

SECTION 6

2011-2012 FOOD SERVICE REQUIREMENTS



City of Chicago
Richard M. Daley, Mayor

Chicago Department of
Family and Support Services

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To: Head Start/Early Head Start and Child Care Directors

From: Madeline Cancel-Hanieh
Director, Children Services Division

Date: July 14, 2011

Subject: 2011-2012 FOOD SERVICE REQUIREMENTS

This memorandum and attachments serve as a reminder about policies and procedures regarding meals served in the Department of Families and Support Services, Office of Children and Youth Services Head Start/Early Head Start and Child Care programs. It supersedes a previous memorandum entitled *Food Service Requirements*, dated September 21, 2010.

Some major changes that are the result of a Joint Resolution of the City of Chicago Department of Public Health and the Chicago Board of Health (see attached copy) are also reflected in the revised requirements and include: a) Milk for children over the age of 2 should be 1% or less milk fat; b) No beverages with added sweeteners, artificial or natural may be used; c) Physical activity standards have been revised. These physical activity standards include: 1) Children ages 12 months and older attending a program for six or more hours in a day should participate in at least 60 minutes of physical activity per day; 2) At least 30 minutes of the 60 minutes should be structured physical activity lead by an adult; 3) Children in a program less than 6 hours should be participating in physical activity a proportionate amount of time. For example in a program of four hours would need 45 minutes of physical activity per day.

Also included in the enclosed attachments are: a) The Menu Cycles with dates starting in September; b) A list of good, better and best USDA approved food sources of Vitamin A and Vitamin C foods; d) The revised Cereal List containing only cereals that are 15% or less sugar content. All changes are to be instituted with your nutritionists, vendors, caterers and families.

Based on recommendations, from the American Academy of Pediatrics, nutritionists and the ECD/HSAC and to address our (and national) concerns about childhood obesity, as well as to enhance the menu requirements for children in our programs, the Department is continuing to recommend that no juices are to be served in any Head Start/Early Head Start or Child Care programs. Instead, children may be encouraged to drink water which is much more beneficial to the digestive system. Also, we are encouraging that canned fruits in its (own) juices or serve fresh fruits rather than canned fruits. These changes are made in order to reduce the sugar intake in children's diet.

The Head Start Performance Standard 1304.52(d) (3) states that nutrition services must be supported by staff or consultants who are registered dietitians, licensed nutritionists, **or masters in public health nutritionist**. It is therefore expected that each agency have the qualified staff in place that satisfies the Head Start requirements. A cooperative agreement for Nutrition Services is available for download at: www.childserviceschicago.com.

In addition, the City of Chicago Day Care licensing requirements, Appendix 1, Sections 1.16, IV, A, B states that the nutrition consultant provides expertise to center director and nutrition personnel in implementing and evaluating all aspects of the nutrition services and must have current registration with the American Dietetic Association or State of Illinois license.

The Delegate Agency Consultant Nutritionist develops and/or reviews delegate/partner menus to ensure that the menus meet all standards and requirements. Nutritionists will continue to provide training and technical assistance on menu planning and will assess menus during site visits for appropriateness

In order to assist your program in identifying a dietitian/nutritionist to review your menus and other aspects of your nutrition services, you may contact the American Dietetic Association at: www.eatright.org.

In addition to the consultant nutritionist, parents and appropriate community agencies must be involved in planning, implementing and evaluating the delegate agencies' nutritional services. Through participation in the HSAC and Parent Committees, parent and community members and partners may also be provided opportunities to be involved in all aspects of the agency's nutrition program 1304.23(b)(4).

If you have questions regarding food service policies and procedures in DFSS Head Start/Early Head Start or Child Care programs, please contact Assistant Director Paulette Mercurius at 312-743-0300.

Thank you for your continued commitment to quality child care programming.

FOOD SERVICE REQUIREMENTS OVERVIEW 2011-2012 MENU PLANNING REQUIREMENTS

Attached is a summary of Federal, State, City and DFSS menu requirements and guidelines. A list of recommended cereals (those in which sugar does not exceed 15 percent of calories) is also attached.

It is highly recommended that **low fat milk (skim or 1%)** be served to children two years and older for the following reasons:

1. **To comply with the new City of Chicago Joint Resolution.**
2. To keep up with current scientific, medical and nutrition literature.
3. To promote health and **establish positive eating habits.**
4. **To help decrease the** high incidence of obesity in children.
5. Based on the **2010 Dietary Guidelines** for Americans and the Healthy People 2010 - Disease Prevention and Health Promotion Objectives.

