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 Cabinet Secretary
 Dianne Rivera,
 Deputy Cabinet Secretary

The Visionary

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

Volume 11, Issue 4

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From the Bureau Chief

The Summer Food Service Program was another success this year but the staff is still busy conducting administrative/close out reviews for SFSP sponsors. I will also be accompanying the staff to meet and greet the SFSP sponsors as my schedule permits.

The CACFP review staff has been busy approving all the renewal and initial applications for center and home sponsors. The homes unit staff conducted training to all home sponsor staff in late August on the 2nd Interim Rule and Reauthorization regulation changes for CACFP. Many provisions of these rules became effective in November 2004 and July 2005, and a few will become effective October 1, 2005. One of the big changes in the rule was the one requiring sponsors to conduct visits to providers who submit block claims. This provision becomes effective October 1, 2005 and many sponsors will be conducting these visits in October and November.

I would like to welcome Connie Bell to our staff. She was recently hired as the new Fiscal Manager, replacing Anita Bliven-Gallegos who moved over to the Administrative Services Division this summer. Connie comes to us from the Corrections Department and we are excited to have her.

The Nutrition, Education and Training staff will 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.

Finally, I want to personally thank all the sponsors and independent centers for participating in the CACFP this past year. Your participation and commitment to feeding New Mexico's children nutritious meals has a significant impact on their health and well being.

Have a great Fall!

- Cesar Uriarte, Bureau Chief



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The Family Nutrition Bureau Staff

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Marvin Trujillo	Compliance Officer
Maxine Urrutia	Business Operations Specialist
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Vacant	Compliance Officer



CHILD & ADULT CARE FOOD PROGRAM UPDATE

HOMES



This year October 1st not only signals the start of a new fiscal year but also the date for implementation of several of the new interim regulations. For home sponsors the three big changes are five-day reconciliation checks and the block claim provision. Training has now been conducted for home sponsor staff on both of these new tools and implementation is ready to begin. If you missed the training or fell asleep during the presentation, we will be doing a refresher class during the Outreach Workers Conference, so plan on attending then. Speaking of the Outreach Workers Conference there was a bit of miscommunication we wanted to clear up. The notice you received about the conference said that it was mandatory per USDA regulation. Actually attendance at the conference is not mandatory, but some of the training that FNB will give is required for monitoring staff. We felt that this would be the best time to present this material, since all the monitoring staff are usually present. You may remember from the interim rule training sessions that in lieu of USDA preparing a standard curriculum for the nation, the new regulations call for states to develop a standard curriculum for providers, which covers all the basic elements of the programs. Monitoring staff are also required to complete this training, so that they are fully aware of what the providers are being taught. If someone can't make it to the training, arrangements will need to be made to complete a makeup session at some time.

A third change is that the IRS has just approved an increase in the allowable vehicle reimbursement rate as of September 12, 2005. The new rate is 48.5 cents which is 8 cents higher than the previous rate. Sponsors will need to amend their budgets if they want to increase the rate for their agency.

CENTERS



The main change for centers as far as interim rule requirements go will be the new monitoring form, and the five day reconciliation which will be part of the changes on the monitoring form. Look for the new form on the website after October 1st. You should also be aware that the enrollment forms will need to be updated on an annual basis if you are not already doing this. Also this year training for cooks and teachers will take place in various communities as the reviewers are out conducting their reviews. Try to attend these local training sessions whenever possible. We are not planning at this time to offer training for cooks and teachers during our annual center review training sessions in May and June.

- Loren Miller, CACFP Program Manager

NUTRITION EDUCATION & TRAINING SECTION UPDATE

- This year, the Nutritionists will be on the road, conducting administrative reviews of child and adult care centers, as well as homeless shelters, in addition to providing training and technical assistance through menu reviews, conference workshops and at the Nutrition Series. We will also be reviewing home provider menus for scheduled Home Sponsor Administrative reviews.

