



# Child Care OUTREACH

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April 2010

Issue 4

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**Family Service**  
Child Care Food Program

## \*\*\* IMPORTANT ENROLLMENT INFORMATION \*\*\*

Watch your mail box this month for ENROLLMENT RENEWAL INSTRUCTIONS. A Federal regulation was passed requiring sponsors of CACFP all across the U.S. to collect child enrollment information on an annual basis. Information that we are required to collect for each child includes child's normal days and hours of care, and the meals normally received while in care. All Nebraska sponsors require this process of re-enrollment annually, but each has their own forms and methods of how it is conducted.

You will receive ENROLLMENT RENEWAL INSTRUCTIONS this month with your usual mid-month mail and reimbursement information. Web providers must print out their own ENROLLMENT RENEWAL FORM. **IT IS VERY IMPORTANT THAT YOU HAVE ALL YOUR FAMILIES COMPLETE THIS FORM.** Return your completed Enrollment Renewal Report and Child Enrollment Forms (for newly enrolled children) by April 30, 2010, however, they will be accepted in the Lincoln office until 5:00 pm on May 4, 2010.

**Please do not wait to send the Enrollment Renewal Report in with your claim. You may return your completed Enrollment Renewal Report to the office prior to submitting your April Claim.**

**It is very important that the form be filled out completely.** Incomplete child information will result in children being removed from eligibility for reimbursement. Because all children in care will be on one report, we will be unable to return incomplete forms, therefore we will require an entire Child Enrollment Form be submitted for any child with missing information, such as parent signature.

### IMPORTANT REMINDERS:

Unless we receive this required paperwork, the children's enrollment will expire on April 30, 2010 and you will no longer be able to claim them. New Child Enrollment Forms would then need to be completed by the parent and returned to our office before these children can be claimed for reimbursement again.

- Missing parent signatures and date signed will result in loss of reimbursement.
- Children without enrollment information will be ineligible for reimbursement effective May 1, 2010 and will be disallowed from your May 2010 claim.
- Call the Lincoln office immediately if Enrollment Renewal Instructions are not enclosed with your mid month mail. If you are a *WebKids* provider and are unable to print the report contact the office for assistance.
- Call the Lincoln office if you have any questions.

~Every child deserves to be well fed and well led.

April 2010						
S	M	T	W	T	F	S
				1	2	3
4	5	6	7	8	9	10
11	12	13	14	15	16	17
18	19	20	21	22	23	24
25	26	27	28	29	30	

# Mark This Date

Nebraska Family  
Child Care Association  
Provider's Day Out

Lincoln, NE ♦ April 24, 2010

Visit <http://nfcca.tripod.com>  
for more information.

## KEEP IN MIND

APRIL 4th

CCFP claims due

IN OUR OFFICE by 5:00 p.m.

APRIL 23rd

Last day late MARCH and FEBRUARY  
claims will be accepted.

APRIL 19th

CCFP checks should be mailed.

APRIL 20th

Direct Deposit should be transferred.

## BUILDING TOMORROW CLASS SCHEDULE

### ALPHABET ADVENTURE

\*(CC AREA: Planning Learning Experiences/Curriculum)

April 8, 2010 ■ 7:00 p.m. - 8:30 p.m.

Cost is \$5.00.

FREE to Family Service CCFP participants.

### EAT WELL FOR LESS

\*(CC AREA: Health, Safety, & Nutrition)

April 8, 2010 ■ 6:30 p.m. - 8:30 p.m.

Cost is FREE.

LOCATION: Southeast Community College

### CPR/FIRST AID

\*(CC AREA: Health, Safety, & Nutrition)

April 24, 2010 ■ 8:30 a.m. - 4:30 p.m.

Cost is \$40.00.

Pre-registration is required.

### BITING EXPECTABLE

**BUT NOT ACCEPTABLE**

\*(CC AREAS: Interacting with Children and  
Providing Guidance to Children)

April 29, 2010 ■ 7:00 p.m. - 9:00 p.m.