Low fat milk is not recommended for infants and toddlers below the age of two years. Low fat (1%) and skim milks may provide inadequate levels of calories and essential fatty acids. (Chicago Licensing Standard, Appendix 1, 1.21, I, 22)

MEAL SERVICE

1. Breakfast must be served at least 2 1/2 hours before lunch. A minimum of 15 minutes is allowed for breakfast and snacks and a minimum of 30 minutes is allowed for lunch. (Chicago Licensing Standard, Appendix 1, 1.13, IV,B,F)
2. A sufficient amount of food must be placed on the table to meet minimum serving size requirements for each child present.
3. Fruit or desserts must be placed on the table along with other meal items. (Chicago Licensing Standard, Appendix 1, 1.15, V, 7)
4. Fruit or dessert at the noon meal must be served in a separate dish and not on plates containing hot food unless sectional dishware is used and fruit/dessert is separate from other food. (Chicago Licensing Standard, Appendix 1, 1.13,IV, J)
5. Whenever milk is a part of the meal, sufficient milk must be purchased to provide four (4) ounces per child (1-3 years old); six (6) ounces per child (3-6 years old) and eight (8) ounces must be provided for the school age child. (Chicago Licensing Standard, Appendix 1, 1.15, Table 5)
6. Children should be encouraged to serve themselves each of the required meal components. If a child refuses a food, the food should be offered again at a later time. (Chicago Licensing Standard, Appendix 1, 1.13, IV,H)
7. Children should be encouraged, but not forced, to eat the minimum required portions. (Chicago Licensing Standard, Appendix 1, 1.13, IV,G)
8. Developmentally appropriate eating and serving utensils must be used. See guidelines provided to delegate agencies. Sporks are not acceptable. (Chicago Licensing Standard, Appendix 1, 1.13, IV,K)

HOLIDAY MENUS

Enclosed are suggestions for holiday menus for centers who prepare lunch on-site. Please share these menus with your menu-planning committee.

SANITATION REQUIREMENTS

All Head Start and Child Care centers licensed by the City of Chicago are required to comply with the food sanitation and safety requirements set forth in Chapter 4-344 of the City of Chicago Municipal Code. A summary of the sanitation requirements is attached. Please review these requirements with appropriate staff.

FOOD SERVICE SANITATION CERTIFICATION

Chapter 4-344 requires that all food dispensing establishments have, on the premises at all times that food is being handled, a person who holds a valid Department of Health Food Sanitation Certificate. Certificates expire every five years and must be renewed through taking a re-certification class and examination. Information regarding the certification process may be obtained by calling Harold Washington College at 312-553-5802 or 5803.

CITY OF CHICAGO
DEPARTMENT OF FAMILY & SUPPORT SERVICES
HEAD START and CHILD CARE PROGRAMS

CYCLE MENU SCHEDULE

2011 -2012

CYCLE 1

Week 1:	September 5	October 3	October 31	November 28
Week 2:	September 12	October 10	November 7	
Week 3:	September 29	October 17	November 14	
Week 4:	September 26	October 24	November 21	

CYCLE 2

Week 1:	December 5	January 2	January 30	February 27
Week 2:	December 12	January 9	February 6	
Week 3:	December 19	January 16	February 13	
Week 4:	December 26	January 23	February 20	

CYCLE 3

Week 1:	March 5	April 2	April 30	May 28
Week 2:	March 12	April 9	May 7	
Week 3:	March 19	April 16	May 14	
Week 4:	March 26	April 23	May 21	

CYCLE 4

Week 1:	June 4	July 2	July 30	August 27
Week 2:	June 11	July 9	August 6	
Week 3:	June 18	July 16	August 13	
Week 4:	June 22	July 23	August 20	

MENU REQUIREMENTS

2011-2012

The following guidelines represent menu requirements established by the Chicago Department of Family Support Services, Chicago Department of Public Health, Head Start Performance Standards and Illinois Department of Children and Family Services. They must be adhered to when purchasing foods to be served in Chicago Head Start/Early Head Start and Child Care programs.