- We have completed a small quantity (5 – 100) *Food Purchasing and Production Guide* to replace the NM Simplified Food Buying Guide. Center Sponsors will receive a hard copy in the mail in the next few weeks. Copies will also be available on line at www.newmexicokids.org.



- The School Nutrition Association (SNA) is inviting all CACFP staff (both homes and centers) to join SNA. Membership is an allowable cost, and a great way to network with other child nutrition professionals. Go to www.asfsa.org for more information.

- We are coordinating a Fitness Walk at this year's CACFP Homes Outreach Workers' Conference at the end of October. Participants are urged to bring walking shoes or sneakers and participate in this fun event.



- Center Cooks are invited to attend our Nutrition Series workshops this fall. In addition to workshops on menu records, we are holding special sessions on food purchasing using the USDA Food Buying Guide.



- Mary Oleske, MS, RD, Health Program Manager

SUMMER FOOD SERVICE PROGRAM NEWS



Another successful year has taken place for the 2005 Summer Food Service Program (SFSP). Sponsors are now submitting their final claims for reimbursement and archiving the Program materials and documentation for the year. Please remember to keep the SFSP records for three years.

Presently, the State Agency is conducting full summer administrative reviews for a selected group of sponsoring organizations. These reviews have proven to be very beneficial for the sponsor by ensuring integrity of the Program, providing additional technical assistance to sponsors and discussing recommendations and outreach strategies for the following year.

This year 52 organizations participated in the SFSP, serving meals at more than 600 meal sites. The State Agency thanks the following organizations that participated in the 2005 SFSP:

Acoma Pueblo Boys & Girls Club	Hatch Valley Public Schools	Ramah Navajo School Board
Belen Consolidated Schools	Hilltop Christian School (near Window Rock)	Regents of NMSU- Las Cruces PREP
Bernalillo County Parks & Recreation	Jemez Mountain Schools	Rio Arriba County - Recreation
Boys & Girls Club – Las Cruces	Loving Municipal Schools	San Diego Riverside Charter School
Boys & Girls Club – Socorro	Mescalero Apache Tribe	San Felipe Pueblo Elderly Center
Bread Springs Day School	NMHU-Nat'l Youth Sports Program	Santa Fe Boys & Girls Clubs
Chichiltah/Jones Ranch Comm. School	NMSU Regents – SoAHEC	Santa Fe Public Schools
Child & Family Services (Hobbs)	Northern NM Community College	Santa Rosa Cons. Schools
Cibola County	Ojo Encino Day School	Santo Domingo Tribe
City of Albuquerque – Family & Comm. Svcs.	Our Lady of Belen Church	Service Organization for Youth, Inc. (Raton)
City of Espanola Recreation	Our Lady of Guadalupe Church	Southwestern Indian Polytechnic Institute
City of Las Cruces Recreation	Pecos Independent Schools	Torreon Day School
Cuba Ind. Schools	Pojoaque Valley Schools	Upward Bound Program – NMSU
Dzith-Na-O-Dith-Hle Community School	Pueblo of Laguna – Dept. of Education	Upward Bound Program – ENMU (Roswell)
Eastern Plains CAA (Tucumcari)	Pueblo of Sandia	Upward Bound Program – NMHU
Families & Youth, Inc. (Las Cruces)	Pueblo of Santa Ana	Village of Milan Parks & Recreation
Gallup McKinley Co. Schools	Pueblo Pinta-do Comm. School	Village of Tularosa
		White Sands Child & Youth Services

On behalf of our staff, we thank you again for your hard work, tremendous effort with outreach to increase participation and continued dedication to serving nutritious meals to the children in your communities.

It is always a pleasure to work with all of you and we hope to see you next year at the 2006 annual SFSP training.

- Elizabeth T. Castillo, Program Manager

SFSP UPDATE



Greetings. In an effort to streamline the administration of the Summer Food Service Program (SFSP) the State Agency introduced the Summer Program Application Reporting and Claiming System (SPARCS) in early 2004. SPARCS is a web based (Internet) application and can now be found at www.sparcs.sks.com. All Sponsoring organizations now apply to participate in the Program and submit claims for reimbursement via SPARCS exclusively. Sponsors can also retrieve individualized reports for their Program and submit weekly meal count reports to the State via SPARCS.

