

Wednesday's Wisdom

April 4, 2012

This month, our Wednesday's Wisdom is divided into two sections.

1. Technical assistance referencing federal regulation re: meal charging policies for food service operations participating in the National School Lunch Program (NSLP).
2. *Let's Move!* Program that is being run within the Child and Adult Care Program (CACFP).

If you have any questions, please contact us at 271-3646.

Thank you from the BNPS staff

Meal Charging Policy in the National School Lunch Programs

The subject of Meal Charging comes up often during an NSLP Coordinated Review Effort (CRE) and we would like to share with you the technical assistance distributed to the field regarding this topic. The technical assistance can be found as an attachment to this e-mail. As always please call us if you have any questions about the information at 271-3646.

Let's Move in the Child and Adult Care Food Program

The *Lets Move!* Child Care (LMCC) initiative provides child care providers with 5 goals to achieve a healthier wellness environment for children. The goals include:

- Providing 1-2 hours of physical activity, both indoors and outside;
- No screen time for children under 2 years old, limiting screen time to 30 minutes a week during child care;
- Serving fruits and vegetables with every family style meal, avoid serving fried foods;
- Serving water during meals and throughout the day, avoid sugar laden drinks; and
- Serve children ages 2 years and older 1% low-fat or skim milk and serve a maximum of 4-6 ounces of 100% fruit juice a day.

These goals are in alignment with the nutrition education guidance the Department of Education, Bureau of Nutrition Programs and Services provides to child care providers participating in the Child and Adult Care Food Program (CACFP). This important resource should be viewed as an additional tool in your wellness toolbox.

Additional Program Information:

Wednesday's Wisdom Tip of the Day

TEAMWORK: "Success follows when individual talents and abilities are blended."

Important: Don't forget to go to the Bureau's website <http://education.nh.gov/program/nutrition/index.htm> for weekly updates on memos and other information.

Save the Date

National School Lunch Program - August Conference

It is time to mark your calendars for the Bureau's Annual August Conference for school foodservice personnel on **Wednesday, August 8, 2012**. This year, the conference will be held at the Merrimack Valley High School, Penacook, NH. (Many thanks to Charlie Dean, FSD, for making this happen.) The focus of this year's training will be "Getting Back to the Basics with the New Federal Regulations". Additional NSLP Conference details will be provided in the near future.

Child and Adult Care Food Program - May Conference

Child Care programs that have joined the *Lets Move!* Child Care initiative will be recognized at the Annual CACFP Conference which is scheduled for **Wednesday, May 23, 2012** at Southern New Hampshire University - Webster Hall, Manchester, NH. If you have not already done so, please forward the LMCC registration message confirming your programs enrollment to Carole.dennis@doe.nh.gov . Additional CACFP Conference details will be provided in the near future.