Cost is \$5.00.

FREE to Family Service CCFP participants.

*These classes are held in Lincoln.*

*Contact your Consultant or the Lincoln office  
for more information on inservices in your area.*

\*(CC=Core Competency)

## WELCOME NEW PROVIDERS TO THE FAMILY SERVICE CHILD CARE FOOD PROGRAM!

**April Anson** of Lincoln  
**Sara Bauer** of Verdigre  
**Mary Beaver** of Aurora  
**Connie Books** of Stanton  
**Renee Foster** of Sutherland  
**Lorraine Gardner** of Omaha  
**Melissa Giles** of Omaha  
**Davina Grandberry** of Grand Island

**Mary Beth Haase** of Lincoln  
**Lana Hullman** of Rulo  
**Corina Kleist** of Hyannis  
**Joyce McShannon** of Lincoln  
**Taniqua Moody** of Lincoln  
**Denise Napier** of Ewing  
**Julie Okray** of Lincoln  
**Jenifer Pearson** of Omaha

**Rhonda Peterson** of North Platte  
**Melani Petty** of Omaha  
**Annie Ridder** of Broken Bow  
**Cynthia Rosas** of Grand Island  
**Casaundra Ryan** of Omaha  
**Linda Spencer** of Omaha

# CCFP UPDATES & REMINDERS

## NEW Home Study Lesson

**Diabetes Won't Affect Me?** - We now have a new Home Study Lesson for our providers to request and complete for 2 hours of inservice training! **Diabetes Won't Affect Me?** has been prepared to help child care providers to learn more about diabetes. It discusses the warning symptoms of the disease, how to provide care for a child with diabetes, its treatments such as carbohydrate counting, diabetic snack/meal ideas, and how to help prevent it from sneaking up on you and our children.

*Call Laura in our office at  
(402) 441-7924 or (800) 642-6481  
to request this new Home Study Lesson  
be sent to you!*

**Record Maintenance Requirement** — USDA regulations require that CACFP records shall be retained for three years after the date of submission of the final claim for the fiscal year. Providers must only maintain and have on hand for immediate review all the records that support their program activities for the current month as well as the previous 12 months of operation. Providers may store the remaining 2 years off site, however they must still be in the control of the provider and easily accessible. It is important that copies of these records be maintained at the provider's child care facility since USDA regulations states that each child care home must maintain on file documentation of each child's enrollment and must maintain daily records of the number of children in attendance and the number of meals, by type, served to enrolled children.



While sponsors may keep duplicate records, maintaining records on site at the provider's child care facility ensures that records are available for review when a Consultant or auditor arrives at the home. In addition, maintaining records at the provider's child care facility instills an internal control whereby the provider is assured that reimbursements are accurate and that no errors have occurred in the payment process.

## Upcoming Inservices



### *"Eat Well for Le\$\$"*

- York, NE • April 6, 2010
- Fullerton, NE • April 7, 2010
- Emerson, NE • April 12, 2010
- Grand Island, NE • April 12, 2010
- Ogallala, NE • April 13, 2010
- Valentine, NE • April 13, 2010
- Axtell, NE • April 15, 2010
- Kearney, NE • April 19, 2010
- Lexington, NE • April 20, 2010
- Neligh, NE • April 20, 2010
- Ord, NE • April 27, 2010

## Upcoming Child Care Conferences

- Columbus, NE • April 17, 2010
- Peru, NE • April 17, 2010

Watch your mail for more information on these upcoming training opportunities.

Records can be kept in hard copy or electronic format, provided that they are readily available to reviewers. (If you choose to not print your records and only keep electronic files be sure you save your files to an external device, such as a flash drive.) Providers must be aware that failure to maintain such records shall be grounds for the denial of reimbursement and possible termination from CACFP.

**Unable to View Past WebKids Claims?** — If you utilize *WebKids* and you are unable to view past claim information that you have already submitted to Family Service via the Internet, contact Minute Menu for assistance at (972) 671-5211 or [www.minutemenu.com](http://www.minutemenu.com).

