

TABLETALK

FEBRUARY, 2010 ❁ CHILD FOOD PROGRAM OF TEXAS ❁ P.O. BOX 5465 ❁ KATY, TX 77491 ❁ 281-395-7000, TOLL-FREE: 877-395-6560, Fax: 281-395-7002

Brenda Update

We're happy to report that Brenda is home from the hospital and rehab after 28 days. Her ribs are healing and she had a plate and permanent pin put into her leg where it meets her ankle. She's in a cast but making progress. She wants to thank everyone for their warm wishes, cards, etc. They helped brighten up her bad days.

JDA's Recommended Modifications to the CACFP Meal Pattern

- Serve nonfat or 1% milk for children ages 2 years and older.
- Serve juice only once daily, for breakfast or snack (juice must not be served from a bottle).
- Serve one fresh or frozen fruit or vegetable daily for a required Vegetable/Fruit component at any meal service.
- Serve one good source of Vitamin C daily.
- Serve one good source of Vitamin A three days per week.
- Serve one whole grain daily (whole grain must be the first ingredient listed), for a required Grains/Breads component at any meal service.
- Serve Grains/Breads food items listed in Exhibit A: Group C through Group G of the *Food Buying Guide* no more than twice a week for a snack only.
- Serve ready-to-eat cereals with no more than 10 grams of sugar per serving.
- Do not serve vegetable or fruit juice as a Vegetables/Fruits component for lunch or supper.

JDA's Mandatory Creditability of Breakfast Cereals

Add the following to our Handbook: A breakfast cereal is creditable if any of the following are true

1. The cereal is labeled as whole grain (100% of the grain component is whole grain);
2. The cereal is labeled as "enriched";
3. The cereal is labeled as "fortified";
4. The ingredient statement shows that the primary grain ingredi-

ent is either whole grain, enriched flour or meal, bran or germ; or

5. Manufacturer documentation provides the gram amount of creditable grains per serving.

Some cereal manufacturers, however, no longer attach the words "fortified" or "enriched" to the name of the cereal on the label. In addition, some cereal manufacturers add the words "whole grain" or "made with whole grain" to the product label even if the grain component is not 100% whole grain, thus making it difficult to determine if the cereal is creditable.

This material will be our mandatory annual training along with civil rights. Our monitor will be bringing this training with her during her next monitor review. It will also be usable for licensing clock hours.



Tips from Chef Bob

VEGETABLE SOUP

Ingredients: 3 Tbsp. oil; 1-1/2 cups chopped onions; 1-1/2 cups chopped carrots; 1-1/2 cups chopped celery; 2 cups cubed unpeeled potatoes; 5 cans (14-1/2 oz. each) low sodium beef broth (about 2 quarts); 1 pkg. (15 oz.) marinara sauce; Dash of dried thyme leaves; Dash each of salt and ground black pepper **Directions:** Heat oil in large stock pot. Add onions, carrots and celery; cook 5 minutes or until crisp-tender, stirring occasionally. Add remaining ingredients; stir. Simmer 30 to 40 minutes or until potatoes are tender, stirring occasionally.