

Diet Statements???

Children with one or more Disabilities

Accommodations to meals **must** be provided at no charge to a child with a disability when the need is supported by a signed statement or diet order from a physician.

Federal civil rights law defines a person with a disability as any person who has a physical or mental impairment, which substantially limits one or more major life activities, has a record of such impairment, or is regarded as having such impairment. In some cases, an allergy may be so severe, i.e., leading to life-threatening situations such as anaphylactic shock, that a physician may document that a child's allergy is a disability and substitutions are required. **A licensed physician must sign a statement defining the major life activities affected by the disability and the nutritional needs.**

Meals are reimbursed on the CACFP for Children with major disabilities under the following guidelines:

The provider is required to offer the program and to provide all substituted foods required by the licensed physician

Parents **can** bring in portions of meal **if** the licensed physician states (in writing) which foods parents are to supply.

Non-disabled Children

Accommodations to meals **may** be provided to a child who has a special dietary need, **but not a disability**, when the dietary need is supported by a statement from a recognized medical authority, which may be one of the following: **physician, physician's assistant, certified nurse practitioner, registered dietitian, licensed nutritionist, or chiropractor.**

Providing meals that meet USDA guidelines is always required for reimbursement. It is the substitution that is listed on the diet statement for a child without disability that may be difficult for the provider to obtain and she/he can ask the parent to supply it. **If the parent supplies the substitution, the meal cannot be claimed for reimbursement.** A provider must offer the food program to all children in her care, including those without disabilities but who require a special diet statement. Modifications may be made to a child's diet at any time without deviating from the meal pattern and do not require a recognized medical authority.

Meals are reimbursed on the CACFP for children without major disabilities under the following guidelines:

Provider **supplies all meal components if the medical authority signed the diet statement and listed the omitted foods and the substitutions needed & claim for reimbursement**

Parents **can** bring in portions of the meal **if** medical authority signed the diet statement and clearly states what food items parents must supply & claim for reimbursement

Parent and provider discuss dietary needs of the child and decides to try different food items if they continue to follow the USDA guidelines and discontinue some foods from the food group. For instance, if the parent does not want prunes served to her child, the provider can offer other fruits and vegetables and avoid prunes without a diet statement & claim for reimbursement

EXCEPTION: If the parent makes too many demands and does **not** have a child who is disabled and does not supply a diet statement, **the provider then has the option of not supplying the meal components and may choose not to claim that child for reimbursement.** Parents must sign a decline form and provider keeps on site. Do not claim that child for reimbursement.

License Capacity Issues

We understand that providers try very hard to stay within compliance of their license capacity according to their license classification. Sometimes, however, we run into a situation where a provider may be over capacity by total numbers of children or within a certain age group, such as too many infants, toddlers or preschool aged children. When this happens, we are required to take certain steps based on the situation.

When we see over capacity on a claim:

We issue a claims reduction notice for overcapacity and reduce claim according to the most current license classification we have on file. If a license changes or variances are issued by county licensers, please send us a copy so we can accurately count your claim.

When we see over capacity on a home visit:

We are now required to contact the county licensor and report the observed over capacity at the home visit. We must document that the licensor has been contacted. The best way for us to do this is to write it on the home visit and let you know that the licensor will be contacted.



All Minnesota Sponsors of the Child and Adult Care Food Program are now required to report over capacity observed at home visits only.

Cold Weather Fun!



Cold weather offers great ways to have some fun. Take time to play together-And move more! You'll all feel good! Adults need to move for at least 30 minutes on most days. Children needs at least 60 minutes of moving on most days.

Get moving indoors

- ***Act out a story:*** Read a book together. Move to give it action. If it is a book about food, make it in the kitchen together, later.
- ***Create an obstacle course:*** Children love to tumble over pillows, crawl through open boxes and jump into hula hoops.
- ***Turn up the music and dance!*** Make up your own dances, or watch musical TV shows like, "Barney", Play "Puff the Magic Dragon" and act out the different verses as a dragon, Jackie Paper, or pirates.
- ***Start planning for Spring,*** like a garden, outdoor ornaments, etc.

Get Moving Outside:

- ***Bundle up for snow play:*** Create snow angels, snowmen, Go sledding, make paths through the snow
- ***Take a nature hike:*** Look for animal tracks in the snow.
- ***Take a field trip to the zoo!*** See how the animals look with their winter coats on
- ***Decorate an outdoor tree for the birds:*** Hang apples, pinecones rolled in peanut butter, or popcorn strings. Hang a birdfeeder close to a window where children can watch the birds eat and replenish seed when bird feeder is empty.