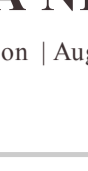


**WHERE
HEALTHY
EATING
BECOMES
A HABIT**



SENDCAA NEWS

CACFP Edition | August 2023

2023 Mandatory Training

Each year USDA requires all CACFP participants to receive training on civil rights and program policies. The deadline to complete this training is September 30, 2023. This training is worth 1 hour of Growing Futures training credit. Failure to complete the training by the deadline could result in a corrective action.

[Complete Training Now](#)

Food Program: Is It Worth It?

You are *never* losing money when you are on the Food Program. It is true that your reimbursements may not cover all your food costs, but it's always better to get some money for the food you are buying, than no money at all!

Here's a few things to keep in mind:

- Most providers spend less than 3 hours per week on Food Program paperwork.
- You are always better off when joining CACFP. For every \$1,000 you get from CACFP, you will have \$600-700 in your pocket after paying taxes on this income.
- Meals and snacks that you are reimbursed for by the CACFP can still be deducted as a business expense. So, you don't lose any food deductions when joining the Food Program whether you receive the higher (Tier 1) or lower (Tier 2) reimbursement.
- All providers can use the standard meal allowance rate to deduct their food expenses. That means, if you serve breakfast, lunch and snack each day, you can deduct about \$1,500 in food expenses for each child in a year. Plus, you don't need to save any food receipts when using the standard meal allowance method.
- It is easier to participate on the food program, than it is to raise your rates. Now that's a good deal for parents and for you!

For more information and resources, visit www.tomcopelandblog.com

DID YOU KNOW?

MYTH

It's only money. You should just raise your child care rates.

FACT

CACFP programs offer regular training and guidance about nutrition, mealtimes, and child development topics. It also saves your child care families time and money by not making them pack food to bring to child care every day.

www.tomcopelandblog.com

2023-2024 Reimbursement Rates Announced

The USDA has released this year's reimbursement rates. The "Keep Kids Fed Act" expired on June 30th, 2023 and the two tiered reimbursement system returned as of July 1st.

Providers that are under Tier 2 were emailed letting them know of their standing and information on filing out income eligibility applications for either their own household or their family's households, if they choose to do so.

	Tier I	Tier II
Breakfast	1.65	0.59
Lunch/Supper	3.12	1.88
Snack	0.93	0.25

Click [here](#) to download an application if you are a Tier II provider and would like to apply for Tier I. Feel free to contact our office with any questions.

INCOME ELIGIBILITY GUIDELINES 2023-2024

Household Size	Yearly	Monthly	Weekly
1	\$26,973	\$2,248	\$519
2	36,482	3,041	702
3	45,991	3,833	885
4	55,500	4,625	1,068
5	65,009	5,418	1,251
6	74,518	6,210	1,434
7	84,027	7,003	1,616
8	93,535	7,795	1,799
Each additional child	+ 9,509	+ 793	+ 183

Enrollment Reminders

Child enrollments are good for one year. If a child is still in your care after that initial year we will need an updated enrollment to continue to receive reimbursement. We do our best to notify you of any upcoming expirations but it is the providers responsibility to keep track of your enrollments. KidKare makes it very easy to see if you have any enrollments that are about to expire. Here are a few ways to check:

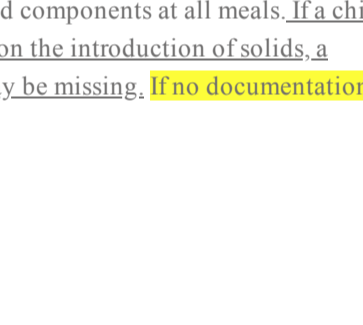
- When you click on a child, under their picture shows the expiration date
- You will also get a notification on your Claim Summary and Error Report
 - To view this report go to: Reports > Claim Statements > Claim Summary and Error > Choose claim month, click Run
- To view how to print a single child's enrollment form click [here](#).
- To view how to print all your children on an enrollment renewal worksheet click [here](#).
- For a printable enrollment click [here](#).

Be sure the parent updates any info, signs and dates the application.

KidKare Help Page

KidKare has a great resource page for all topics. Check it out to learn all the features KidKare has to offer by visiting <https://help.kidkare.com/help/providers>

If you currently submit your claims manually and would like to give KidKare a try, contact your home monitor! They would be happy to get you started!