However, it became apparent to me during my travels this summer that some sponsoring organizations were unaware that a library of required and optional Program forms in a portable document format (PDF) was available on SPARCS as well. One of the reasons some sponsors were unaware of the form library was because it is located on the SPARCS home page (login page) and the user had to scroll down slightly to see it. At the time, scrolling down was not necessary to log into the system, so many folks never scrolled down. The system developers are currently revising the home page of SPARCS so that the user can easily see the library once the home page is brought up on their computer.

The PDF library contains most required and optional forms sponsors would need to apply to participate and administer their respective Programs. If you are looking for a form that you may have used in the past that is not available in the PDF library, please contact the State Agency at (505) 841-4856.

- Emiliano A. Perea, Program Specialist



FOOD RESEARCH AND ACTION CENTER (FRAC) REPORT



New Mexico is ranked second!

According to the June 2005 "Hunger Doesn't Take a Vacation" compiled by FRAC, the New Mexico SFSP through CYFD ranks **second** for serving meals to 36.8% of eligible children who also receive free and reduced price meals in schools. The other top four are District of Columbia, Hawaii, California and Nevada.

Thanks to all the staff of the SFSP sponsoring organizations and their efforts and successful dedication that makes New Mexico achieve this high ranking. Keep up the good work!

- Elizabeth T. Castillo, Program Manager

REGIONAL EARLY CARE & EDUCATION CONFERENCE (RECECs) UPDATES

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

The Española area held its annual RECEC on June 18, 2005 at Carlos Vigil Middle School. Approximately 150 participants attended this RECEC. A keynote entitled, "What's Good Snackin'" was presented by Jane Schuster, RD.

On June 25, 2005 VIDA, Valencia Counseling Services sponsored their annual RECEC at the Calvary Chapel in Belen. A couple of the workshops offered were, "Exploring Literacy Activities in Your Home," and "Serving Sizes for Children using My Pyramid." There were 116 participants in attendance.

Gallup held its' annual RECEC on July 16, 2005 at the University of New Mexico Branch. Cesar Uriarte, Bureau Chief of Family Nutrition Bureau, presented a keynote on CACFP Regulation Updates. A couple of the breakout workshops that were offered were, "Making Nutrition Count," and "Immunizations." There were 110 participants in attendance there.

Las Vegas held its' annual RECEC at the New Mexico Highlands University on September 17, 2005. There were over 150 participants in attendance. A keynote from Manny Aragon and John Martinez was presented. A couple of the breakout workshops included, "The New My Pyramid," & "Awesome Infants."

Community Action Agency of Southern New Mexico sponsored a RECEC for the Silver City area on September 24, 2005 at Cobre High School. There were approximately 225 participants in attendance.

Some of the workshops that were offered were, "Nutrition Education that Promotes Literacy," and "Creating a Learning Environment for Special Needs Children."

A RECEC was held at the Clovis Community College on October 1, 2005. There were approximately 130 in attendance. Roberto Mondragon and Georgia Roybal offered a keynote entitled, "Aspectos Culturales (Hispano Heritage)."

A RECEC Advisory Committee meeting was held on September 1, 2005 in Albuquerque. We discussed how we could better enhance the RECEC. Issues discussed were, conference planning logistics, Early Care Initiatives, competencies and workshop topics.

A RECEC Partner meeting was held on September 29, 2005 in Albuquerque. Representatives from both state and other agencies were invited to discuss how we all could collaborate resources using the RECEC.

Thank you to all of the RECEC planning committees for your commitment and hard work to supporting the RECEC!



