

# Nutrition Update

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# Nutrition News



## Crediting Conundrum?

Item	Creditable?	Why or Why Not
Fruit/Gummy Snacks	No	Only credible if Product Formulation Statement can be obtained
Veggie Straws	No	Considered a fruit/vegetable "chip" which is not credible as a grain/bread nor fruit/veggie
Cheese "Product"	No	No standard of identity
Cheese "Food"	Yes	Portion must be doubled; a 2 oz portion = 1 oz meat alternate
Potatoes	Yes	Potatoes are a vegetable, not a grain
Pudding	No	Pudding does not meet the definition of fluid milk
Almond Milk	No	Only credible with a medical statement that states almond milk must be given in place of cow <i>and</i> soy milk

## USDA (free!) Bulk Resources:

USDA Food and Nutrition Service has a variety of resources available through Team Nutrition. Print copies of Team Nutrition resources are free to CCFP sponsoring organizations. To place an order for bulk copies of these resources, please send an email to [teammnutrition@fns.usda.gov](mailto:teammnutrition@fns.usda.gov) with the following information:

1. Organization name
2. Contact name and phone number
3. Shipping address (no P.O. boxes)
4. Product name, USDA Product #, and quantity
5. Brief justification for quantity ordered (what it will be used for)

Please note that receiving facilities must be prepared for ground-drop inside delivery, i.e., if there is no loading dock the shipper needs to be able to bring the boxes or pallets inside the building. Receivers should be sure they have adequate space for the order as return shipping charges for any refused or returned orders will not be covered by USDA.

To view available resources, from the CCFP website at [www.floridahealth.gov/ccfp](http://www.floridahealth.gov/ccfp), click on: Nutrition and Menu Planning, Nutrition Education, For Child Care Providers, USDA Team Nutrition Resources

## Online Nutrition Modules:

Several online modules are available on the CCFP website. Look under "Training Opportunities":

- The ABCs of Child Nutrition (CN) Labels
- Child Care Provider's Role in Preventing Childhood Obesity
- Creating a Breastfeeding Friendly Facility
- Serving Safe Food in the CCFP
- Catering Training Modules (Parts 1, 2, 3, and 4)

## Did you know?

The final report from the CACFP formative research project is now available. You can view the two page summary or full report on the Team Nutrition website under Spotlights at:

- [www.fns.usda.gov/tn/team-nutrition](http://www.fns.usda.gov/tn/team-nutrition)



# Website Resources

[www.floridahealth.gov/ccfp](http://www.floridahealth.gov/ccfp)



# Nutrition Policy

## Clarification Memos

- Smoothies
- CN labels/Product Formulation Statements



# Creating a Healthy Nutrition Environment Workbook

ABCs of Creative Menu Planning (p. 27)

Choosing Healthy Options (p. 29)

Creative Menu Planning Challenge (p. 31)

Family Style Meals (p. 39)

Farm to Preschool (p. 81) ([www.floridafoodconnect.com](http://www.floridafoodconnect.com))



# Breastfeeding Promotion Program

Total number of certificates awarded: 91

64 centers

27 day care homes

- Includes 2 centers and 2 homes that do not participate on the CCFP



# Wellness Tips

Stress can play a part in problems such as headaches, high blood pressure, heart problems, diabetes, skin conditions, asthma, arthritis, depression, and anxiety. Here are some healthy habits we can practice every day to keep stress from harming us.



## *Stretch and Breathe.*

Practice stretching and deep breathing exercises throughout the day.



## *Listen to relaxing music.*

Slow, quiet classical music is proven to reduce stress. Listen in the car or at work to stay relaxed all day.



## *Sleep at least 8 hours a night.*

Benefits include: increased ability to pay attention, healthy weight maintenance, lowered stress, and improved mood.



## *Be physically active every day.*

When adults do 150 minutes of moderate-intensity aerobic activity each week, the benefits include lower risk of premature death, coronary heart disease, stroke, hypertension, type 2 diabetes, and depression.



## *Laugh.*

Laughing can promote a positive mentality and mood, improve immune system function, relieve pain, and increase personal satisfaction.



## *Stay organized, plan ahead.*

You will be more productive and more focused, getting more done in less time.

**Thank You!!**