1. All breakfasts must include milk, fruit, and bread or bread alternate. This is the minimum meal pattern to be followed for breakfast. (Chicago Day Care Licensing Standard, Appendix 1, 1.15, Table 5)
2. Lunches must consist of meat or meat alternate, two servings of vegetables, bread or bread alternate, milk and fruit or dessert. Bag lunches must also meet these requirements. (Chicago Licensing Standard, Appendix 1, 1.15, Table 5)
3. Bread or bread alternate consist of: an equivalent serving of cornbread, biscuits, rolls, muffins, bagels, or tortillas made of enriched or whole grain meal or flour, enriched rice, macaroni, noodles, pasta, stuffing, crackers, breadsticks, dumplings, pancakes, waffles and hot or cold cereal. (Chicago Licensing Standard, Appendix 1, 1.15, V, 5)
4. Snacks must consist of foods from two different food groups and these food groups cannot be fruit and vegetables. Therefore, a snack of celery and fruit (for example) does not meet requirements. However, a snack consisting of celery and peanut butter does. (Chicago Licensing Standard, Appendix 1, 1.15, Table 5)(See Attached)
5. Potato chips, fruit chips, popcorn and dessert pie crust may not be included on center menus. Soft pretzels, hard pretzels, bagel chips, pretzel chips, and wheat and corn tortilla chips may be served.
6. Cake and ice cream may be included once monthly for dessert to celebrate holidays or birthdays provided cakes are prepared in a licensed kitchen or commercially prepared and arrive at the center in the manufacturer's unopened packaging. Centers have the responsibility for providing cake and ice cream. Parents are not to bring cake and ice cream into the center. Fruit toppings are recommended, not required. Pies and cobblers may be served on holiday menus only. (Chicago Licensing Standard, Appendix 1, 1.15, V, 7)
7. Animal crackers, cheese crackers, rice cakes and other light weight snacks, Chex cereal and puffed cereals must be served in sufficient quantity to meet the gram weight requirements of the bread component. See the Grains/Breads Chart in your USDA Food Buying Guide for specific serving sizes.
8. All lunches must include two vegetables daily to meet City of Chicago Nutrition Standards.
9. Foods rich in Vitamin A must be served three times a week (see attached list). Good to excellent sources are: carrots, spinach, greens, kale, sweet potatoes, bok choy, winter squash, sweet red peppers, apricots, cantaloupe, and mango.
10. Soups may not take the place of any food item, it is an additional food.
11. Salsa, ketchup, tomato sauce, spaghetti sauce cannot be counted as a serving of vegetable. The quantity provided is not enough to meet the serving size requirement for vegetable. (Chicago Licensing Standard, Appendix 1, 1.14, V, 3)

12. Vitamin C rich food must be served once a day (see attached list). These include cantaloupe, grapefruit, orange, kiwi, mandarin orange, strawberries, tangerine, asparagus, broccoli, cabbage, cauliflower, sweet peppers, plantain, snowpeas, and sweet potatoes.
13. The following cookies only are acceptable for purchasing by DFSS and meet all food regulations: oatmeal (plain or with raisins or nuts), peanut butter, graham crackers, bran, granola bars (except chocolate), and fruit-filled cookies such as fig bars. Cookies may be served a maximum of twice weekly for snack only.
14. Cereal that contains more than 15 percent calories from sugar should not be purchased. A list of acceptable cereals is attached for your use.
- 15. Doughnuts, sweet rolls, and coffee cake, because of their high sugar and fat content, are not acceptable foods for service in DFSS programs. Lemonade, coffee, tea, soda pop, Hi-C, Hawaiian punch and Kool-Aid are not acceptable beverages because they do not meet DFSS or Head Start Performance Standards requirements.**
16. Enough milk must be purchased and poured into the child's glass to provide the required serving for each child. Failure to purchase and serve enough milk will result in loss of reimbursement if detected during a monitoring visit or audit.
17. Bread pudding or rice pudding may be used to meet meal pattern requirements for a snack only if they contain at least 1/4 cup cooked rice or 1/2 slice of bread per 1/2 cup serving for children 3 to 5 years of age, and 1/2 cup cooked rice and one slice of bread per 3/4 cup serving for school age children. Bread pudding or rice pudding does not meet dessert **or grain** requirements for lunch.
18. Dessert shall consist of fruit or of plain, milk-based puddings such as chocolate, vanilla, banana, and butterscotch. These puddings may not, however, replace fluid milk and do not meet meal pattern requirements for the milk group. (Chicago Licensing Standard, Appendix 1, 1.14, V, 7)
19. Occasionally gelatin with fruit added may be served for dessert provided the dessert consists of half fruit by volume. (Chicago Licensing Standard, Appendix 1, 1.15, V, 7)
20. Family style meal service must be utilized at every meal. Enough food must be placed on each table to provide minimum portion sizes for each child. Each child must be offered some amount of each required meal component. (Head Start Performance Standard, 1304.23, c, 4)
21. Centers are required to make substitutions in the meal patterns for children with special needs and for those children with dietary restrictions, when such substitutions are indicated in writing by a physician. (Head Start Performance Standard, 1304.23, a, 2/Chicago Licensing Standard, Appendix 1, 1.13, III, A, B, C, D)

