

# CNR: Putting the Act into Action

1



What You Need to Know About CACFP

January 13, 2010



CNR: Putting the Act into Action

**Can you hear me?**

Polls are open.

**Yes**



**A little louder**



**No**



[ Poll 1 ]

The image is a screenshot of a meeting application window. At the top, there is a navigation bar with tabs for 'Voice & Video', 'Q&A', and 'Meeting'. The 'Voice & Video' tab is selected and circled in red. To the right of the tabs are several icons and a 'Feedback' button. A callout box points to the 'Voice & Video' tab with the text 'Listen to the audio over your computer speakers.' The main content area features a rounded rectangle titled 'Audio Information Options'. Inside this rectangle, there are two checked checkboxes: 'Listen over your computer speakers' and 'Dial into the conference using the numbers below'. Below the second checkbox, the following information is listed: 'Toll Free (US & Canada) #: +1 (888) 632-5060 ✓', 'Toll/International #: +1 (201) 499-0418', and 'Passcode: 14404175# ✓'. At the bottom of the rounded rectangle, a separate box contains the text 'Press \*4 on your phone to increase volume'. The bottom of the screenshot shows a 'Fit to Page' button and other window controls.

Voice & Video Q&A Meeting

Listen to the audio over your computer speakers.

### Audio Information Options

- Listen over your computer speakers
- OR
- Dial into the conference using the numbers below
  - Toll Free (US & Canada) #: +1 (888) 632-5060 ✓
  - Toll/International #: +1 (201) 499-0418
  - Passcode: 14404175# ✓

Press \*4 on your phone to increase volume

Fit to Page

Slide 2

The image is a screenshot of a meeting application window. At the top, there is a header bar with three tabs: "Voice & Video", "Q&A", and "Meeting". The "Voice & Video" tab is selected and circled in red. To the right of the tabs are several icons and a "Feedback" button. Below the header, there are two callout boxes: one pointing to the "Q&A" tab with the text "Ask a Question.", and another pointing to the "Voice & Video" tab with the text "Listen to the audio over your computer speakers." The main content area features a rounded rectangle titled "Audio Information Options". Inside this rectangle, there are two unchecked checkboxes: "Listen over your computer speakers" and "Dial into the conference using the numbers below". Below the second checkbox, the following text is displayed: "Toll Free (US & Canada) #: +1 (888) 632-5060", "Toll/International #: +1 (201) 499-0418", and "Passcode: 14404175#". At the bottom of this rounded rectangle, there is a separate box containing the text "Press \*4 on your phone to increase volume". The bottom of the screenshot shows a footer bar with a "Fit to Page" button and other navigation icons.

Slide 3

The image is a screenshot of a meeting application window. At the top, there is a header bar with three tabs: "Voice & Video", "Q&A", and "Meeting". To the right of these tabs are several icons, including a microphone and a speaker, and a "Feedback" button. Below the header, there are three callout boxes: one pointing to "Voice & Video" with the text "Listen to the audio over your computer speakers.", one pointing to "Q&A" with the text "Ask a Question.", and one pointing to a speaker icon with the text "Download Handouts.". The main content area is a rounded rectangle titled "Audio Information Options". It contains two checkboxes: the first is "Listen over your computer speakers" and the second is "Dial into the conference using the numbers below". Below the second checkbox, the following text is displayed: "Toll Free (US & Canada) #: +1 (888) 632-5060", "Toll/International #: +1 (201) 499-0418", and "Passcode: 14404175#". At the bottom of this rounded rectangle, there is a small box with the text "Press \*4 on your phone to increase volume". At the bottom right of the meeting window, there are icons for "Fit to Page" and other window controls.

Voice & Video Q&A Meeting Feedback

Listen to the audio over your computer speakers.

Ask a Question.

Download Handouts.

