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The Visionary

Sharing our vision with Child & Adult Care Food Program and Summer Food Service Program Sponsoring Organizations in New Mexico.

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From the Bureau Chief

Another year has passed and the Family Nutrition Bureau staff is eager to start a new one. We welcome Connie Bell as our new Fiscal Manager and congratulate Camille Rodriguez of our Fiscal Unit on the birth of her baby girl. The Summer Food Service Program staff is working on the end of program figures and the fiscal staff in Santa Fe is getting ready to send out the official close out letter to all sponsors. The CACFP and SFSP staff have also been busy conducting administrative reviews and approving all the remaining renewal and initial applications for center sponsors.



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The Nutrition, Education and Training staff conducted the Nutrition Series training in November and December with great participation from center sponsors. They will also be conducting more center onsite reviews this coming year in order to help out with our staffing shortage so expect to see some new faces in your centers.

Centers are reminded to ensure that the claim for reimbursement is sent in by the 10th of each month in order for them to be processed and for checks to be mailed out timely. Many centers are still submitting late claims or are not submitting claims every month consistently.

I look forward to another successful year and wish everyone a very Happy New Year!

- Cesar Uriarte, Bureau Chief

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**You can now download the
Visionary by going to:**

<http://newmexicokids.org/Resource/EarlyCare/FamilyNutrition>

.... and clicking on the latest issue!

CHILD & ADULT CARE FOOD PROGRAM UPDATE



Happy New Year to all our sponsors and to all the children and adults that are in your care! This month I've been asked to write to a special group of center sponsors; those of you who operate without a kitchen facility permit. We've discovered recently that there are 171 centers in this situation. Normally these centers are either serving a continental breakfast, snacks or both. However, we have had some concerns raised during recent reviews. State agency staff have observed meals being served at these sites in situations which clearly fall into the category of meal preparation. In most instances the sponsor had deviated from the menus that had been submitted for approval and were preparing items using potentially hazardous foods. The reason centers have been approved to participate on the program without a kitchen permit has been that they were either vending with an organization that had an approved kitchen or they were serving a very limited menu which essentially involved no need for cooking. This was possible because the menu items being served were either single service items, ready to eat, or were shelf stable items that did not require heating, cooking or carefully controlled refrigeration.



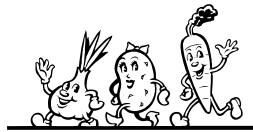
spell out these expectations more clearly. The New Mexico Environment Department has reviewed these guidelines and will be making onsite visits to all centers without a permit to determine if the center requires a permit.

EID regulations must be adhered to. Additionally, because of the great potential harm that can come from unsanitary conditions in a kitchen that is feeding young children or older adults, these facilities are regulated. The Environment Department even considers this special population of the public enough of a higher risk that they have identified them as a highly susceptible population. Not using fresh raw eggs in products prepared for young children or older adults is an example of one of the requirements that has been established because of the concern over salmonella poisoning. Our food sources are generally so safe here in the US that we often forget that food poisoning or unsanitary conditions can cause serious illness which can even be life threatening in severe cases. So let's all do what we can to keep our clients well fed and safe even when it costs a bit more and is more difficult than we'd like it to be. No one has a happy day, a happy week or a happy new year when they are sick and suffering from food borne illness.

However, some centers have misunderstood what the expectations were when they were approved to participate on the program without a permit. To clarify the expectations, Family Nutrition Bureau has developed some guidelines that



- Loren Miller, CACFP Program Manager



NUTRITION EDUCATION & TRAINING SECTION UPDATE

Greetings and Happy New Year!

- Apologies to our child care centers who are waiting for their updated food purchasing guides. There were some unexpected delays, but we will be mailing out copies in January.
- Nutrition Staff have been pleased to participate and lead administrative center reviews this program year. Thank you for all your kindnesses in welcoming us to your centers across New Mexico.
- As we embark on a new year, let's think healthy! We have invited the RECEC planning committees to host fun walks for child care home providers before each RECEC. We will be encouraging our SFSP organizations to include a fitness component in their plans for the summer as well. Child and adult centers are also encouraged to make walking a daily activity for their participants.



- Healthy Celebrations/Fundraisers: Celebrations are important in our lives, and usually involve the sharing of food. Many child care and school organizations also find the need to raise funds for materials and programs. Often times, this has included sales of candy and less healthy food items. Look in this issue for wonderful handouts on healthy celebrations and fundraisers, developed by Susan Fiore from the Connecticut Department of Education.



Let's start 2006 on a healthy note!