**Non-School Days** — Please complete the "School-age children attending AM snack or Lunch" section on your Claim Information Form if you will be claiming any school-age children on non-school days this month. Please list the ID number of each child, the reason (i.e., Easter Break) and the date(s). Do NOT use the section "List days closed" for non-school days; this section is only for listing the days your child care is closed.

# Food For Thought

by Darlene Bantam, DTR

## Autistic Children: Tips for Feeding

If you have an autistic child, consider seeking the help of a registered dietitian, a speech and language pathologist, and an occupational therapist to assist you in planning a nutritious diet, to determine if a medical problem is possibly making eating difficult for your child, and to teach your child feeding and eating skills.

At least half of all children with autism suffer from significant gastrointestinal symptoms. If you think that this is the case for your child, seek the help of a specialist, such as a gastroenterologist. Some specialists recommend initiation of a gluten-free, casein-free diet for children with autism who display symptoms of inflammatory bowel disease. If you decide to try this diet, you should certainly seek the assistance of a registered dietitian to ensure that your child's diet is nutritionally adequate.

### Patterns of likeable foods

Try to find patterns to what foods your child will eat—texture, taste, temperature, time of day, etc. Some children with autism avoid especially aromatic foods or foods of a certain color. Introduce new foods that are most similar to foods that your child already enjoys.

### Too many choices

Do not offer too many types of foods in the hopes that your child will find one that is liked. Children with autism are likely to become overwhelmed by too many choices and will refuse to eat anything.

### New foods

Introduce a new food by repeatedly placing it near your child's plate at mealtime, but without encouraging your child to eat it. Exposure of the new food item one or two times a day for 2-3 weeks, especially when paired with you or another child enjoying the new food item, sometimes will prompt a child with autism to try it.



### Mealtime

Some children with autism seem unable to sit at a table during mealtimes. Some parents find that these tips help:

- Exercise before mealtime
- Set a timer—the expectation is that your child only needs to remain sitting for a few minutes until a timer goes off
- Allow your child to do a quiet activity while eating or while waiting for others to finish their meals



### Between meals

Reduce your child's access to preferred foods throughout the day. Not allowing your child to graze between meals often increases intake at mealtimes and willingness to try novel food items.

### Different foods

Alternate preferred foods with less preferred foods, and encourage your child to try less preferred foods by mentioning a reward. Example: "First try your favorite food, A, and then try a bite of B. Then you can play with your train."

### Time limit

Set aside a specified amount of time for meals, such as 20 minutes. If your child still is refusing to eat at the end of the allotted time period, end the meal without showing that you are frustrated or upset. Simply say "dinner is done" and begin to clear the table. Do not offer any more food until the next mealtime.

### Expectations

Children with autism often benefit from defining task expectations. An example of this is a number board to show how many times your child should chew a food before swallowing. The numbers are then crossed off as the meal progresses, allowing your child to see a clear beginning and ending time.

\*Source: [www.RD411.com](http://www.RD411.com)

## Old Fashioned Scalloped Potatoes

- 2 T. all-purpose flour
- 1 tsp. salt
- ¼ tsp. pepper
- 4 C. potatoes, peeled and thinly sliced
- ⅔ C. onion, thinly sliced
- 2 T. butter, sliced
- 1½ C. milk
- paprika (garnish)

Mix together flour, salt and pepper; set aside. In greased 2-quart casserole dish, layer half each of potatoes, onion, flour mixture and butter. Repeat layering with remaining potatoes, onion, flour mixture and butter; set aside. Heat milk just to boiling and pour over top; sprinkle with paprika. Bake covered, at 375° F for 45 minutes. Uncover and bake an



additional 10 minutes.

