Breastmilk Guidelines

Breastmilk needs to be stored and handled safely to keep it from spoiling. Follow the specific health and safety regulations that are required by your State and local authorities for safe food handling. General tips for handling breastmilk follow.

Handling of Breastmilk Before Arriving at the Facility

Ask mothers to:
- Store their breastmilk in the refrigerator or freezer right after they express it and label the bottles with:
  - the baby’s name, and
  - the date and time the breastmilk was collected.
- Store the milk in hard plastic bottles if possible because these are unbreakable.
- Fill the bottles with the amount of breastmilk the baby usually drinks at one feeding. Some babies may consume less than 4 ounces at a feeding. The mother can freeze some bottles with 1 to 2 ounces of breastmilk for times when the baby wants some extra breastmilk.
- Carry bottles of fresh or frozen breastmilk to the facility in a cooler with an ice pack to keep the milk at a cold temperature.

Handling and Storing Breastmilk at the Facility

- Breastmilk from a mother is designed specially to meet the needs of her baby. If more than one baby or child is drinking from bottles, make sure that each bottle is clearly labeled with the respective baby’s or child’s name and never accept an unlabeled bottle from a parent. Do not use unlabeled bottles that have been accidentally accepted.
- Refrigerate bottles immediately when they arrive and until ready to use.
- Use bottles of breastmilk only for the baby for whom they are intended.
- To prevent spoiling, do not allow bottles of breastmilk to stand at room temperature.

Commercially Prepared Infant Foods

Solid foods served to an infant can be either homemade, or a commercial (store-bought) product.

- **Jars/pouches of fruit/vegetables**—these products usually include a variety of fruits and vegetables. The fruits and vegetables, however, must be listed as the first ingredient on the ingredient list. These foods must strictly contain fruits and/or vegetables. These foods cannot include: rice, millet, barley, meat, yogurt, or any other component outside of a fruit or vegetable.
- **Jars/pouches of pre-made (wet) infant cereal** are not creditable. This includes wet cereals that have a fruit listed as a first ingredient on the label.
- **Jars/pouches of infant dinners** are not creditable. Any commercially prepared infant food that contains a combination of fruits/vegetables, meat, cereal (rice, barley etc.), and/or yogurt is not creditable. Unfortunately, there are not CN labels for infant food that show us how much of each component is in a serving of infant food.

Photo: Children Project 1 by Paolo Marconi / CC BY
Claims must be turned into FRAMAX offices on the first working day of the month, after the month of the claim. FRAMAX will consider the claim to be ON-TIME if: 1) It is personally delivered and received in our office no later than 5 PM on the 5th calendar day of the month or 2) It is postmarked on or before the 5th calendar day of the month and delivered to our offices by the US Postal Service on or before the 9th calendar day of the month. THERE ARE NO EXCEPTIONS TO THIS POLICY. YOU ARE RESPONSIBLE FOR SUBMITTING YOUR CLAIM ON TIME.

The DEADLINE date for all Late “scannable” claims is the last working day of the month following the claim month. The late claim must be postmarked by that date or delivered to our office by that day. LATE CLAIMS ARE ONLY ACCEPTED FROM PROVIDERS WITH UNUSUAL CIRCUMSTANCES OR HARDSHIPS. We cannot reimburse for any claims received after this date. If you are not submitting a claim for the month submit a ZERO MEAL COUNT on your Claim Information Form.

In This Issue
Breastmilk Guidelines................ Page 1
Commercially Prepared Infant Foods..... Page 1
!!!Claim Due Dates!!! (English/Spanish). Page 2
Provider Recognition.................. Page 2
Macaroni & Cheese........................ Page 3
Peanut Butter and other Nut Butters..... Page 3
Strategies to Help Children............. Page 3
Harvest of the Month—Root Vegetables.Page 4
Welcome to Our New Providers......... Page 5
Suggested Seasonal Reads.............. Page 5
Jicama Salad................................ Page 5
Moving to the Beat........................ Page 5
Menu For a Day............................ Page 6

Reclamaciones deben de ser entregadas a las oficinas FRAMAX en el primer día laborable del mes después del mes de la reclamación. Sin embargo FRAMAX examinará la pretensión de ser A-TIEMPO si: 1) personalmente son entregadas y recibidas en nuestras oficinas no más tarde de las 5PM en el quinto día del calendario del mes o 2) que son matasellados antes o el quinto día calendario entregado a nuestras oficinas por el US Postal Service en o antes del noveno día calendario del mes. NO HAY EXCEPCIONES A ESTA POLÍTICA. USTED ES RESPONSABLE DE PRESENTAR SU RECLAMACIÓN A TIEMPO.