### Audio Information Options

- Listen over your computer speakers
- OR
- Dial into the conference using the numbers below
  - Toll Free (US & Canada) #: +1 (888) 632-5060
  - Toll/International #: +1 (201) 499-0418
  - Passcode: 14404175#

Press \*4 on your phone to increase volume

Fit to Page

Slide 4

The image shows a screenshot of a meeting application interface. At the top, there are tabs for 'Voice & Video', 'Q&A', and 'Meeting'. A 'Feedback' button is visible on the right. Callout boxes point to these elements: 'Voice & Video' points to 'Listen to the audio over your computer speakers.', 'Q&A' points to 'Ask a Question.', and a callout points to a 'Download Handouts' button. The main content area is titled 'Audio Information Options' and contains two checkboxes: 'Listen over your computer speakers' and 'Dial into the conference using the numbers below'. Below the second checkbox are the phone numbers: 'Toll Free (US & Canada) #: +1 (888) 632-5060', 'Toll/International #: +1 (201) 499-0418', and 'Passcode: 14404175#'. A separate box says 'Press \*4 on your phone to increase volume'. At the bottom right, a callout points to a 'Full Screen View' button. The bottom of the interface shows a 'Fit to Page' button.

Voice & Video Q&A Meeting Feedback

Ask a Question.

Listen to the audio over your computer speakers.

Download Handouts.

### Audio Information Options

- Listen over your computer speakers
- OR
- Dial into the conference using the numbers below
  - Toll Free (US & Canada) #: +1 (888) 632-5060
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Press \*4 on your phone to increase volume

Full Screen View.

Fit to Page

Slide 5

# CNR: Putting the Act into Action

1



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January 13, 2010



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## CNR: Putting the Act into Action

2

Mary Story PhD, RD  
Professor, Division of Epidemiology and Community Health  
Associate Dean for Student Life  
Director, RWJF Healthy Eating Research program  
School of Public Health  
University of Minnesota



## Diets of U.S. Young Children Need Improvement

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- Diets of young children are low in fruits, vegetables, whole grains; higher than recommended for sodium, saturated fats, added sugars (2010 Dietary Guidelines Advisory Report)
- Snacking among preschoolers has increased in last 30 years
- In the Feeding Infants and Toddler Study FITS 2008 study (JADA Dec 2010) among preschoolers:
  - About one-third of 2 yr olds and one-fourth of 3 yr olds consumed whole milk at least once a day
  - French fries were the most commonly consumed vegetable
  - 46% of 2-3 yr olds consumed a sugar-sweetened beverage
  - About 85% of preschoolers consumed some type of sweetened beverage, dessert or sweet or salty snack in a day

Diets of U.S. Young Children Need Improvement

## Need for Good Nutrition in Child Care

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- **Increasing prevalence of obesity among US children 2-5 years of age – 21% children aged 2-5 years are overweight/obese (NHANES 2007-2008, JAMA 2010)**
- **23% of households with children < 6 years of age were food insecure at some time during 2009 (USDA ERS, 2010)**
- **About 80% of preschool children with employed mothers are in some form of child care for an average of about 40 hrs/week (Nat'l Center for Education Statistics)**
- **Good nutrition in child care supports good health, early learning & a lifetime of healthy habits**
- **CACFP served 1.3 billion meals & snacks in child care centers, Head Start & family child care last year**

## Need for Good Nutrition in Child Care

## CNR: Putting the Act into Action

5



Geraldine Henchy  
Director of Nutrition Policy  
Food Research & Action Center

**FRAC**  
Food Research and Action Center

## Healthy, Hunger-Free Kids Act

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### **CACFP Improvements:**

- Improves promotion of good nutrition & wellness
- Reduces paperwork for parents, providers & sponsors
- Increases access in low-income neighborhoods
- Requires a child care & CACFP study
- Encourages improvements in child care licensing

Healthy, Hunger-Free Kids Act

## Promoting Good Nutrition & Wellness

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- Improves CACFP nutrition standards
- Requires nutrition, health & wellness education

Promoting Good Nutrition & Wellness

## CACFP Meal & Snack Standards

8

- USDA must revise CACFP meal pattern to be consistent with U.S. Dietary Guidelines – USDA must propose regulations by June 2012
- Revisions will be based on IOM report, *CACFP: Aligning Dietary Guidance for All* (issued November 2010)  
<http://iom.edu/Reports/2010/Child-and-Adult-Care-Food-Program-Aligning-Dietary-Guidance-for-All.aspx>
- In the interim, USDA must issue CACFP guidance by January 2012 to increase consumption of fruits & vegetables, whole grains, & lean proteins