MENU PLANNING GUIDE FOR USDA CHILD AND ADULT CARE FOOD PROGRAMS

Foods that Contain Vitamin A

FOODS IN BOLD TYPE AND MARKED WITH * ARE "BEST" CHOICES AND PROVIDE THE HIGHEST % OF RDA.¹ Head Start guidelines state a good source of Vitamin A must be served 3 times a week.

DASHES AFTER FOOD INDICATE: _ GOOD, _ _ BETTER AND _ _ _ BEST

Fruits

Apricots:

Canned, juice pack 2 halves _

Dried, cooked, unsweetened 1/4 cup _ _

Dried, uncooked 5 halves _

Cantaloupe 1/4 cup, diced _ _

Cherries, red sour, fresh 1/4 cup pitted _

Mandarin orange sections 1/4 cup _

***Mango**, raw 1/4 medium _ _ _

Melon balls (cantaloupe and honeydew) 1/4 cup _

Nectarine 1/2 medium _

Papaya 1/4 cup _

Plums, canned, juice pack 1/4 cup _

Prunes, dried, cooked 1/4 cup _

Watermelon 1 cup _

Vegetables

***Beet greens**, cooked 1/4 cup _ _ _

***Bok choy**, cooked 1/4 cup _ _ _

Broccoli, cooked 1/4 cup _

***Carrots**, raw or cooked 1/4 cup _ _ _

Chicory greens, raw 1/4 cup _

Collards, cooked 1/4 cup _

***Dandelion greens**, cooked 1/4 cup _ _ _

Escarole, cooked 1/4 cup _

***Kale**, cooked 1/4 cup _ _ _

Mustard greens, cooked 1/4 cup _

***Peas and carrots**, cooked 1/4 cup _ _ _

***Peppers, sweet red**, raw 1/2 small _ _ _

Plantain, cooked 1/2 medium _

Pumpkin, cooked 1/4 cup _

Romaine lettuce 1/4 cup _

Spinach, cooked 1/4 cup _ _ _

***Squash**, winter (acorn, butternut, etc.) 1/4 cup _ _ _

***Sweet potato**, 1/2 medium _ _ _

Swiss chard, cooked 1/4 cup _

Tomato (juice, paste, or puree) 1/4 cup _

***Turnip greens**, cooked 1/4 cup _ _ _

¹ Source: U.S. Department of Agriculture Food and Nutrition Service FNS-328

MENU PLANNING GUIDE - USDA CHILD AND ADULT CARE FOOD PROGRAMS

FOODS THAT CONTAIN VITAMIN C

FOODS IN BOLD TYPE AND MARKED WITH * ARE "BEST" CHOICES AND PROVIDE THE HIGHEST % OF RDA.¹ Head Start guidelines state that a good source of Vitamin C must be served daily.

DASHES AFTER FOOD INDICATE: _GOOD, _ _BETTER AND _ _ _BEST

Fruits

Apple, raw 1/2 medium _
Banana, 1/2 medium _
Blackberries, raw 1/4 cup _ _
Blueberries, raw 1/4 cup _
*Cantaloupe 1/4 cup _ _ _
*Grapefruit 1/4 medium _ _ _
*Grapefruit-orange sections 1/4 cup _ _ _
*Guava, raw 1/4 cup _ _ _
Honeydew 1/2 cup _ _
*Kiwi 1/2 medium _ _ _
Kumquat 1 fruit _
*Mandarin orange sections 1/4 cup _ _ _
*Mango 1/4 medium _ _ _
Nectarine 1/2 medium _
*Orange 1/2 medium _ _ _
Papaya 1/4 cup _ _
Peach:
 Frozen 1/4 cup _ _ _
 Fresh, raw 1/2 medium _
Pear 1/2 medium _
Pineapple, fresh or canned 1/4 cup _
Plum, raw 1/2 medium _
Raspberries 1/4 cup _ _
*Strawberries 1/4 cup _ _ _
*Tangelo 1/2 medium _ _ _
*Tangerine 1/2 medium _ _ _
Watermelon 1/2 cup _ _

