First Step to Nutrition

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November Dates To Remember:

- September checks are scheduled for **October 30**
- September late claim checks are scheduled for **November 9**
- October forms are due in the office on **November 6** by **9:00 AM.**
- *The payment schedule dates for 2017 are **estimated dates.** We cannot guarantee deposit dates received from Pennsylvania State Treasury.*

Payment Date Revision for October 2017

The dates that were printed on the payment schedule in last month's newsletter for September claim month were incorrect. The correct payment date is **Monday, October 30** for this September claim month and the claim deadline for late claims is Thursday, October 19. Apologies for the error! Please adjust your payment deposits to October 30.

New Food Chart is attached

Please see attached for the revised food chart indicating the new food changes effective October 1. Please keep this as a reference tool in planning your menus. Also attached is a New Meal Pattern Reference Chart for your use.

New Food Guidelines have started!

The new food guidelines have started October 1.

KidKare has changed the record meals screen to reflect these changes. Listed below are some reminders that will help you record your meals accurately.

- Breakfast has added a meat component. This meat component may be substituted in place of the Bread no more than 3 times per week. This is an optional component and is not required to be served. A separate vegetable and fruit component has been added to Breakfast as well. Only one fruit **or** vegetable is required at breakfast. You do not need to serve both a fruit and vegetable at breakfast. Only 3 components are required at Breakfast.
- Lunch/Dinner has broken the fruit and vegetable components apart. You must serve at least one vegetable. You may serve 1 vegetable and 1 fruit or 2 vegetables to meet the new requirements. 5 components are still required at Lunch/Dinner.
- Snacks have also broken the fruit and vegetable components into 2 separate categories. You are only required to serve 2 components at snack to be reimbursed. You may now serve 1 vegetable and 1 fruit to qualify because they are now separate categories. Milk is not required at snack, the same as the old guidelines.
- Infants are now broken into 2 ages groups – birth to 5 months and 6 to 11 months. Starting at 6 months, solid foods can be introduced to infants when developmentally ready. Solid foods are not required until the parent/pediatrician have determined the infant is developmentally ready. Solid foods must be supplied by the provider when the infant is ready.
- You must select the whole grain button as "yes" once per day under the Bread component. A whole grain is now required one time per day to qualify for reimbursement. **Manual providers will indicate this by writing "WG" on their menu.**