La fecha límite para todas las reclamaciones "escaneadas" es el último día del mes siguiente al mes de la reclamación. La reclamación final debe ser matasellado de esa fecha o entregada a nuestras oficinas en ese día. SÓLO SE ACEPTAN RECLAMACIONES TARDÍAS DE PROVEEDORES CON CIRCUNSTANCIAS INUSUALES O CON DIFICULTADES. No reembolsaremos por cualquier reclamación recibida después de esta fecha. Si no va a enviar un reclamo para el mes presentar un “recuento de cero comida” en su Forma para Reclamar Información (CIF).

Provider Recognition
Our Field Representatives would like to acknowledge the following providers for their excellent work noted during their monthly review.
- Maria Gomez—Lindsay
- Stephanie Urquia—Visalia
- Danica Kong—Fresno
- Graciela Stockwell—Kerman
- Diane Hollins—Fresno
- Robin Rouch—Clovis
- Rachell Dillon—Visalia
- Eva Beltran—Salida
- Joanne Smith—Modesto

We know that there are many providers that have exceptional practices in their operation of the CACFP. It is only possible, however, to recognize a few each month.

Keep up the great work!
We are proud of everyone.
You could be next.
Macaroni & Cheese

Macaroni and Cheese is a popular favorite for children. When claiming this food for a creditable meal on the CACFP (FRAMAX), you must be careful.

According to USDA’s Crediting Handbook for the Child and Adult Care Food Program, Cheese Foods, Cheese Food Substitutes, Cheese Spreads, and Cheese Spread Substitutes are creditable; 2-oz. serving equals 1 oz. meat/meat alternate.

If planning to claim the cheese sauce as a meat/meat alternate when serving macaroni and cheese, the cheese sauce must be homemade. This way you can ensure that each child is getting the required serving size of cheese sauce for the meat/meat alternate.

If serving the processed “blue box” macaroni and cheese, you can only claim the macaroni as a bread/bread alternate. A meat/meat alternate must be added to this meal to be creditable in the CACFP (FRAMAX).

Peanut Butter and other Nut Butters

It is suggested that nut/seed butters be served in combination with another meat/meat alternate since the required portion sizes may be too large for preschool children.

Remember, Nutella is not a true nut butter, and is not creditable on the CACFP. When you look at the ingredients label, you will find that sugar is the first ingredient listed, followed by palm oil. Hazelnuts do not appear until the THIRD ingredient (right before cocoa). Nutella is a chocolate, hazelnut spread and does not have a nutritional value like that of peanut butter or other nut butters.

Take a look at Catherine Saxelby’s Foodwatch for her following conclusions on Nutella:

Conclusion No 1—Nutella is more sugar and fat than hazelnuts.

Conclusion No 2—Think of Nutella as chocolate in spreadable form.

Conclusion No 3—Nutella provides very little in the way of good nutrition.

Strategies to Help Children Stay Healthy in Child Care

Avoid Illness

- Have children wash hands with soap and warm water when they arrive at child care and before eating.
- Teach children to cover their mouths with their elbow when they cough or sneeze.
- Perform a health check at the door and have a health policy to help keep sick children from spreading illness in child care.
- Check with parents to see if children are going to their regularly scheduled check-ups.

Sleep

- Most children under age six need at least ten hours of sleep a night. Ask parents when children go to bed and get up each morning.
- Have a regular nap time and/or rest time for all young children.

Exercise

- Encourage children to live an active lifestyle.
- Schedule plenty of indoor and outdoor active play times during the day.
- Limit or eliminate television, videos and computer time.

Eat Nutritiously

- Give children a variety of healthy foods every day. Children need a healthy diet to help them grow.
- Serve plenty of fresh fruits and vegetables.
- Offer low-fat milk and water. Limit 100% juice to no more than 4 ounces per day.
- Encourage but do not force children to eat and do not use food as a reward or punishment.
- Limit all sweets, chips and other “junk food”.

