

# The HEALTHY HABIT

October 2016



Where Healthy Eating Becomes a Habit



CHILD & ADULT CARE FOOD PROGRAM



CHILD CARE CONSULTANTS Inc.



Child & Adult Care Food Program news for home-based providers sponsored by Child Care Consultants, Inc.



## Pop Quiz!












Article contents courtesy of USDA Choose My Plate

You know all there is to know about the five food groups...right? The USDA Center for Nutrition Policy and Promotion created fun and informative "quizzes" about each food group to help us brush up on our food knowledge! The quizzes will test your knowledge on which foods go in which food groups, as well as share some fun facts about nutrition, ingredients and the benefits of each food group.

[Click here to take the quizzes now!](#)

## CACFP Meal Patterns

Speaking of food groups, be sure to follow the meal patterns when planning your menus so you receive the proper reimbursements. Don't forget - the [new CACFP Meal Pattern](#) requirements must be in effect at your child care home by October 17, 2017.

BREAKFAST		LUNCH / SUPPER		SNACK (choose 2 components)	
Milk/Fluid		Milk/Fluid		Milk/Fluid	
Juice or Fruit or Vegetable		Vegetable and/or Fruit (at least 2)		Juice or Fruit or Vegetable	
Grain/Bread		Grain/Bread		Grain/Bread	
		Meat or Meat Alternative		Meat or Meat Alternative	

[View the CACFP Menu Planning Guide book here.](#)

## More Bang for Your Buck!



Some great low cost protein choices include kidney beans, split peas, and lentils. For more tips, visit the USDA's ChooseMyPlate.gov site by clicking the shopping cart to the right.



# 5<sup>th</sup>

## The Most Important Day of the Month

Don't forget! In order to receive your payment on time, all menus and attendance forms are due to our office by the 5th of each month.

If the 5th falls on a weekend or holiday, then forms are due on last business day prior to the 5th, by 5 p.m.

## New Reimbursement Rates

The USDA released the new CACFP reimbursement rates, **effective July 1, 2016 -- June 30, 2017**. As noted by Tom Copeland, leading expert in the business practices of Family Child Care, reimbursement rates have always been tied to the Consumer Price Index, which tracks the cost of food served at home. Therefore, the decrease in reimbursement rates reflects the fact that the average food costs from across the country has gone down about 1%. The new reimbursement rates are noted by tier below.

[Click here to read Tom Copeland's article in its entirety to learn more.](#)

[Click here view the official USDA announcement of the new rates.](#)

### NEW REIMBURSEMENT RATES FOR FAMILY CHILD CARE HOMES

BREAKFAST		LUNCH/SUPPER		SNACK	
Tier 1	Tier 2	Tier 1	Tier 2	Tier 1	Tier 2
1.31	0.48	2.46	1.49	0.73	0.20

## A Healthy Recipe from a Kid Chef!

What do you get when you mix BBQ sauce with soup? "**Storm of Deliciousness BBQ Chicken Soup**", of course! Here's a healthy soup recipe from a kid chef featuring chicken breast, BBQ sauce, corn and many other vegetables. The best part-- it goes in your slow cooker!

**View the recipe**, including all ingredients and instructions in the [Kid's "State Dinner" Cookbook](#) (see recipe on page 99).



**Questions? Megan Cook at 717-771-8565 or 717-968-1144**

Child Care Consultants, Inc.

CCIS of York County | Mid-State Regional Key

29 N. Duke St. York, PA 17401

P: (717) 854-2273 | F: (717) 843-4158 | E: cacfp@childcareconsultants.org

[www.childcareconsultants.org](http://www.childcareconsultants.org)



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