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

THE CACFP MENU PLANNING SURVIVAL KIT

1. Find some quiet time to sit down and plan your meals before making a trip to the grocery store. This can accomplish several things:
 - a. Avoiding to repeat the same food too often when more than a week of menus are being planned
 - b. Planning healthier menus
 - c. Meeting CACFP Meal Pattern Requirements
 - d. Saving money by purchasing seasonal foods, taking advantage of food bargains, using coupons, and buying bulk-packaged items
 - e. Organizing a shopping list to same time
 - f. Preventing last minute trips to buy "forgotten" items
 - g. Planning for children with special needs
2. Decide upon the main dish first (meat/meat alternate). The main dish can include pasta, rice, or vegetables.
 - a. Example: Chicken, rice and mixed vegetables
3. Plan foods to go with the main dish to meet the remainder of the CACFP Meal Pattern Requirements (Vegetables/Fruits, Grains/Breads, Milk)
4. Include foods on the menu approved as creditable by the USDA and your state agency.
 - a. Avoid foods that could cause choking in young children
 - b. Examples include: hot dogs, nuts, fish w/bones, whole grapes (cut in half)
5. Plan nutritious meals by serving a variety of foods during the day and week.
 - a. Check to make sure that the same foods are not repeated too often (more than once a week).
 - b. Increase fiber by including fresh vegetables, fruits and whole grains
 - c. Limit the amount of fried foods and/or high fat foods offered
 - d. Include foods that provide vitamins A and C (for a list, call our office for a vitamin hand out)
6. Choose foods that are colorful and taste good.
 - a. Offer foods that are different shapes like round, square, rectangular, or wedge (chicken nuggets or a grilled cheese sandwich)
 - b. Offer foods that are different colors (pizza, green salad)
 - c. Offer foods that are different textures such as, soft, fluffy, crunchy, crisp, creamy, smooth (carrot sticks and yogurt dip)
 - d. Offer foods with different tastes like, sweet, sour, tart, salty, spicy, mild (pineapple and ham)
 - e. Think about what the children like and dislike
 - f. Consider special parental requests
 - g. Plan menus that are right for the age of the children (age appropriate) in your care.
 - h. Include some "easy to like" or "child friendly" foods
 - i. Introduce new foods along with familiar foods that children already like.
7. Try to plan menus that work for you and the children.
 - a. Plan cycle menus to save time in repeated menu planning (there are some examples in your Menu Record Book, on page 42)
 - b. Plan menus that are easy to serve family style
 - c. Consider cost: Balance higher-cost foods with lower-cost foods
 - d. Use recipes that you have prepared before; but be willing to try new recipes also
 - e. Plan menus that include some foods that take longer to prepare and some foods that are easier to prepare
 - f. Think about the available storage and equipment that you have



-Teresa Taylor, Nutritionist
Adapted from Care Connection Handout #17

FISH, MERCURY, & YOUR HEALTH:

What you need to know to protect your child and yourself.

You probably know that the FDA and EPA have issued a joint consumer advisory about mercury in fish & shellfish. The advice is for: women who might become pregnant; women who are pregnant; nursing mothers; and young children and it deals with how they might get the positive health benefits from eating fish and shellfish, while minimizing their mercury exposure.



The FDA and EPA want consumers to know that fish and shellfish are important parts of a healthy and balanced diet. Fish and shellfish contain high quality protein and other essential nutrients, are low in saturated fat and contain omega-3 fatty acids. A well balanced diet that includes a variety of fish and shellfish can contribute to heart health and children's proper growth & development. Thus, women & young children in particular should include fish or shellfish in their diets due to the many nutritional benefits.

By following these 3 recommendations for selecting and eating fish or shellfish, women and young children will receive the benefits of eating fish and shellfish and be confident that they have reduced their exposure to the harmful effects of mercury.

1. Do not eat Shark, Swordfish, King Mackerel, or Tilefish because they contain high levels of mercury.
2. For adults, eat up to 12 ounces (2 average meals) a week of a variety of fish and shellfish that are lower in mercury. Children could consume up to 6 ounces per week.
- Five of the most commonly eaten fish that are low in mercury are shrimp, canned light tuna, salmon, pollock, and catfish.
- Another commonly eaten fish, albacore ("white") tuna has more mercury than canned light tuna. So, when choosing your two meals of fish and shellfish, you may eat up to 6 ounces (one average meal) of albacore tuna per week.
3. Check local advisories about the safety of fish caught by family and friends in your local lakes, rivers, and coastal areas. If no advice is available, adults can eat up to 6 ounces (one average meal) per week of fish you catch from local waters, and children could consume up to 3 ounces per week, but don't consume any other fish during that week.