- Mary Oleske, MS, RD, Health Program Manager

SUMMER FOOD SERVICE PROGRAM NEWS

HAPPY NEW YEAR 2006!

As the year comes to an end, it's time to reflect on the SFSP in 2005. The State reviewers and I are always impressed with the efforts from the sponsoring organizations to administer successful programs throughout the state and serve as many children as possible.

In 2005 NEW MEXICO the latest figures are as follows:
 Sponsoring Organizations: 52 including 1 year-round SFSP, 2 sponsors who skipped a year and returned, and 2 new sponsors
 Statewide Meal Sites: 637
 Number of Summer Meals: 1,956,965
 Average Daily Attendance: 47,730
 Average Days in Operation: 41

As we start gearing up for the 2006 SFSP, please review last year's SFSP and ask yourself if you are serving meals in all areas where children could benefit from a nutritious meal. In addition to increasing the number of meals sites, the number of days is also important to review as children may be going hungry until the National School Lunch Program starts up again in the late summer.

I take this opportunity to express a very special *thank you* to all 52 SFSP sponsoring organizations for your hard work and

SFSP UPDATE

The New Mexico Summer Food Service Program (SFSP) Staff is often asked the question: "So, what do you folks do after the summer ends?" The answer is, we continue to administer the SFSP. In addition, we also assist our fellow workers in Santa Fe with conducting administrative reviews for the Child & Adult Care Food Program (CACFP) during the winter months. However, the lion's share of our time is dedicated to the SFSP. Close-out administrative reviews are conducted in the late summer and early fall. Staff leave is usually taken in the fall after a long spring and summer travel stint. Statistical and historical reports for the Sponsor, State Agency & USDA are finalized in early winter. Program materials are revised near the end of the year for printing at the beginning of the new year. Outreach and training strategies are planned around the turn of the year and implemented shortly thereafter. Annual required trainings are conducted in early spring, applications for participation are processed and pre-approval visits for new sponsors are conducted in the spring as well. Training for the Family Nutrition Bureau staff as well as additional and make-up sponsor trainings are conducted in late spring. Oh, yes, I almost forgot, with the advent of the new web-based SPARCS application and reporting system, the staff now spends a great deal of time, year-round, evaluating the system and working with the program developers in an ongoing effort to eliminate any system bugs and making further enhancements to the system for the Sponsor and State Agency. Yes, folks, all this, just in time for another Summer season in the New Mexico Summer Food Service Program. I am looking forward to visiting our sponsoring organizations once again for what will be the beginning of my 8th SFSP cycle. Adios amigos.

- Emiliano A. Perea, Compliance Officer



efforts from your staff in administering and operating the Program in 2005 and making New Mexico have such a high ranking.

According to the Food and Action Research Center's (FRAC) report, these efforts are reflected in the State of New Mexico's ranking of 2nd in the Nation for serving SFSP lunches to 36.8% of the eligible children that participate in the National School Lunch Program.

These are the SFSP rankings for the top 10 states:

District of Colombia: 1	NEW MEXICO: 2
New York: 3	Delaware: 4
New Jersey: 5	Rhode Island: 6
Massachusetts: 7	Vermont: 8
Pennsylvania: 9	South Carolina: 10

We are continuing to enhance the SFSP web-based application. By the first week in February we will have details on the submission of the application, the agenda and location of the 2006 SFSP annual training.

Looking forward to seeing you all there!

- Elizabeth Castillo, Program Manager



SFSP OUTREACH TIPS

Season's Greetings . . .

Tips on how to increase participation in the Summer Food Service Program



1. Conduct outreach to faith-based church groups and camps
2. Go door to door with outreach flyers
3. Send a flyer home with each child's last report card at the end of the school year
4. Communicate with your tribal leaders and governors
5. Use more activities such as nutrition education, to get children involved and at the sites
6. Ask children what their favorite food items are and incorporate them into the cycle menu
7. Get involved with town hall meetings and ask if there are any communities that aren't getting fed, so you can set up new sites

I would like to take this time to thank our 52 Summer Food Service Program sponsors that made this year a success.

Keep up the hard work and see you all in our upcoming training in the spring.

- Freddie R. Trujillo, Compliance Officer

REGIONAL EARLY CARE & EDUCATION CONFERENCE (RECECS) UPDATES

Here is what has happened with the RECEC since the last Visionary.

A RECEC held in Roswell on October 15, 2005 had 160 participants in attendance. There were a variety of workshops offered, "The Dangers of Second Hand Smoke", "CACFP Updates in English and Spanish" and "Dealing with Communicable Diseases", to name a few.