Be Safe Outdoors

- When children go out to play in the sun, use sunscreen with an SPF of 15 or higher and when possible have children wear hats, sunglasses and long sleeves.
- When outside in cold weather, make sure children are warm with hats, gloves and boots as needed.

Photo: peanuts by Aleksandar Bozek / CC BY

Photo: wash hands by yoshiyasu nishikawa / CC BY
Harvest of the Month—**Root Vegetables**

**Health and Nutrition Go Hand-in-Hand**

Make half of your plate fruits and vegetables and be active every day. Drink water instead of sugary drinks. (Sugary drinks are the largest single source of added sugar in the American diet.) Doing these things may lower the risk of serious health problems like obesity, type 2 diabetes, heart disease, stroke, and some types of cancer.

A ½ cup of most root vegetables—like jicama, rutabagas, and turnips—is an excellent source* of vitamin C. Root vegetables are rich in complex carbohydrates, which give you longer lasting energy.

*Excellent sources provide at least 20% Daily Value.

**Produce Tips**

- Select firm **jicama** that are smooth with no bruises or spots. Store in a cool, dry place for up to four months. Keep sliced jicama in a sealed plastic bag in the refrigerator for up to one week.
- Choose small–to medium-sized **turnips** that are smooth, round, and firm. Store in a cool, dry place for up to two months or in a plastic bag in the refrigerator for up to two weeks.
- Look for **rutabagas** that are heavy, smooth, round, and firm. Store in a cold, dry place for up to four months or in the refrigerator for one month.

**Just the Facts**

- Only the roots of jicama plants are edible.
- Turnips are members of the mustard family.
- The name **rutabaga** comes from the Swedish word *rotbagga*, meaning “thick root.”

**Let’s Get Physical**

- **At school:** Encourage your child to start a walking group during recess.
- **With the family:** Play touch football or tag this weekend.

Gardening, doing yard work, vacuuming, sweeping—all types of physical activity count towards your daily needs!

For more ideas, visit: [www.cdc.gov/physicalactivity](http://www.cdc.gov/physicalactivity)

**Healthy Serving Ideas**

Blend peeled and sliced jicama with canned pineapple, fresh orange slices, and 100% orange juice for a refreshing drink.

Enjoy jicama with lime juice and chili powder for an afternoon snack.

Slice and boil parsnips in low-sodium chicken broth to make mashed parsnips instead of potatoes.

For more Maria Rodriguez information, visit: [www.harvestofthemonth.cdph.ca.gov](http://www.harvestofthemonth.cdph.ca.gov)
Welcome to Our New Providers

<table>
<thead>
<tr>
<th>Visalia</th>
<th>Tulare</th>
</tr>
</thead>
<tbody>
<tr>
<td>Kristen Beechinor</td>
<td>Linda A. Cathey</td>
</tr>
<tr>
<td>Alvina Ivy</td>
<td>Araceli Ontiveros</td>
</tr>
<tr>
<td>Stockton</td>
<td>Portia Sandoval</td>
</tr>
<tr>
<td>Maria G. Ramirez</td>
<td>Joanna Zuniga</td>
</tr>
<tr>
<td>Allensworth</td>
<td>Fresno</td>
</tr>
<tr>
<td>Tanya Wilson</td>
<td>Alexandria Crowder</td>
</tr>
<tr>
<td>Turlock</td>
<td>Fresno</td>
</tr>
<tr>
<td>RoseMarie Gomez</td>
<td>Megan Jigour</td>
</tr>
<tr>
<td>Merced</td>
<td>Turlock</td>
</tr>
<tr>
<td>Anna Grimson</td>
<td>Silvia Robles</td>
</tr>
<tr>
<td>Manteca</td>
<td>Patterson</td>
</tr>
<tr>
<td>Loralee Luminare</td>
<td>Anna Valdez</td>
</tr>
<tr>
<td>Elk Grove</td>
<td>Visalia</td>
</tr>
<tr>
<td>Maria Solorzano</td>
<td>Natalia Aguilar</td>
</tr>
<tr>
<td>Lathrop</td>
<td>Visalia</td>
</tr>
<tr>
<td>Stephanie Yang</td>
<td>Isaura Barrera</td>
</tr>
<tr>
<td>Clovis</td>
<td>Corcoran</td>
</tr>
<tr>
<td>Maria Alvarado</td>
<td>Daniela Dutciuc</td>
</tr>
<tr>
<td>Lathrop</td>
<td>Olivehurst</td>
</tr>
<tr>
<td>Teresa Crain</td>
<td>Safia Fazaz</td>
</tr>
<tr>
<td>Lemoore</td>
<td>Sacramento</td>
</tr>
<tr>
<td>Doris Easley</td>
<td>Coressa Koel</td>
</tr>
<tr>
<td>Fresno</td>
<td>Olivehurst</td>
</tr>
<tr>
<td>Ariel A. Garnett</td>
<td>Sarah Magana</td>
</tr>
<tr>
<td>Sacramento</td>
<td>Sacramento</td>
</tr>
<tr>
<td>Fatima Linan</td>
<td>Sacramento</td>
</tr>
<tr>
<td>Visalia</td>
<td>Sarah Protz</td>
</tr>
<tr>
<td>Fatema Nasseri</td>
<td>Lockeford</td>
</tr>
<tr>
<td>Sacramento</td>
<td></td>
</tr>
<tr>
<td>Maricela Ramirez</td>
<td>Hameda Saboori</td>
</tr>
<tr>
<td>Tulare</td>
<td>Sacramento</td>
</tr>
<tr>
<td>Jamie Valenzuela</td>
<td>Christina Wall</td>
</tr>
<tr>
<td>Fresno</td>
<td>Tracy</td>
</tr>
<tr>
<td>Anna Webb</td>
<td>Nakitia Williams</td>
</tr>
<tr>
<td>Sonora</td>
<td>Fresno</td>
</tr>
</tbody>
</table>