For more information about the risks of mercury in fish and shellfish call the FDA's Food Information Hotline toll-free at 1-888-SAFEFOOD or visit the FDA's Food Safety website.

For more information about the safety of locally caught fish & shellfish, visit the Environmental Protection Agency's Fish Advisory website or contact your state or local health department. Contact information for state and local health departments is also found at this site.



Frequently Asked Questions about Mercury in Fish and Shellfish:



1. **What is mercury and methylmercury?** Mercury occurs naturally in the environment and can also be released into the air through industrial pollution. Mercury falls from the air and can accumulate in streams and oceans and is turned into methylmercury in the water. It is this type of mercury that can be harmful to your unborn baby and young child. Fish absorb the methylmercury as they feed in these waters and so it builds up in them. It builds up more in some types of fish & shellfish than others, depending on what the fish eat, which is why the levels vary.
2. **I'm a woman who could have children but I'm not pregnant - so why should I be concerned about methylmercury?** If you regularly eat types of fish that are high in methylmercury, it can accumulate in your blood stream over time. Methylmercury is removed from the body naturally, but it may take over a year for the levels to drop significantly. Thus, it may be present in a woman even before she becomes pregnant. This is the reason why women who are trying to become pregnant should also avoid eating certain types of fish.
3. **Is there methylmercury in all fish and shellfish?** Nearly all fish and shellfish contain traces of methylmercury. However, larger fish that have lived longer have the highest levels of methylmercury because they've had more time to accumulate it. These large fish (swordfish, shark, king mackerel & tilefish) pose the greatest risk. Other types of fish and shellfish may be eaten in the amounts recommended by FDA and EPA.
4. **I don't see the fish I eat in the advisory. What should I do?** If you want more information about the levels in the various types of fish you eat, see the FDA food safety website and the EPA Fish Advisory website.
5. **What about fish sticks and fast food sandwiches?** Fish sticks and "fast-food" sandwiches are commonly made from fish that are low in mercury.
6. **The advice about canned tuna is in the advisory, but what's the advice about tuna steaks?** Because tuna steak generally contains higher levels of mercury than canned light tuna, when choosing your two meals of fish and shellfish, you may eat up to 6 ounces (one average meal) of tuna steak per week.
7. **What if I eat more than the recommended amount of fish and shellfish in a week?** One week's consumption of fish does not change the level of methylmercury in the body much at all. If you eat a lot of fish one week, you can cut back for the next week or two. Just make sure you average the recommended amount per week.
8. **Where do I get information about the safety of fish caught recreationally by family or friends?** Before you go fishing, check your Fishing Regulations Booklet for information about recreationally caught fish. You can also contact your local health department for information about local advisories. You need to check local advisories because some kinds of fish and shellfish caught in your local waters may have higher or much lower than average levels of mercury. This depends on the levels of mercury in the water in which the fish are caught. Those fish with much lower levels may be eaten more frequently and in larger amounts.



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

- Adapted from: EPA-823-R-04-005 March 2004.

FOOD PYRAMID UPDATES

Agriculture Secretary Mike Johanns unveiled *MyPyramid*, a new symbol and interactive food guidance system. *MyPyramid*, which replaces the Food Guide Pyramid introduced in 1992, is part of an overall food guidance system that emphasizes the need for a more individualized

approach to improving diet and lifestyle. It is designed to help Americans live longer, better and healthier lives.