Vegetables

*Asparagus, cooked 1/4 cup _ _ _
Beans, green or yellow, cooked 1/4 cup _

Beans, lima, cooked 1/4 cup _
Bean sprouts, raw or cooked 1/4 cup _

Bok Choy, cooked 1/4 cup _ _

Brussels sprouts, raw or cooked 1/4 cup _ _
Cabbage, green, raw or cooked 1/4 cup _ _
*Cabbage, red, raw or cooked 1/4 cup _ _ _
*Cauliflower, raw or cooked 1/4 cup _ _ _
Chard, cooked 1/4 cup _
Chicory, raw 1/2 cup _
Chinese cabbage, cooked 1/4 cup _ _
Collards, cooked 1/4 cup _
Dandelion greens, raw 1/4 cup _
Escarole, raw 1/2 cup _
*Kale, cooked 1/4 cup _ _ _
*Kohlrabi, cooked 1/4 cup _ _ _
Mustard greens, cooked 1/4 cup _ _
Okra, cooked 1/4 cup _
Onion, medium, raw 1/2 medium _
Parsnips, cooked 1/4 cup _
Peas, cooked 1/4 cup _
*Pepper (green and red/raw/cooked) 1/4 cup _ _ _

*Plantain, green or ripe, boiled 1/2 med _ _ _
*Poke greens, cooked 1/4 cup _ _ _
Potato, baked or boiled 1/2 medium _ _
Romaine lettuce, raw 1/2 cup _
Rutabaga, cooked 1/4 cup _ _
*Snow peas, raw or cooked 1/4 cup _ _ _
Spinach, cooked 1/4 cup _
Squash, summer or winter, raw/cooked 1/4 cup _
*Sweet potato, baked,
 boiled, canned 1/2 medium _ _ _
Tomato 1/2 medium _ _
Turnip greens
 with turnips, cooked 1/4 cup _
Turnips, cooked 1/4 cup _
Watercress, raw 1/4 cup _

¹ Source: U.S. Department of Agriculture Food and Nutrition Service FNS-328

MEAL PATTERNS AND SERVING SIZES FOR CHILD DAY CARE PROGRAMS.

Chicago Licensing Standard, Appendix 1, 1.15, TABLE 5.

Meal	AGE: 1 up to 3 Years	AGE: 3 up to 6 Years
BREAKFAST		
Fluid Milk	1/2 cup	3/4 cup
Fruit or Vegetable	1/4 cup	1/2 cup
Bread or Bread alternate, whole grain or enriched	1/2 slice or 0.5 oz	1/2 slice or 0.5 oz
OR cereal cold/dry	1/4 cup	1/3 cup or 1/2 oz
OR cereal hot/cooked	1/4 cup	1/4 cup
LUNCH OR DINNER		
Lean meat, fish, or poultry	1 oz	1 1/2 oz
OR Cheese	1 oz	1 1/2 oz
OR Egg	1	1
OR Cooked dry beans and peas	1/4 cup	3/8 cup
OR Peanut butter*	2 tbsps	3 tbsps
Vegetables (2 or more total)	1/4 cup total	1/2 cup total
Bread or Bread alternate, whole grain or enriched	1/2 slice or 0.5 oz	1/2 slice or 0.5 oz
Fluid Milk	1/2 cup	3/4 cup
Fruit/Dessert	1/4 cup	1/2 cup
<i>*Spread thinly for 1-3 year olds or mix with other foods</i>		
SNACKS		
<i>Mid-morning or mid-afternoon supplement. Select 2 or the 4 components</i>		
Fluid Milk	1/2 cup	1/2 cup
Bread or Bread alternate, whole grain or enriched	1/2 slice or 0.5 oz	1/2 slice or 0.5 oz
OR cereal cold/dry	1/4 cup	1/3 cup
OR cereal hot/cooked	1/4 cup	1/4 cup
Lean meat, fish, or poultry	1/2 oz	1/2 oz
OR Cheese	1/2 oz	1/2 oz
OR Cooked dry beans and peas	1/8 cup	1/8 cup
OR peanuts, nuts or seeds	1 tbsps	1 tbsps
Fruit or Vegetable	1/2 cup	1/2 cup

LOW SUGAR READY-TO-EAT CEREALS

2011-2012

The following cereals may be purchased for use in Department of Family and Support Services Child Care Centers:

Brand Name	Store	Cereal Name	% Calories from Sugar
General Mills	Any	Fiber One (Original)	0%
General Mills	Any	Total Corn Flakes	1%
General Mills	Any	Cheerios (Original Only)	5%
General Mills	Any	Country Corn Flakes	7%
General Mills	Any	Rice Chex	8%
General Mills	Any	Corn Chex	11%
General Mills	Any	Kix (Original Only)	11%
General Mills	Any	Wheat Chex	11%
General Mills	Any	Fiber One Honey Clusters	15%
General Mills	Any	Wheaties (Original Only)	15%
Kashi	Any	Puffed 7 Whole Grains	0%
Kashi	Any	7 in the Morning	6%
Kashi	Any	7 Whole Grain Flakes	12%
Kashi	Any	Organic Promise Autumn Wheat	14%
Kellogg's	Any	Rice Crispies (Original Only)	10%
Kellogg's	Any	Corn Flakes	12%
Kellogg's	Any	Crispix	12%
Kellogg's	Any	Special K (Original Only)	13%
Malt-0-Meal	Any	Puffed Rice	1%
Malt-0-Meal	Any	Toasty O's	4%
Malt-0-Meal	Any	Corn Flakes	8%
Malt-0-Meal	Any	Crispy Rice	9%
Malt-0-Meal	Any	Honey and Oat Blenders	10%
Millville	ALDI	Crispy Oats	4%
Millville	ALDI	Corn Flakes	8%
Millville	ALDI	Rice Squares	8%
Millville	ALDI	Crispy Rice	10%
Millville	ALDI	Corn Squares	11%
Post	Any	Toasties Corn Flakes	7%

Post	Any	Grape Nuts	13%
Post	Any	Grape Nuts Flakes	15%
Quaker	Any	Puffed Rice	0%
Quaker	Any	Life (Original Only)	10%
Safeway	Dominick's	Bite Sized Shredded Wheat	0%
Safeway	Dominick's	Crunchy Nuggets	6%
Safeway	Dominick's	Corn Flakes	7%
Safeway	Dominick's	Toasted Oats	7%
Safeway	Dominick's	Rice Pockets	8%
Safeway	Dominick's	Crispy Rice	9%
Safeway	Dominick's	Corn Pockets	11%
Safeway	Dominick's	Wheat Pockets	13%

HOLIDAY MENU SUGGESTIONS

<p><u>MARTIN LUTHER KING'S BIRTHDAY</u></p> <p>Smothered Chicken / Gravy Whole White Potatoes String Beans / Onions Tossed Salad / Dressing Cornbread Milk Peach Cobbler</p>	<p><u>PRESIDENT'S DAY</u></p> <p>Yankee Pot Roast Oven-Browned Potatoes Cole Slaw with Pineapple Salad Buttermilk Biscuit Milk Cherry Crisp</p>
<p><u>VALENTINE'S DAY</u></p> <p>Meat Loaf Macaroni and Cheese Fresh Sliced Tomatoes/Italian Dressing Sweet Peas Dinner Rolls Milk Chocolate Pudding / Cherry Parfait</p>	<p><u>ST. PATRICK'S DAY</u></p> <p>Corned Beef / Cabbage Boiled Irish Potatoes Scones Milk Lime gelatin with fruit cocktail</p>
<p><u>EASTER</u></p> <p>Glazed Baked Ham Scalloped Potatoes Carrot Sticks and Raw Broccoli Sticks / Spinach Dip Cornbread Muffins Milk Banana Cream Pie</p>	<p><u>MEMORIAL DAY</u></p> <p>BBQ Chicken Broccoli, Carrot, Cauliflower Medley Maple Baked Beans Dinner Rolls Milk Carrot Bars</p>
<p><u>INDEPENDENCE DAY</u></p> <p>BBQ Riblet / Bun Pasta Salad with Corn-on-the-Cob Milk Watermelon</p>	<p><u>COLUMBUS DAY</u></p> <p>Baked Lemon Chicken / Rice Cucumber Salad Tomato, Squash and Onion Casserole Garlic Bread Milk Italian Fruit Ice</p>
<p><u>THANKSGIVING</u></p> <p>Roast Turkey / Cornbread Dressing Cranberry Sauce Collard Greens Candied Sweet Potatoes Dinner Rolls Milk Pumpkin Pie</p>	<p><u>CHRISTMAS</u></p> <p>Roast Goose or Turkey Mashed Potatoes with Gravy Tossed Salad / Dressing French Style Green Beans Cracked Wheat Dinner Rolls Milk Sweet Potato Pie</p>

