla, have recently lowered their sugar content, allowing them to be reimbursable. The Vanilla and Cinnamon Chex cereals are also WGR.



◆ Cheerios + Ancient Grains cereal contains 5 grams of sugar per ounce and is a WGR product. ◆ Kellogg's Frosted Mini-Wheats now has a "Touch of Fruit in the Middle" variety with 10 grams of sugar in 55 grams of cereal. One ounce is 28 grams, so this cereal would have 5 grams sugar per ounce. It is WGR. ◆ Erewhon is a lesser known brand of cereal that has been spotted at Walmart, Menards and a few local stores. Erewhon Crispy Brown Rice cereal is a whole grain rice version of Rice Krispies.