

CACFP Newsletter

November 2018

It's National Diabetes Awareness

Diabetes is one of the leading causes of disability and death in the United States. One in 10 Americans has diabetes. Another 84 million adults in the United States are at high risk of developing type 2 Diabetes. To raise awareness about diabetes and healthy living, the Department of Human Services is proudly participating in American Diabetes Month. Making healthy changes can greatly lower your risk of developing type 2 Diabetes. Watch your weight, eat healthy, and get more physical activity.



Take action to increase awareness about diabetes and healthy lifestyles.

1. Partner with your local gym or YMCA to host a Diabetes Prevention Party focused on healthy eating and physical activity. Give away gym passes, fitness class certificates, or workout gear. Ask gym staff to do demonstrations or teach a free class.
2. Find out which local churches have a health ministry. Offer to give a presentation on how to prevent type 2 diabetes at their next event.
3. Host a cooking demonstration featuring diabetes-friendly recipes. Get local nutritionists involved.

Baked Sweet Potatoes and Apples

Ingredients:

- Fresh sweet potatoes, diced 3 ½ cups
- Margarine, trans fat-free ½ cup
- Ginger, chopped ¼ cup
- Brown sugar 1 ½ cups
- Ground cinnamon 2 tsp
- Ground nutmeg 2 tsp
- Salt 1 tsp
- Vanilla extract 2 tsp
- Frozen green apples, thawed 1 2/3 cups
- Water 1 cup and 2 Tbsp.
- Orange juice, concentrated, frozen, thawed 1 cup



Instructions:

1. Place sweet potatoes into a stem table pan and bake in conventional oven at 375°F for 25 minutes. Critical Control Point: heat to 140°F for 15 seconds.
2. Mix margarine, ginger, sugar, and spices in a pot. Simmer for 1-2 minutes. Add apples, stir well for 3-5 min. Add water and orange juice. Bring to boil. Add cranberries, corn starch, and water. Stir well. Bring to boil. Allow cornstarch to thicken.
3. Remove sweet potatoes, pour apple mixture over. Hold at 140°F for hot service. Portion with # 12 scoop (1/3 cup).

CACFP Crediting Information: 1/3 cup (# 12 scoop) provides 1/8 cup vegetable and 3/8 cup fruit

CACFP New Participant Training:

November 13th 9a-4p
5401 S. University Avenue
Little Rock, AR 72209

*Mealtime Mimics: Modeling Healthy Behavior Webinar

November 13th

Time: 11:30am

Registration link:

<https://attendee.gotowebinar.com/register/3062973706537559809?source=DHS>

"Grain-Based Desserts in the CACFP Webinar"

November 15th

English: 2-2:30 p.m.

Spanish: 3-3:30 p.m.

Register link:

<https://cc.readytalk.com/registration/#/?meeting=75ebgn4064jn&campaign=tkq9y335pofi>

CACFP Refresher Training:

November 16th 1p-4p

38 Rahling Circle

Little Rock, AR 72223

Understanding Nutrition Facts & CN Labels Webinar

Nov 29th

Time 1pm

Registration Link will be sent week of webinar



World Vegan Month

For every person: Consider having one vegan day per week. The American Academy of Nutrition and Dietetics recognizes that well-planned vegan diets are suitable for every age and stage of life. You will learn more about nutrition and cooking. You will limit salt and eat plenty of whole grains, fruits, seeds, and vegetables. These foods are packed full of beneficial fibers, vitamins, and minerals.

For health: Some research has linked vegan diets with lower blood pressure and cholesterol, and lower rates of heart disease, type 2 diabetes and some types of cancer.

For environment: The global meat and dairy industry is responsible for as much greenhouse gases as the transport sector combined. Greenhouse gases are driving climate change. Growing vegan food uses 50% less land than animal agriculture. Feeding crops to people rather than farmed animals could feed 3 billion people.

CACFP At-Risk Training
November 20th 9a-4p
5401 S. University Avenue
Little Rock, AR 72209

USDA Memos

SP20 CACFP14 SFSP07-2018

60-Day Claim Submission and 90- Day Reporting Requirements for Child B=Nutrition Programs

60-Day Claim Submission and 90-Day Reporting Requirements for CN Programs: Memo (54.98 KB)

60-Day Claim Submission and 90-Day Reporting Requirements for CN Programs: Attachment (214.55 KB)

SP01 CACFP01-2019

Guidance for FY19: Updated CACFP Meal Patterns and Updated NSLP and SBP Infant and Preschool Meal Patterns

FY19 Guidance: Updated CACFP Meal Patterns and Updated NSLP and SBP Infant

MEET OUR STAFF: CECIL RAY CHEW JR.

What is your favorite child care/school lunch memory?

Back in elementary school, Cecil enjoyed chili, cinnamon rolls, and cheese sticks.

What is your favorite food?

Chinese food, Mongolian Beef in particular, is Cecil's favorite.

What is your life motto?

"Try to be better today than you were yesterday."

What is your DHS work experience?

He has been working for the agency at the Health/Nutrition Unit for 1.5 years. His work involves training of the facilities around the entire State of Arkansas.