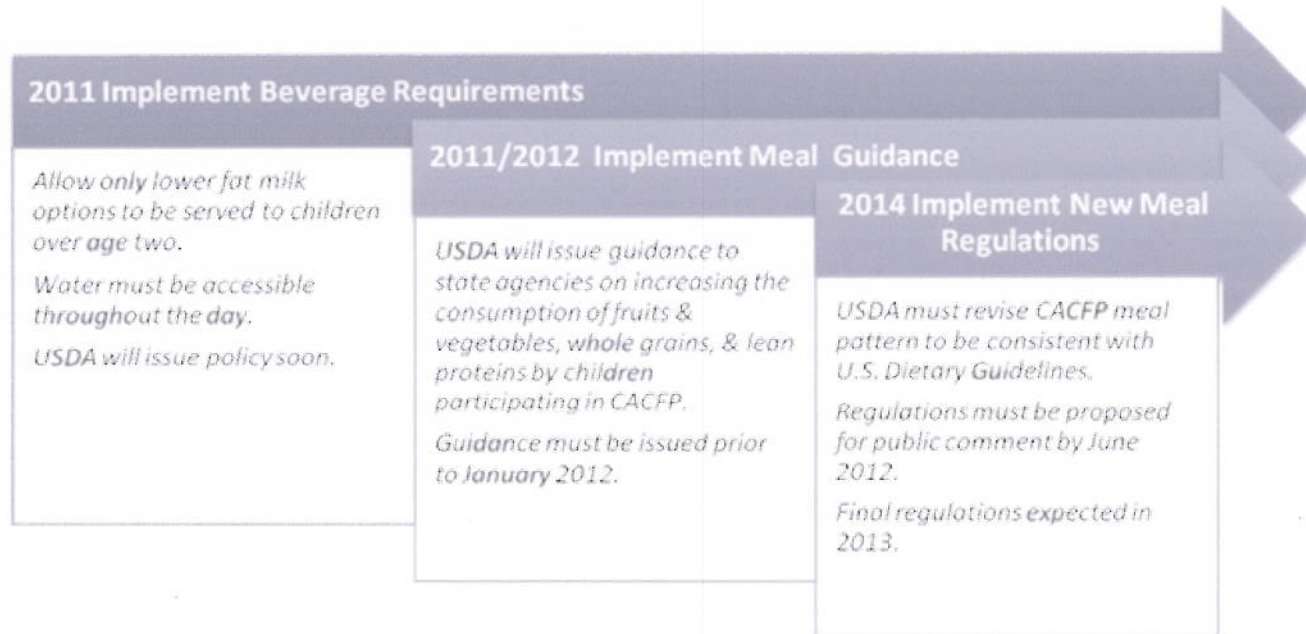
## Child Care Beverages

9

- Allows only lower fat milk options to be served to children over age two
- Water must be accessible throughout the day



## Nutrition Requirements Estimated Timeline



## Nutrition Requirements Estimated Timeline

## CACFP Health & Wellness Education

11

CACFP required to promote health & wellness in child care, with a focus on offering good nutrition, plenty of physical activity, & limiting screen time



CACFP Health & Wellness Education

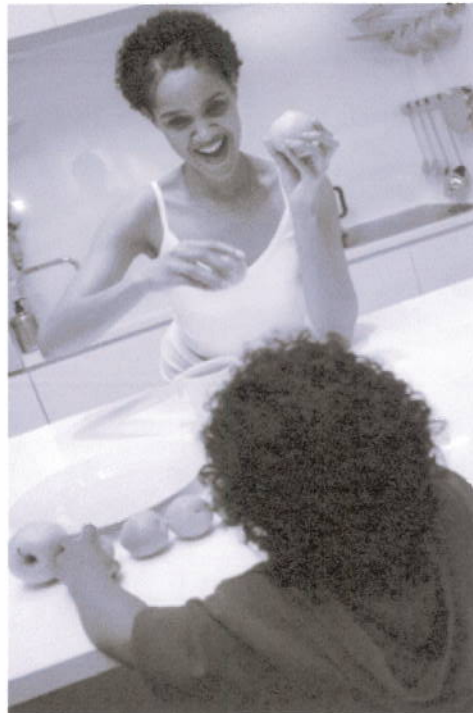
## Resources

12

- USDA funded to provide nutrition education resources & training (\$10 million)
- Local WIC agencies can share WIC nutrition education materials with CACFP institutions at no cost:
  - The state WIC agency must agree to allow the local agencies to share materials &
  - a written sharing agreement must be in place

## Less Paperwork for Parents, Providers & Sponsors

13



- Parents can return forms directly to providers
- Parents will only need to give the last four digits of social security number
- Parents, providers & sponsors will no longer have to operate under difficult & ineffective audit procedures (“block claiming”) (USDA Policy 03-2011)