Suggested Seasonal Reads

**The Gigantic Turnip** by Aleksei Tolstoy/Niamh Sharkey

From Amazon… “This hilarious retelling of the classic Russian tale about a farmer whose turnip is impossible to pull from the ground uses simple vocabulary and is ideal for reading aloud. Its cumulative theme will soon have young readers gleefully joining in, and Irish artist Niamh Sharkey’s wonderfully quirky illustrations will delight and fascinate all ages.”

**Jicama Salad**

**Ingredients:**
- 1 pound jicama, peeled and cut into small strips
- Juice of 1 orange
- Juice of 1 lime
- Juice of ½ grapefruit
- ¼ tsp. salt
- ¼ cup olive oil
- 1 red apple, cored and cut into small strips
- 1 (15 oz.) can mandarin oranges, drained
- 2 tbsp. cilantro, finely chopped
- ½ tsp. chili powder (optional)
- 6 leaves of romaine lettuce

**Directions:** In a large bowl, combine jicama, orange, lime and grapefruit juices. Cover and chill in refrigerator. Right before serving, add salt, olive oil, apple, mandarin oranges, cilantro, and chili powder (optional) to bowl and toss thoroughly. Scoop salad evenly into lettuce leaves and serve.

*Recipe adapted from: Let’s Cook, a cookbook by California WIC*

**Moving to the Beat**

*Moving to the Beat* will help children build listening, flexibility, rhythm, spatial awareness and movement vocabulary skills.

Have an adult tap a rhythm on a drum, tambourine or anything that can be struck to create a rhythm. Have children stand in a large circle, and ask them to listen to the rhythm. Have the group clap their hands to the beat. Then ask the children to move their feet to the rhythm, as you tap a steady beat and then vary it by beating faster and slower. Tell the group to:
- **Walk** forward, then backward to the rhythm
- **Stomp** forward, then backward to the rhythm

Continue adding variations such as, **jump, hop, move sideways** and **tip-toe** to the rhythm. Have them stop whenever the beat stops.

This activity can be adapted for age and ability. It can be made shorter or longer as time allows and it can be played indoors or outside!