A RECEC was held at the San Juan College Community College on November 12, 2005. There were approximately 100 in attendance. John McPhee offered a keynote entitled, "The Value of Your Work-Why Child Care is the most Important Job in America."

Families & Youth Incorporated sponsored a RECEC for Las Cruces area Day Care providers. There were approximately 170 participants in attendance. Workshops were offered both in Spanish and English. Some of the workshop titles were, "Literacy Through Play", "Awesome Infants" and "El Programa de Nutricion".

As we close out another year for the RECEC total attendance is down just a little from last year, 3,265 to 3,083. There have been other training venues for providers in 2005. So that is a good thing.



Each RECEC takes a lot of time and effort to plan. I want to thank all of the planning committees for all the hard work that has been done this year to keep the RECEC strong! In 2006 we want to continue to encourage and support the literacy initiative and also to incorporate fun and fitness into our RECEC as well. I look forward to another productive and exciting year with the RECEC in 2006.



Gabe Gomez asking, "Who forgot to charge the walkie talkies?"

Remember, each RECEC plays an important role in continuing to improve the quality of child care here in New Mexico. Thanks again for all your hard work and see you at the RECEC!

- Gabriel Gomez, State RECEC Coordinator



NUTRITION EDUCATION

Nutrition Education activities need to be done once a month in child care centers. They must be documented on a special form provided by the Family Nutrition Bureau. If you do not have this form, please contact our office. The activity(ies) for the months of November, January and April need to be submitted to the Nutrition Education and Training section of the Family Nutrition Bureau, located in Albuquerque.



Here are a couple of ideas for Nutrition Education activities:

Delicious Decision-Makings

Prepare a snack that involves a choice. You might plan on sliced apples or orange segments, yogurt or cheese, granola bars or tortillas, apple juice or milk. Keep the foods in their containers and offer a choice of two. Then involve the children in a planning project that involves selecting nutritious snacks for the next week. First, have them THINK of the nutritious foods and CHOOSE what they would like to eat. Finally, DECIDE on the food for each day. Make a large calendar to illustrate children's snack decisions. For example, if the children decide to have milk and orange segments on Monday, draw a cup with milk and pieces of orange on the calendar for Monday. Do this for each day throughout the activity.



Kid's Menu

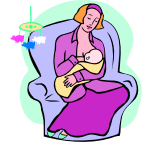
We all know how special it is to choose a food item from a restaurant. Prepare a menu using large paper plates. Cut and paste food items on the paper plates, then illustrate the back of the plates. Staple the plates together to form a menu-type book. Press the spine for easy reading. Be certain the child has at least five food choices in their menu. Use the Kids' Menu to role-play order taking. The children who are ordering look at the menu and choose a food item, while the waiter/waitress "writes" the order down. Pass menus around so children can have many opportunities to make different food choices.



A variation of this activity that requires matching skills is to prepare the menus as described. Then, cut and paste the same food items on a single paper plate. The children order their food and the waiter/waitress finds the paper plate that matches and serves the food choice.

-Teresa Taylor, Nutritionist

BREASTFEEDING SUPPORT IN CHILD CARE SETTINGS



Did you know that in the United States millions of young children spend part or most of each day in a variety of child care settings. It is estimated that 75 percent of women with children under age 3 are employed. With so many young children enrolled in child care, child care providers can play a vital role in supporting a mother's continuation of breastfeeding.

Why should we support breastfeeding in child care? Breastfeeding has many benefits for not only the infant and mother, but also the family and the community. You may be more familiar with the health benefits to the infant and the mother – it's true, research has shown that breastfeeding supports optimal growth and development for infants, and offers lifelong health advantages. Breastfeeding also contributes to the health of mothers and strengthens the emotional bond between mother and infant.

You may not have thought about the advantages to the child care provider and to our communities. Breastfeeding is good for child care providers because they care for healthier babies with less colic and spitting up and support mothers who feel good about child care because they can continue to breastfeed their babies. Breastfeeding helps our communities because it leads to healthier people, lowers food costs for families because they don't need to buy infant formula and makes less trash and pollution because there are fewer cans to throw away.

Because of breastfeeding's many benefits, the U.S. Department of Health and Human Services' *Breastfeeding: HHS Blueprint for Action on Breastfeeding*¹ (November 2000) recommends that children be breastfed exclusively for the first 6 months of life, with gradual introduction of solid foods after 6 months. The *Blueprint* recommends the continuation of breastfeeding for at least the first year of life.

When child care settings become strong partners and advocates in encouraging mothers to continue to breastfeed, the benefits to families are enormous. Child care providers also benefit from the improved health status of the children in their care.