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Less Paperwork for Parents, Providers & Sponsors

## Less Paperwork for Parents, Providers & Sponsors

14



- Applications & operating agreements will be permanent, with updates as necessary (no annual resubmission)
- Guardians can easily enroll foster children

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Less Paperwork for Parents, Providers & Sponsors

## Less Paperwork for Sponsors

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### Flexibility to maximize reimbursements:

- Sponsoring organizations can use a simplified method of monthly reimbursements (“homes times rates”)
  - Retroactive payments available back to October 1, 2010 (USDA Policy 06-2011)
- Sponsoring organizations can carry over up to 10 percent annually

Less Paperwork for Sponsors

## Increasing Access for Family Child Care

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- Expands eligibility by allowing the use of high school & middle school data to qualify family child care providers to receive the maximum reimbursement ("Tier 1")
- Retroactive payments available (USDA Policy Guidance CACFP 05-2011)

Increasing Access for Family Child Care

## Afterschool Meal Program

17

- Now available in all states
- Funding to serve meals in addition to snacks in afterschool programs (school-aged programs)
- Retroactive payments available (USDA Policy Guidance CACFP 04-2011)



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Afterschool Meal Program

## Better Staffed State Agencies

18



Federally-funded jobs in state child nutrition & WIC agencies must be excluded from state layoffs & furloughs

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Better Staffed State Agencies

## Child Care & CACFP Study

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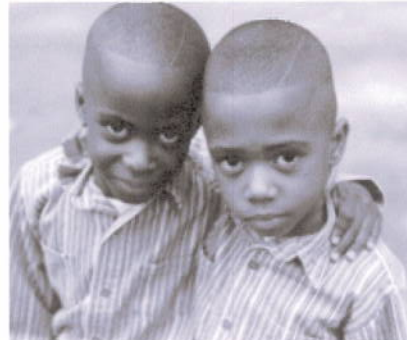
Launches a study of the nutrition & wellness practices in child care settings to be conducted every five years by USDA in consultation with the Department of Health & Human Services (HHS):

- Focused on nutrition quality, opportunities for physical activity, & the quantity of time spent in sedentary activities in child care
- Includes an assessment of the barriers & facilitators to reaching nutrition & wellness goals & to participating in CACFP

Child Care & CACFP Study

## Child Care Licensing

20



USDA & HHS to encourage state child care licensing agencies to include wellness standards & to require foods served to be consistent with the healthy meal patterns & nutrition standards of CACFP

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Child Care Licensing

# CACFP and the Healthy and Hunger-Free Kids Act of 2010

Tina Namian  
USDA, FNS



Slide 21

# Provisions Affecting All Child Nutrition Programs

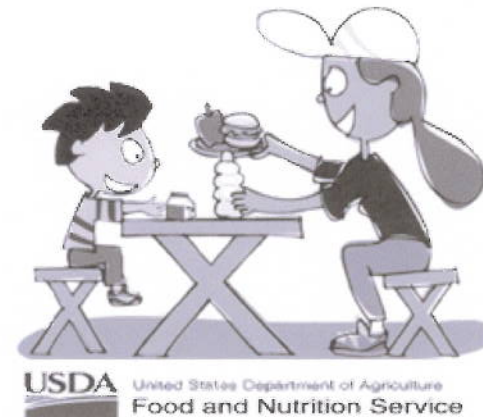
- Categorical eligibility of foster children
- Fines for violating program requirements
- Program evaluation
- Full use of federal funds
- Disqualified schools and institutions



Provisions Affecting All Child Nutrition Programs

## Provisions Specific to CACFP

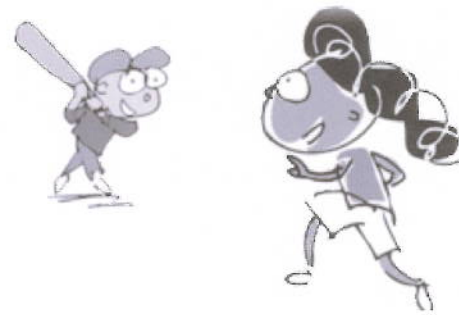
- Nationwide expansion of at-risk afterschool meals
- Elimination of block claim edit checks
- Simplifying administrative payments to FDCH sponsors
- Simplifying area eligibility determinations
- Requirement for permanent agreements