Infant Documentation Reminder

All infants, **6 months and older**, are required to be offered all required components at all meals. **If a child is not developmentally ready or a parent has given special requests on the introduction of solids, a reason needs to be documented on the menu of why components may be missing. If no documentation is recorded, deductions will be made for missing components.**

Infant Meal Pattern

BREAKFAST	
Birth through 5 months	4-6 fluid ounces breastmilk ¹ or formula ²
6 through 11 months	6-8 ounces fluid breastmilk ¹ or formula ² ; and 0-4 tablespoons infant cereal ³ , meat, fish, poultry, whole egg, cooked dry beans, or cooked dry peas; or 0-2 ounces of cheese; or 0-4 ounces (volume) of cottage cheese; or 0-4 ounces or 1/2 cup of yogurt ⁴ ; or a combination of the above ⁴ ; and 0-2 tablespoons vegetable or fruit or a combination of both ^{4,5}

LUNCH AND SUPPER	
Birth through 5 months	4-6 fluid ounces breastmilk ¹ or formula ²
6 through 11 months	6-8 ounces fluid breastmilk ¹ or formula ² ; and 0-4 tablespoons infant cereal ³ , meat, fish, poultry, whole egg, cooked dry beans, or cooked dry peas; or 0-2 ounces of cheese; or 0-4 ounces (volume) of cottage cheese; or 0-4 ounces or 1/2 cup of yogurt ⁴ ; or a combination of the above ⁴ ; and 0-2 tablespoons vegetable or fruit or a combination of both ^{4,5}

SNACK	
Birth through 5 months	4-6 fluid ounces breastmilk ¹ or formula ²
6 through 11 months	2-4 ounces fluid breastmilk ¹ or formula ² ; and 0-1/2 slice bread ⁶ ; or 0-2 cracker ⁶ ; or 0-4 tablespoons infant cereal ^{3,4} or ready-to-eat breakfast cereal ^{4,5,7} ; and 0-2 tablespoons vegetable or fruit, or a combination of both ^{4,5}

¹ Breastmilk or formula, or portions of both, must be served; however, it is recommended that breastmilk be served in place of formula from the birth through 11 months. For some breastfed infants who regularly consume less than the minimum amount of breastmilk per feeding, a serving of less than the minimum amount of breastmilk may be offered, with additional breastmilk offered at a later time if the infant will consume more.

² Infant formula and dry infant cereal must be iron-fortified.

³ Cereal must contain no more than 2.2 grams of total sugars per 6 ounces.

⁴ A serving of this component is required when the infant is developmentally ready to accept it.

⁵ Fruit and vegetable juices must not be served.

⁶ All grains served must be made with enriched or whole grain meal or flour. Ready-to-eat breakfast cereals and infant cereals that are fortified are also creditable.

⁷ Ready-to-eat breakfast cereals must contain no more than 6 grams of sugar per dry ounce (no more than 21.2 grams sucrose and other sugars per 100 grams of dry cereal).

Reminder About Commercially Processed Foods

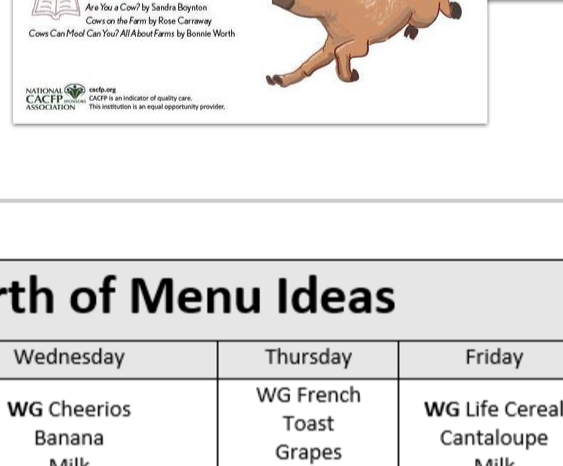
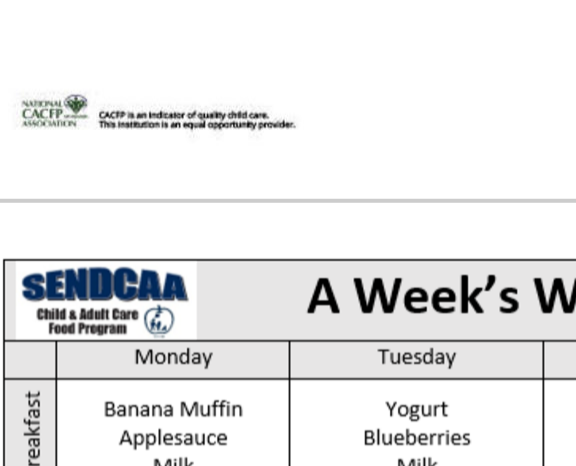
Commercially-purchased foods such as chicken nuggets, fish sticks, ravioli, chili, spaghetti with meat sauce, beef stew, pocket sandwiches, and frozen pizzas **may not count** as a meat/meat alternate unless one of the options below has been taken into account:

- extra cheese or other meat/meat alternate is added, **served**, and **documented** on menus; OR
- the product has a **CN (child nutrition) label**; OR
- a product analysis sheet from the manufacturer stating the amount of cooked lean meat/meat alternate is available, upon request from your home monitor

For providers who use manual claim sheets, homemade (HM) items do not need an extra meat/meat alternate added and should be recorded with HM on menus.

August Resources

The National CACFP Association has developed extra monthly resources to go along with your calendar. The Parent Connections monthly newsletters are ready for you to add your own info at the bottom of the page; and the activity pages contain recipes, craft activities, movement activities and more. Click on each picture to download the PDF and use at your child care.



A Week's Worth of Menu Ideas

	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast	Banana Muffin Applesauce Milk	Yogurt Blueberries Milk	WG Cherries Banana Milk	WG French Toast Grapes Milk	WG Life Cereal Cantaloupe Milk
Lunch	Ham Peas Orange Slices Macaroni & Cheese Milk	Beef Meatballs Mashed Potatoes Green Beans WG Dinner Roll Milk	HM Chicken Strips Broccoli Peaches WG Brown Rice Milk	Turkey & Cheese Sandwich Carrot Sticks Raspberries WG Bread Milk	Beef Marinara Sauce Corn Watermelon Spaghetti Milk
Snack	WG Chex Mix Strawberries	Apple Slices Peanut Butter	English Muffin Blackberries	Animal Crackers Milk	Bagel Milk

*Whole milk is required for children 1 year of age/1% or skim milk is required for children 2 and older

Training Opportunities

Looking for free training hours? Check out our website for all of the available at-home training modules. SENDCAA training hours are Growing Futures approved and free to SENDCAA providers and their staff.

[Nutrition Facts Label](#)

[Infant Feeding Guide](#)

[Nutrition & Wellness Tips for Young Children](#)

[Identifying Whole-Grain-Rich](#)

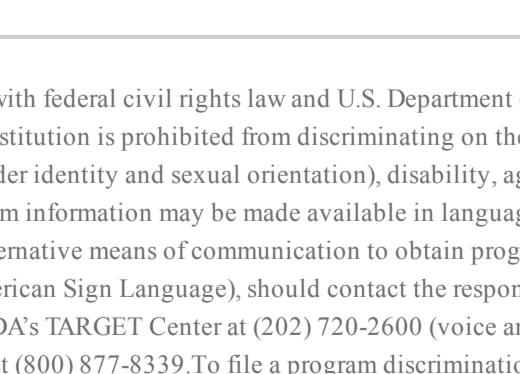
[2023 Calendar: Counting Animals](#)

[2023 Mandatory Training - Due by September 30th 2023](#)

Growing Futures

Can't remember which trainings you have completed? Log in to your Growing Futures account to see all the trainings in one list. Once logged in, choose the training tab along the top to view all your approved trainings. The most recent will be at the top of the list.

[Log into Growing Futures](#)



Contact Us

Fargo

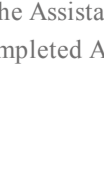
3233 University Drive South
Fargo, ND 58104

Phone: 701-232-2452

Toll-free: 1-800-726-7960

E-mail: foodprogram@sendcaa.org

Website: www.sendcaa.org/foodprogram



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US, Department of Agriculture

Office of the Assistant Secretary for Civil Rights

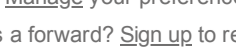
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or fax: (833) 256-1665 or (202) 690-7442; or email: program.intake@usda.gov

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