

# The Edible Editorial

January 2024

## Offering Water in the USDA Child and Adult Care Food Program

Food and Nutrition Services, U.S. Department of Agriculture

In the Child and Adult Care Food Program (CACFP), centers and homes are required to offer water to children throughout the day. Water is not a meal component in the CACFP. There is no minimum serving amount for water. However, water may be served:

- Together with meals and snacks
- In between meals and snacks
- As requested by the child.

### Water and Health

Drinking enough water is important for good health. Drinking water can prevent dehydration, a condition that can cause the body to overheat. It can also help prevent constipation. If fluoridated, drinking water can help prevent dental cavities.

There is no recommendation from the Dietary Guidelines for Americans on the amount of plain water children and adults need each day. Children and adults can meet their needs for water through foods and drinks. People may need to drink more water during hot or cold weather when exercising.

### A Note About Infants

Infants usually do not need to drink plain water until they are at least 6 months old. Once an infant has started eating solid foods, small amounts of plain, fluoridated water may be offered to the infant in a cup. Consult with the parents or guardians of older infants regarding whether small amounts of water should be offered.

### Meal Planning and Water

In the CACFP, milk is an important meal component. Milk provides important nutrition for both children and adults.

- Under the CACFP meal pattern for children, you may not serve water instead of milk at meals. However, water may be served at the table along with the milk.
- Under the CACFP meal patterns for children, only two meal components are required at snack. If milk is not offered as one of the two required components, consider offering water with the snack.

### Making Water Available

You can make water available throughout the day by:

- Placing closed pitchers of water and cups where program participants can reach them. Use pitchers that are small enough for children to lift and pour.
- Putting cups beside a sink, water fountain, or other source of drinking water. Or, pour and offer cups of water to children through the day.
- If drinking fountains are too tall for children, use a sturdy stool to allow children to reach them.



## CACFP Training for Home and Center Based Day Cares

All grain products served in the CACFP must be made with enriched or whole grain meal or flour ([7 CFR 226.20\(a\)\(4\)\(i\)](#)), or bran or germ in order to be creditable

**INGREDIENTS:** ENRICHED FLOUR [UNBLEACHED WHEAT FLOUR, MALTED BARLEY FLOUR, REDUCED IRON, THIAMINE MONONITRATE (VITAMIN B1), RIBOFLAVIN (VITAMIN B2), NIACIN (VITAMIN B3), FOLIC ACID], WATER, YEAST, WHEAT GLUTEN, RESISTANT CORN STARCH, SUGAR, SOYBEAN OIL, POTATO FLAKES, SALT, POTATO FLOUR, MONOGLYCERIDES, CALCIUM PROPIONATE (A PRESERVATIVE), VINEGAR, SODIUM STEAROYL LACTYLATE, WHEAT STARCH, DEXTROSE, NATURAL FLAVORS, CALCIUM SULFATE, CITRIC ACID, CALCIUM PHOSPHATE, ASCORBIC ACID, MODIFIED WHEY, SESAME.  
**CONTAINS WHEAT, MILK, AND SESAME INGREDIENTS.**

When the first ingredient of the grain product says “enriched flour” - this product is creditable as a grain. It is NOT a whole grain rich item.

When the first ingredient of the grain product says “whole grain wheat flour” - this product is creditable as a grain. This IS creditable as a whole grain rich item.

**INGREDIENTS:** WHOLE GRAIN WHEAT FLOUR, WATER, YEAST, SUGAR, WHEAT GLUTEN, SOYBEAN OIL, HONEY, CULTURED WHEAT FLOUR, SALT, MOLASSES, VINEGAR, MODIFIED WHEY, WHEAT STARCH, CITRIC ACID, SESAME; TOPPED WITH WHEAT BRAN.  
**CONTAINS WHEAT, MILK, AND SESAME INGREDIENTS.**

**INGREDIENTS:** Corn, Vegetable Oil (Corn, Canola, and/or Sunflower Oil), and Salt.

When the first ingredient of the grain product does not specify “enriched” or “whole” - this product is NOT a creditable grain. It does not contribute to the CACFP meal pattern.