Provisions Specific to CACFP

## Expansion of At-Risk Afterschool Meals

- Reimbursement for one meal and one snack in at-risk afterschool care programs in all States
- Previously, 13 States and DC were eligible to serve at-risk afterschool meals
- Reimbursed at free rate

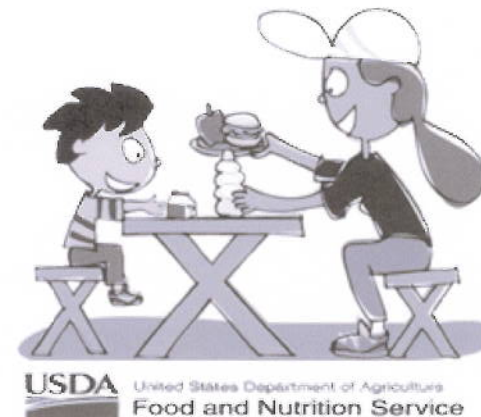


**USDA** United States Department of Agriculture  
Food and Nutrition Service

Expansion of At-Risk Afterschool Meals

## Expansion of At-Risk Afterschool Meals

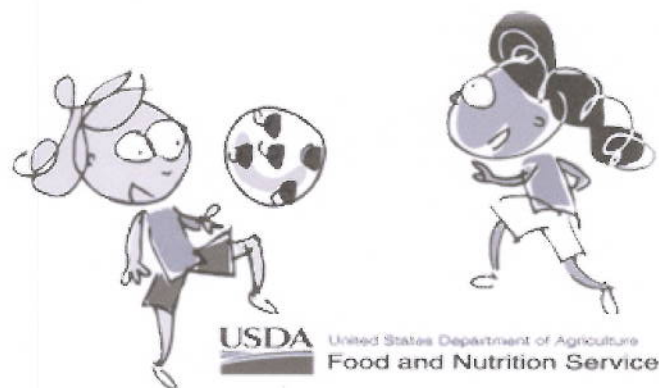
- Retroactive to October 1, 2010
- Submit retroactive claims by February 28
- State reporting finalized by April 30



Expansion of At-Risk Afterschool Meals

## Block Claims

- Edit checks to detect block claims are no longer required
- Unannounced follow-up reviews related to block claims are no longer required
- Other edit checks are still in place



Block Claims

## Administrative Payments

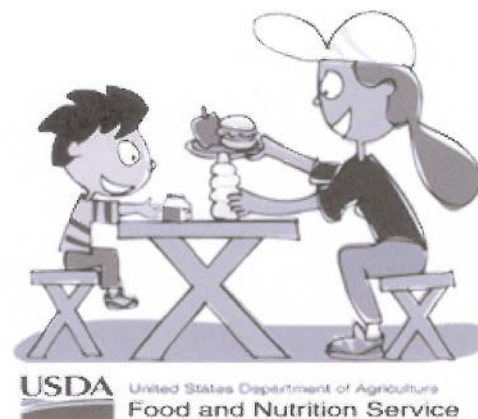
- Removed cost comparison as basis for sponsor making administrative payments
- Reimbursement is based solely on “homes times rates”
- Retroactive to Oct. 1, 2010



Administrative Payments

## FDCH Area Eligibility

- FDCHs may rely on all levels of public school data for tiering determinations
- No longer limited to elementary school data
- Reevaluate tier II homes using expanded school data
- Retroactive to Oct. 1, 2010
- Amended sponsor claims due by Feb. 28
- Amended State reports due by April 30



FDCH Area Eligibility

## Permanent Agreements

- CACFP State agencies must enter into permanent agreements with institutions
- Guidance will be provided soon



Permanent Agreements

## Other Issues

- 10% Carryover
- Nutrition and wellness goals in CACFP
- Varying timing of reviews
- State liability payments to aggrieved institutions
- Transmission of income information
- Reducing paperwork and improving program administration



Other Issues



Slide 31

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32

### *Webinar Series*

Future calls will look more closely at other key areas, including Afterschool Meal Program expansion, summer food, changes to school meal eligibility & certification processes & the school nutrition environment, and resources for implementing new nutrition and wellness requirements in child care.



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## CNR: Putting the Act into Action

33

**National Anti-Hunger Policy Conference:  
NATIONAL CACFP LEADERSHIP CONFERENCE TRACK  
MARCH 6–8, 2011**

<http://www.antihungerpolicyconference.org/>



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