MyPyramid illustrates:

Personalization: demonstrated by the web site

Gradual improvement: encouraged by the slogan, "Steps to a Healthier You"

Physical activity: represented by the steps and the person climbing them

Variety: symbolized by the six color bands representing the five food groups and oils

Moderation: represented by the narrowing of each food group from bottom to top

Proportionality: shown by the different widths of the food group bands

More information about *MyPyramid* is available at MyPyramid.gov. The 2005 Dietary Guidelines for Americans are available at www.healthier.us.gov/dietaryguidelines.

- Elizabeth T. Castillo, Program Manager

New from USDA! MyPyramid for Kids



MyPyramid for Kids educational material brings the messages of *MyPyramid* to elementary school children. Teachers can easily teach *MyPyramid for Kids* by using the class-room materials, including lesson plans, an interactive game, and a *MyPyramid for Kids* Poster. The fun, colorful graphic will attract children's attention and encourage them to learn more about *MyPyramid for Kids*. The nutrition and physical activity messages included throughout the materials are designed to help children 6 to 11 years old make healthy eating and physical activity choices. For more information and to download materials, go to <http://www.mypyramid.gov/kids/index.html>

Drinking Your Calories

The leading source of calories in the average American diet used to be white bread. But Tufts researchers recently reported that now Americans are drinking their calories instead-in the form of soda pop and sweetened beverages.



Leading source of calories

Odilia Bermudez, PhD, MPH, of Tufts' Jean Mayer USDA Human Nutrition Research Center on Aging, studied the diets of respondents to the 1999-2000 National Health and Nutrition Examination Survey (NHANES). More than two-thirds reported consuming enough soda and/or other sweet drinks to provide a greater proportion of daily calories than from any other food. Obesity rates were also higher among these sweet-drink consumers. Consumers of 100-percent orange juice and low-fat milk, on the other hand, tended to be less overweight, on average.

Bermudez says she hopes that "by helping to identify the main sources of excess energy in the American diet, this work may contribute to the development of much-needed strategies to combat obesity in the American Public."

Taken from: Tufts University, Health & Nutrition Letter, August 2005, Number 6

HURRICANE KATRINA

The United States Department of Agriculture (USDA) issued two memos to all the states, to announce a change in national policy for emergency feeding in the Summer Food Service Program (SFSP) and the Child and Adult Care Food Program (CACFP).

The intent of the memos was to allow sponsors to serve meals in areas devastated by Hurricane Katrina and in areas where Katrina displaced a significant number of persons. Many of the requirements were waived to expedite the food assistance service to participants.

Children, Youth and Families Department also conducted a major effort to help the survivors of the Hurricane by conducting a massive media campaign asking the public to donate goods and having State offices receive these items. The response was overwhelming to help those in need and very much appreciated.



- Elizabeth T. Castillo, Program Manager

USDA issued two memos.

2005 Calendar of Events & Trainings . . .

October

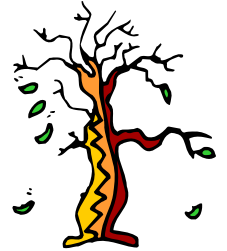
1st RECEC - Clovis - Contact Eastern Plains CAA - Cece Aria at 461-1914
10th State Office Close
14th World Food Day - NM Hunger Task Force Meeting - Call Mary Oleske at 841-4856
15th RECEC - Roswell - Contact Family Resource and Referral - Katie Harton at 623-9438
26-28th Outreach Workers Conference—Belen - Call Phyllis Stevenson at 265-3717

November

11th State Office Closed
12th RECEC - Farmington - Contact Presbyterian Medical Services - Donna Cockrell at 326-2373
19th RECEC - Las Cruces - Contact FYI - Christina Rey at 556-1643
24th-25th State Office Closed

December

26th State Office Closed



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

3401 Pan American Freeway, NE
Albuquerque, NM 87107

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.

We're on the Web!
example.microsoft.
com

2005 Calendar of Events & Trainings . . .

October

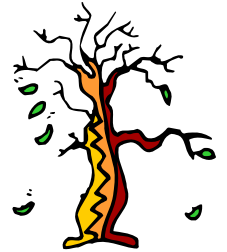
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