In accordance with federal civil rights law and U.S. Department of Agriculture (USDA) civil rights regulations and policies, this institution is prohibited from discriminating on the basis of race, color, national origin, sex (including gender identity and sexual orientation), disability, age, or reprisal or retaliation for prior civil rights activity.

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To file a program discrimination complaint, a Complainant should complete a Form AD-3027, USDA Program Discrimination Complaint Form which can be obtained online at: <https://www.usda.gov/sites/default/files/documents/USDA-OASCR%20P-Complaint-Form-0508-0002-508-11-28-17Fax2Mail.pdf>, from any USDA office, by calling (866) 632-9992, or by writing a letter addressed to USDA. The letter must contain the complainant's name, address, telephone number, and a written description of the alleged discriminatory action in sufficient detail to inform the Assistant Secretary for Civil Rights (ASCR) about the nature and date of an alleged civil rights violation. The completed AD-3027 form or letter must be submitted to USDA by:

1. **mail:** U.S. Department of Agriculture Office of the Assistant Secretary for Civil Rights 1400 Independence Avenue, SW Washington, D.C. 20250-9410; or
  2. **fax:** (833) 256-1665 or (202) 690-7442; or
- email:** [program.intake@usda.gov](mailto:program.intake@usda.gov)

This institution is an equal opportunity provider.

# Quick Pide (Turkish Flatbread) Bites

*CACFP Crediting Information: 1/2 pide = 1/2 oz. grain and 1/2 oz. meat/meat alternate*

## Ingredients:

- 1 package enriched pizza dough
- 1 1/4 cups spinach, finely chopped
- 1 1/4 cups shredded mozzarella cheese
- 1/3 cup feta cheese, crumbled

## Instructions:

1. Preheat oven to 425 degrees F if using a non-stick baking sheet. 450 degrees F if using a regular, lightly greased baking sheet.
2. Separate the pizza dough into 5 round balls.
3. Roll out each dough ball into long, flat oval shapes.
4. Place 1/4 cup chopped spinach in the center of each dough, spreading it in the oval pattern but leaving about 1 inch on all sides.
5. Repeat with 1/4 cup of cheese and 1 Tbsp. of feta for each pide.
6. Fold the edges of the dough about 1/2 inch and pinch the sides of each dough together to make it look like a boat.
7. Bake for 12-15 minutes or until the edges are golden brown. Cut in half and serve warm.