Remember that the Child & Adult Care Food Program provides reimbursement for feeding expressed human milk in child care settings. You may also contact the Bureau Nutritionists for additional technical assistance on supporting breastfeeding in your child care setting.

Breastfeeding and Child Care

Breastfeeding is universally endorsed by the world's health and scientific organizations as the best way of feeding infants.

Breastfed children:

- score higher on cognitive and IQ tests and also on tests of visual acuity,
- have a lower incidence of sudden infant death syndrome (SIDS),
- are less likely to suffer from infectious illnesses and their symptoms (e.g., diarrhea, ear infections, respiratory tract infections, meningitis),
- have a lower risk of the two most common inflammatory bowel diseases (Crohn's disease, ulcerative colitis),
- suffer less often from some forms of cancer (e.g., Hodgkin's disease, childhood leukemia),
- have a lower risk of juvenile onset diabetes, when there is a family history of the disease and the children are breastfed exclusively for at least 4 months,
- are significantly protected against asthma and eczema, when at risk for allergic disorders and breastfed exclusively for at least 4 months,
- may have a lower risk of obesity in childhood and in adolescence,
- have fewer cavities and are less likely to require braces.

Excerpted from a handout entitled, "Breastfeeding in Child Care". Published on the website for the USBC (United States Breastfeeding Committee) at: www.usbreastfeeding.org

For further information, contact: **U.S. Department of Agriculture (USDA)** www.usda.gov

U.S. Department of Health and Human Services, Maternal and Child Health Bureau (MCHB) www.mchb.hrsa.gov

United States Breastfeeding Committee www.usbreastfeeding.org

- Donna Sauter, MS, RD, LD, Nutrition Education Coordinator

Friday, February 3, 2006, is National Wear Red Day—a day when Americans nationwide will take women's health to heart by wearing red to show their support for women's heart disease awareness. More women die of heart disease than all cancers combined, yet only 20 percent of women identify heart disease as the greatest health problem facing women today and most fail to make the connection between its risk factors and their personal risk of developing heart disease.

The Heart Truth is a national awareness campaign to alert women about their risk for heart disease and motivate them to take steps to lower their risk. The centerpiece of the campaign is the Red Dress - the national symbol for women and heart disease awareness. What's a Red Dress got to do with it? A simple Red Dress works as a visual red alert to get the message heard loud and clear: "Heart Disease Doesn't Care What You Wear—It's the #1 Killer of women." Sponsored by the National Heart, Lung, and Blood Institute, part of the National Institutes of Health, U.S. Department of Health and Human Services, the campaign is reaching

women with important heart health messages in community settings through a diverse network of national and grassroots partner organizations.

Please join in and help spread the word about women and heart disease. For ideas and tools to help you participate in National Wear Red Day or to order a Red Dress Pin, visit www.hearttruth.gov. - Mary Oleske, Program Manager



NEWS FROM THE WEB

Marketing to Kids

Food Marketing Aimed at Kids Influences Poor Nutritional Choices, IOM Study Finds; Broad Effort Needed to Promote Healthier Products and Diets

"..WASHINGTON -- Food and beverage marketing targeted to children ages 12 and under leads them to request and consume high-calorie, low-nutrient products, says a new report from the Institute of Medicine of the National Academies. The report offers the most comprehensive review to date of the scientific evidence on the influence of food marketing on diets of children and youth.

Available online at:

<http://www.nap.edu/books/0309097134/html/>



2006 Calendar of Events & Trainings . . .



December 2005

26th State Office Closed

January 2006

2nd State Office Close

16th State Office Close

February

15th New Center Orientation, Albuquerque, NM - Contact FNB, Marvin Trujillo at 827-7608

18th RECEC, Santa Fe, NM - Contact Choice for Families, Anita Ortiz at 424-8697

25th RECEC, Carlsbad, NM - Contact Southeast New Mexico CAC (SENMCAC), Elaine Hensley at (505) 887-3939

March

4th NMAEYC Conference, Albuquerque, NM

18th RECEC, Anthony, NM - Contact Families & Youth, Inc (FYI),
Christina Rey at (505) 556-1643



Do you have any events to share with other sponsoring organizations? Please submit announcements for publication to: Family Nutrition Bureau, Attn: Mary Oleske, 3401 Pan American Freeway NE, Albuquerque, NM 87107 or call 1-800-328-2665 or FAX (505) 841-4858. For other training announcements, visit CYFD's website, www.newmexicokids.org.

**NEW MEXICO CHILDREN, YOUTH & FAMILIES DEPARTMENT
FAMILY SERVICES, FAMILY NUTRITION BUREAU**

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We are on the web!
newmexicokids.org