SANITATION REQUIREMENTS 2011-2012

1. An exposed lavatory must be provided in the kitchen for hand washing. Hand washing signs must be posted above the lavatory. (Chicago Licensing Standard, Appendix 1, 1.10, III, A, 2)
2. Refrigerators must be installed with thermometers. A temperature of 40° or below must be maintained in all units. (Chicago Licensing Standard, Appendix 1, 1.10, III, A, 2)
3. Thermometers must be provided for freezer units. A temperature of 0° or below must be maintained. (Chicago Licensing Standard, Appendix 1, 1.11, IV, C)
4. Thermometers must be available for determining temperatures in dry food storage areas (pantries.) A temperature of 70° or below must be maintained.
5. The procedure for manual dishwashing is as follows: Dishes must be washed with hot soapy water, followed by a clean, hot rinse. If the rinse water is cooler than 180° F, a sanitizing solution must be applied during a second rinse. An effective but inexpensive sanitizing solution may be made by adding three tablespoons of chlorine bleach to one gallon of water. (Chicago Licensing Standard, Appendix 1, 1.11, X, A)
6. Hot foods shall be maintained at a temperature of 140° F or above, and cold foods at a temperature of 40° F or below, until serving of such foods. Ground beef should be cooked to a minimum of 165° F. (Chicago Licensing Standard, Appendix 1, 1.10, IV, B/1.10, IV, A)
7. The center shall be maintained free from insect or rodent infestation. (Chicago Licensing Standard, Appendix 1, 1.11, VIII, A, B)
8. Employee's preparing and handling food are required to wear hair nets, head bands, or caps in any area in which food is prepared or served. All persons who are employed in any capacity in which they handle food, dishes or receptacles are required to wear clothing which is clean and of washable character, and only used for food handling and preparation purposes. Aprons may be worn in addition. (Chicago Licensing Standard, Appendix 1, 1.10, II, B, C)
9. All garbage is to be kept in covered metal or plastic containers with removable plastic liners pending removal. Garbage must be removed daily.(Chicago Licensing Standard,Appendix 1.1.11,IX)
10. Milk served for drinking is to be poured directly from the individual, original container received from the dairy into the child's glass at mealtime. (Chicago Licensing Standard, Appendix 1, 1.11, IV, G)
11. All cleaning compounds and other toxic materials must be stored separately from food items to avoid contamination, and must be stored in a locked cabinet. (Chicago Licensing Standard, Appendix 1, 1.11, VII)
12. Equipment, trays, tableware and utensils must be air-dried to prevent contamination by food service personnel.
13. Facilities dispensing or serving food shall employ and have present on the premises at all times food is being handled, a person who holds a valid Certificate or Registration in food handling and sanitation. **One person on duty, but two or more on staff with a certification.** (Chicago Licensing Standard, Appendix 1, 1.10 I, B)
14. Dishwashing machines must supply wash water at a temperature of 120°- 140° rinse water must be at least 180° F. When rinse water is less than 180°, a booster heater shall be provided. (Chicago Licensing Standard, Appendix 1, 1.12, X, B, 1, 5)

JOINT RESOLUTION
of the City of Chicago Department of Public Health Commissioner
and the Chicago Board of Health
On Chicago Child Day Care Center Standards

WHEREAS, Chicago was recently nationally ranked with the tenth highest rate of overweight youths, at 34.9%; and,

WHEREAS, Chicago's children are overweight at more than twice the national average before they enter school, with forty percent of Chicago's pre-school children considered overweight or at risk of being overweight; and,

WHEREAS, the National Institutes of Health forecasts the prevalence of obesity has increased so dramatically that it is forecasted to reduce the life expectancy of today's generation of children and diminish the overall quality of their lives; and,

WHEREAS, childhood obesity is associated with a variety of adverse health consequences such as hypertension, high cholesterol, and type-2 diabetes, asthma; and,

WHEREAS, obese children are more likely to become obese as adults; and,

WHEREAS, 74% of children ages three to six are in some form of non-parental care and 56% are in center-based child care, and the amount of time children spend in child care each week has increased in recent years; and,

WHEREAS, child care facilities serve as a home-away-from home where children adopt early nutrition, physical activity and screen viewing behaviors; and,

WHEREAS, research has identified the preschool period as a critical time for growth, development, and risk of later obesity, and child care facilities are in a unique position to support and facilitate healthful eating, promote physical activity, and decrease exposure to screen time for young children; and

NOW THEREFORE BE IT RESOLVED, that the Commissioner of the City of Chicago Department of Public Health and the Chicago Board of Health having a strong interest in improving the health and well being of Chicago's children, and therefore, it is recommended that the following standards be implemented in all of Chicago's Licensed Day Care Centers:

TO ADDRESS NUTRITION STANDARDS:

Beverages with added sweeteners, whether artificial or natural, shall not be provided to children. Juice shall only be provided to children older than twelve months of age and only 100% juice shall be permitted. Children older than 12 months of age shall receive no more than four ounces of 100% juice per day.