*CCFP Roundtable’s Nutrition Edition, Issue 49*
Apple Pie Bread Pudding (1)
Ingredients: cooking spray, 2 green apples (peeled and chopped), 1 cup sugar, 1 tbsp. cinnamon, 1 tsp. nutmeg, 6 cups stale whole wheat bread (cubed), 3 large eggs, 2 cups lowfat milk, 1 tsp. vanilla extract, ½ tsp. salt, tbsp. butter, ⅔ cup brown sugar, 1 cup walnuts (toasted and chopped)
Directions: Preheat oven to 325° and grease an 8-inch square pan with cooking spray. In a large bowl, combine apples, sugar, cinnamon, nutmeg, and bread cubes. In a separate bowl, whisk together eggs, milk, vanilla, and salt. Pour over bread cubes and stir to coat. Soak for 30 minutes. Meanwhile, melt butter in a saucepan. Stir in brown sugar and cook until sugar melts and is bubbly. Remove from heat, stir in walnuts and set aside. Pour bread mixture into prepared pan. Bake for 30 minutes, remove from oven and sprinkle walnuts over pudding. Return to oven and bake until pudding is puffed and sides are pulled away from pan.
Recipe adapted from: Let’s Cook, a cookbook by California WIC

Pumpkin Parfait (2)
Ingredients: 1 can (about 15-oz.) low-sodium pumpkin, 3 cups fat-free or low-fat vanilla yogurt, ⅔ tsp. ground cinnamon, ⅛ tsp. ground nutmeg
For the Granola: ¼ cup raisins, ½ cup quick cooking oats, ½ cup rice crisps, 1 tbsp. vegetable oil, ⅔ cup brown sugar
Directions: Preheat oven to 350°. In a blender, blend pumpkin until smooth. Mix pumpkin, yogurt, and spices in a bowl. In another bowl, mix the granola ingredients: raisins, quick cooking oats, rice crisps, oil and sugar. Spread granola on a baking pan. Bake for 10 minutes. Let the granola cool down until it hardens. Then, break it apart or crush it into small pieces. Spoon the pumpkin into 6 medium-size glasses or bowls. Put granola on top of the pumpkin in each glass or bowl. Spoon the pumpkin and granola in layers until all have been added to glass or bowl. Serve immediately or refrigerate.
Recipe adapted from: www.whatscooking.fns.usda.gov

Roasted Root Vegetables (3)
Ingredients: 4 root vegetables (choose a variety from potatoes, rutabagas, turnips, parsnips, beets, sweet potatoes, etc.), 2 carrots (chopped), 1 onion (medium, chopped), ¼ cup vegetable oil, 3 tbsp. Parmesan cheese
Directions: Preheat oven to 350°. Cut vegetables into chunks. Place in a medium bowl and pour oil over top. Add seasonings or Parmesan and mix well. Spread an even layer on a baking sheet. Bake for 1 hour or until tender. Check a few vegetables to see if they are tender.
Recipe adapted from: www.whatscooking.fns.usda.gov

Melting Pot Soup (4)
Ingredients: For the Turkey Meatballs: 1lb. Ground turkey, ¼ cup grated Parmesan cheese, ½ cup cooked quinoa, 1 large egg, 4 tsp. dried parsley
For the Soup: 1 cup whole-wheat pasta, such as rotini or farfalle, 1 tbsp. olive oil, 1 medium onion (peeled and diced), 2 cloves garlic (peeled and minced), 2 carrots (peeled and diced), 2 celery stalks (diced), 1 medium sweet potato (peeled and cut into small cubes), 1 cup green beans (cut or broken into 1-inch pieces), salt and pepper to taste, 6 cups low-sodium chicken broth, 1 (14.5-oz.) can diced tomatoes, 16 oz. fresh spinach, 1 (15-oz.) can red kidney beans, Parmesan cheese
Directions: To make the Turkey Meatballs: In a large mixing bowl, combine all of the meatball ingredients. Mix well, form into 1-inch balls, and refrigerate until ready to use. To make the Soup: Fill a large pasta pot with water and bring water to a boil. Add the pasta and cook about 8 minutes, or until al dente. Drain and set aside. In a large stockpot, heat the olive oil over medium heat. Add the onions and sauté for 2 minutes, then add the garlic and sauté for 2 minutes. Add the carrots and celery and sauté for about 7 minutes, or until the vegetables are soft. Add the sweet potatoes and green beans, season to taste with salt and pepper, and stir. Add the broth and tomatoes, cover, and bring to a boil. Add the meatballs and return to a boil. Reduce the heat to low, then simmer for 20 minutes, stirring occasionally. Add spinach and kidney beans, cover, and simmer for 10 minutes. To serve, spoon ¼ cup cooked pasta into each bowl, then ladle the soup over the pasta. Sprinkle with Parmesan cheese and serve.

Read our newsletter; you could be one of our next lucky providers!!