

# NCWVCAA Nutrition and Safety September Newsletter

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## Topics Discussed

- \* Building a Culture of Safety When Transporting Children
- \*CACFP Changes
- \*Hunger Action Month



### Transporting Children Safely

At NCWVCAA, we are taking transporting of children safely a **#1 priority!** We are “**Building A Culture of Safety**” when transporting children on the school bus or when a parent is transporting their own children. Bus Drivers and Bus Aides must adhere to NCWVCAA policies and procedures, HS Performance Standards, as well as state and national regulations and requirements in training. All staff received training on Active Supervision, Attention Management, Attitude, and Stress. All of these systems as well as monitoring these systems will have a positive outcome when transporting children safely.

**Active Supervision** is a redundant system NCWVCAA HS/EHS apply to know the whereabouts of the children the entire time they are in the staff’s care. Bus Drivers, Bus Aides, Teachers and any other applicable staff utilize Daily Sign In/Out Forms during transitions starting from the Bus or a Parent Transport and is used throughout the entire day. Staff set up their environment to be able to see and hear all children at all times. The staff will position or “use zoning” as a way to keep children safe and be able to anticipate behaviors and engage and redirect. Staff must utilize Supervision ID Cards and a white board as another system to use visually to scan, count and confirm counts of all the children.

**Attention Management** is a way to identify and limit distraction while transporting children, setting priorities and staying focused. Staff assessed these areas to be able to understand how to manage their attention more effectively to ensure the children are transported safely. Staff also understand that their attitude and stress impacts their driving, feelings, how others interact with them, and the children. Staff identified factors of stress and discussed ways to positively handle stress.

It is also very essential for families to understand the importance of keeping their children safe when they are transporting them. Along with Active Supervision Training, parents receive training on transportation procedures such as loading and unloading procedures. Parents also are given information on policies and procedures for releasing to authorized adults, pick up/drop off procedures, car seat safety, and understanding the importance of never leaving their child alone in a vehicle.

Building a culture of safety for transporting children takes everyone being responsible! With continuous trainings for parents and staff, monitoring, redundant systems and updating policies and procedures, NCWVCAA HS/EHS will provide an environment for all children to be able to learn and grow safely. If staff or families have any questions regarding safe transportation contact the Safety Program Specialist or Education Program Specialist for assistance.



## CACFP Updates

Foodservice staff were trained at this year's Preservice on Implementation of the required CACFP (Child and Adult Care Food Program) updates. Here is a bulleted list of changes. If anyone has question about the changes, contact your county's foodservice staff or the Nutrition Program Specialist.

### New Meal Patterns

- Infants (0-5 months and 6-11 months)
- Fruit and Vegetable is now considered 2 separate components for infant and child meal patterns
- Infants age 6-11 months must be served a fruit or vegetable at snack

### Creditable Foods

- Breastfeeding mothers that feed onsite
- Infants no longer allowed juice or processed cheeses
- Infants now allowed ready to eat cereals
- Infants now allowed whole eggs(including whites)

### Specific Component/Food Changes

- Fruit and Vegetable are now 2 separate components
- Juice will be limited to 1 time per day
- At least 1 serving of grains per day must be whole grain rich
- Grain based desserts are no longer considered creditable foods
- Meat or Meat alternative can now be served in place of the whole serving of grains for breakfast up to 3 times per week
- Tofu now counts as a meat alternative
- Breastmilk or formula up to age 1, Whole Milk up to age 2, and low fat or fat free milk for ages 3-5
- Milk must now be unflavored for all children under the age of 6
- Yogurt cannot replace milk component
- Yogurt cannot contain no more than 23grams of sugar for every 6 ounces
- Breakfast cereal must not contain no more than 6 grams of sugar per serving (align with WIC approved cereals)
- Cheeses must be low-fat or fat free and be natural. No process cheeses will be served
- Infants can now have yogurt, natural cheeses, or cottage cheeses for their meat/meat alternative

### Water requirements

- Water must be available during all meal times. (If watercoolers are not present in the classroom than water pitchers must be placed on tables during each meal time service

## Best Practices

- Support breastfeeding mothers
- Make 1 of the 2 components at snack a fruit or vegetable
- Serve 1 vegetable from each vegetable subgroup weekly
- Provide 2 serving of whole grains daily
- Limit the service of processed foods

## September is Hunger Action Month

It's a simple fact: A child's chance for a bright tomorrow starts with getting enough healthy food to eat today. But in America, 1 out of 6 children may not know where they will get their next meal. Across the U.S, over 13 million children face hunger.

Feeding America is an organization that works to help in this cause. September is recognized as Hunger Action Month to increase the awareness about the hunger issues child and their families face. Children facing hunger are more likely to repeat a grade in elementary school, experience developmental impairments from lack of nutrients, and may experience social and behavioral problems.

The Feeding America nationwide network of food banks secures and distributes 4 billion meals each year through pantries and meal programs throughout the U.S. and leads the nation to engage in the fight against hunger. If your family is struggling with hunger visit [www.feedingamerica.org](http://www.feedingamerica.org) to search for local food banks in your area.



If you have question regarding nutrition or safety please contact:

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