TO ADDRESS PHYSICAL ACTIVITY STANDARDS:

Each licensed day care center shall provide a program of age and developmentally appropriate physical activity.

- Children ages 12 months or older attending a program for six or more hours in a day shall be scheduled to participate in at least 60 minutes of physical activity per day. For children twelve months to age 3, the physical activity sessions should be no longer than 15 minutes. For children ages three (3) and older, at least 30 of the 60 minutes shall be structured and guided physical activity. The remainder of the physical activity may be concurrent with other active play, learning and movement activities. Children attending a program less than six hours shall be scheduled to participate in a proportionate amount of such activities.
- Structured and guided physical activity shall be facilitated by teachers and/or child care providers and shall promote basic movement, creative movement, motor skills development, and general coordination. A program of structured and guided physical activity shall be developed in accordance with guidelines provided or approved by the Department of Public Health.
- Child care providers shall document structured and guided physical activities and make such documentation available to the Department of Public Health upon request. This documentation shall be included in the programs daily schedule and program lesson/activity plans.
- Children shall not be allowed to remain sedentary or to sit passively for more than 60 minutes continuously, except during scheduled rest or naptime.

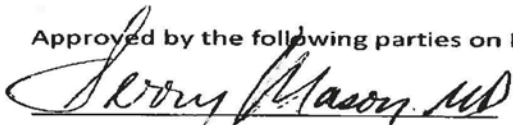
Outdoor Play

- Adequate periods of safe outdoor play shall be provided daily for all children, except during inclement weather.
- During outdoor play, children shall be dressed appropriately for weather and temperature. In inclement weather, active play shall be encouraged and supported in safe indoor play areas.

TO ADDRESS SCREEN VIEWING STANDARDS:

- "Screen Viewing" means the viewing of television, video, computer, electronic games and other visual recordings. Screen Viewing shall not be utilized with children under two years of age.
- For children ages two (2) and older, who are in a program for six or more hours in a day, screen viewing shall be limited to no more than 60 minutes per day of educational programs or programs that actively engage child movement. Each Screen Viewing session shall be limited to a maximum of 30 minutes.
- Children attending a program for less than six hours in a day shall be limited to a proportionate amount of Screen Viewing.

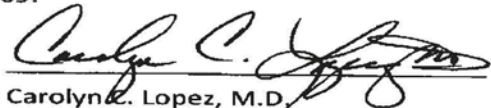
Approved by the following parties on November 18, 2009.



Terry Mason, M.D., F.A.C.S.

Commissioner

City of Chicago Department of Public Health



Carolyn C. Lopez, M.D.

President

Chicago Board of Health

Amendment to the JOINT RESOLUTION of the City of Chicago Department of Public Health and the Chicago Board of Health On Chicago Child Day Care Center Standards

WHEREAS, on November 18, 2009, the City of Chicago Department of Public Health, acting through the Commissioner, and the Chicago Board of Health adopted a joint resolution to recommend nutritional, physical activity, and screen viewing standards for Child Day Care Centers in the City of Chicago (“Resolution”); and

WHEREAS, the City of Chicago Department of Public Health and the Chicago Board of Health seek to enhance the Resolution by adding a new standard that addresses the content of fat in milk served to children at day care centers in the City of Chicago for children ages two and older; now, therefore,

BE IT RESOLVED, that the City of Chicago Department of Public Health, acting through the Commissioner, and the Chicago Board of Health, having a strong interest in improving the health and well-being of Chicago’s children, recommend the implementation of the following additional standard in all Day Care Centers in the City of Chicago:

TO ADDRESS NUTRITION STANDARDS:

Unless milk with a higher fat content is medically recommended for a child, as documented by the child’s medical provider, the content of fat in milk served to children ages two and older shall not be more than 1 percent.

Adopted on May __, 2011, by the City of Chicago Department of Public Health, acting through the Commissioner, and the Chicago Board of Health.