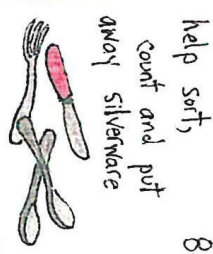

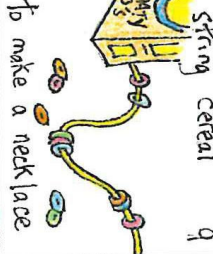


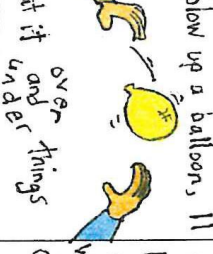




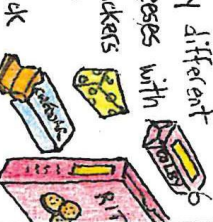

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HAPPY NEW YEAR



# JANUARY

ACTIVITY CALENDAR

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>Enjoy a family sing-a-long 7</p> 	<p>Happy New Year Day! 1</p> 	<p>String cereal to make a necklace 9</p> 	<p>match family gloves or mittens 3</p> 	<p>visit the LIBRARY 4</p> <p>I love books</p> 	<p>can you make letter shapes with your body? 5</p> 	<p>try different dresses with crockets for a snack 6</p> 
<p>find circle shapes in your house 14</p> 	<p>help sort, count and put away silverware 8</p> 	<p>play with soap bubbles 2</p> 	<p>READ a book about animals in WINTER 10</p> <p>zzzzz</p> 	<p>blow up a balloon, but it under over things 11</p> 	<p>Look for pictures of winter clothes 12</p> 	<p>make snowballs and count them one...two... 13</p> 
<p>name things that keep us warm 21</p>	<p>call or bounce a ball... try to catch it 22</p>	<p>talk about fruit, EAT SOME! 23</p>	<p>jump up HIGH ten times 17</p>	<p>create your own book, with pictures and a story 18</p>	<p>imitate pet (mew) sounds 19</p>	<p>bring in some snow... see what happens 27</p>
<p>take a family photo 28</p>	<p>Enjoy a TRIANGLE shaped slice of pie! 29</p>	<p>cut white snowflake snips, glue to make a snow scene 30</p>	<p>write a note to a friend 31</p>	<p>pick up five cotton balls with a clothespin 25</p>	<p>CELEBRATE belly laugh day! 26</p> <p>ha ha hoo</p>	
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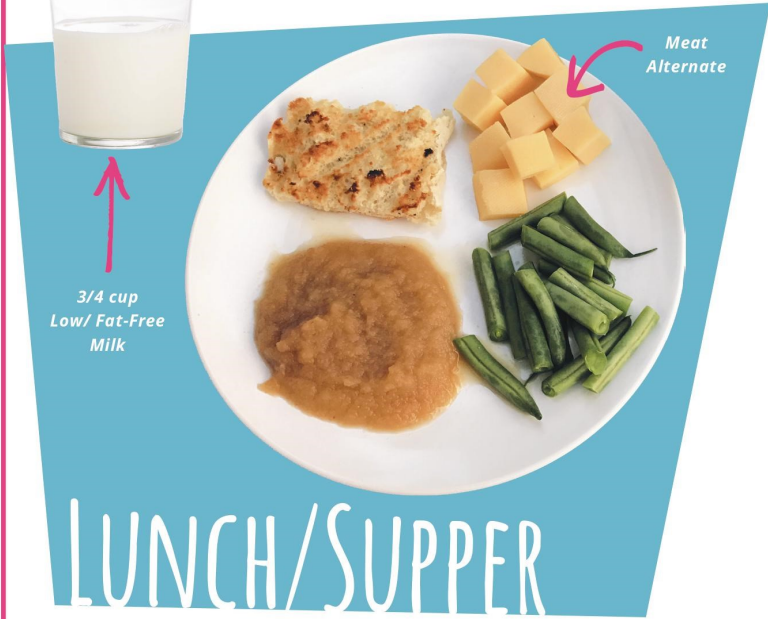


# MEAL REQUIREMENTS

## Ages 3-5

**BREAKFAST** must contain milk, fruit or vegetable, and grain. A meat/meat alternate may be served in place of grains a maximum of 3 times a week.

3/4 cup	Low/Fat-Free Milk
1/2 cup	Fruit, Vegetable or Both
1/2 oz eq	Grains



**LUNCH OR SUPPER** must contain all 5 components. A second vegetable may take the place of fruit, as long as it is two different kinds of vegetables.

3/4 cup	Low/Fat-Free Milk
1/4 cup	Fruit
1/4 cup	Vegetable
1/2 oz eq	Grains
1 1/2 oz	Meat/Meat Alternate

**SNACK** requires a selection of 2 of the 5 components.

1/2 cup	Low/Fat-Free Milk
1/2 cup	Fruit
1/2 cup	Vegetable
1/2 oz eq	Grains
1/2 oz	Meat/Meat Alternate

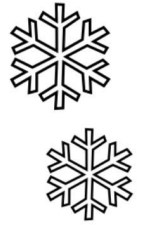


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Name \_\_\_\_\_



# Winter Number Mittens



Write the missing numbers in each row.