*Yield:* 18 servings  
*Serving Size:* ⅓ cup  
*Meal Component (MM#):* ¼ cup vegetable (233)

*Lunch/Supper Menu Suggestion:* Baked Ham, Rye Bread, Old Fashioned Scalloped Potatoes, Green Beans, and Milk

## No Bake Peanut Butter Nuggets

- ½ C. creamy peanut butter
- ¼ C. nonfat dry milk powder
- ¼ C. unsweetened flaked coconut
- ⅓ C. rolled oats
- ½ tsp. ground cinnamon
- ¼ C. wheat germ
- ¼ C. frozen apple juice concentrate, thawed

Combine peanut butter, milk powder, and coconut in a large mixing bowl. Stir in oats, cinnamon, wheat germ, and juice until thoroughly combined. Shape mixture into 16 equal-sized nuggets. Chill thoroughly before serving.

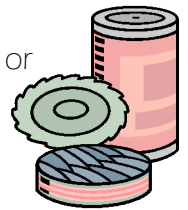
*Yield:* 8 servings at snack  
*Serving Size:* 2 nuggets at snack  
*Meal Component (MM#):* ½ oz. meat/meat alternate (103) at snack

*Snack Menu Suggestion:* No Bake Peanut Butter Nuggets and Milk

## Reducing Lead Exposure from Food

To reduce the chance of infants and children being exposed to lead from food:

- Store foods or beverages in covered plastic or regular glass food storage containers. Do NOT store food or beverages in their opened cans, except infant formula.
- Do NOT feed children any canned imported foods or beverages—these cans may have lead seams (lead in seams can leak into the food). Use only foods manufactured in the United States, where can seams cannot contain lead by law.
- Do NOT use decorative or ornamental ceramic ware or pottery, especially if imported from another country, for cooking, storing, or serving food or beverages. Imported dishware may release toxic levels of lead into food.
- Do NOT cook, store, or serve foods or beverages using:
  - Leaded crystal (glass) bowls, pitchers, or other containers, or
  - Antique ceramic or pewter vessels, dishes, or utensils.



Wash each child's hands with soap and water before they eat to wash away dirt and dust that could contain lead. Dust and dirt containing lead can come from outside or inside a house or apartment. For this same reason, it is important to regularly wash toys and wash the hands of children in your care.



### **April Fool's "Egg-Sunny-Side-Up"**

- ½ C. vanilla yogurt
- 1 peach half

Spread yogurt into a circle on a plate, using the back of a spoon. Place peach half, flat side down, in the center of the yogurt, so it looks like a sunny-side up egg.

*Yield:* 1 serving at snack  
*Serving Size:* 1 "egg-sunny-side-up" at snack  
*Meal Component (MM#):* 1 oz. meat/meat alternate (104) at snack, ¼ cup fruit (27)

*Snack Menu Suggestion:* April Fool's "Egg-Sunny-Side-Up" and Whole Wheat Toast



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### **Creditable Note**

Cheese foods/spreads may be used to satisfy the meat/meat alternate requirement; however, twice as much is needed. That means a 2-ounce serving of cheese food/spread is equivalent to a 1-ounce serving of meat/meat alternate. This ruling applies to cottage cheese and ricotta cheese as well.

## The Tax Consequences of Child and Adult Care Food Program Participation

Family Child Care providers who participate on the Family Service Child Care Food Program at the lower Tier II rate still benefit financially. Here are the tax consequences of the two-tiered system for July 1, 2009 through June 30, 2010, based on a provider caring for four children:

	Tier I Higher Food Program Payment	Tier II Reduced Food Program Payment	Not on Food Program
Parent Fees ( 4 children)	\$22,000	\$22,000	\$22,000
Food Program Reimbursements	+ 4,222 <sup>1</sup>	+ 2,028 <sup>2</sup>	+ 0
<b>Total Income</b>	<b>26,222</b>	<b>24,028</b>	<b>22,000</b>
Business Expenses	- 10,000	- 10,000	- 10,000
Food Expenses	- 4,000	- 4,000	- 4,000
Profit	12,222	10,028	8,000
Federal taxes (37%*)	- 4,522	- 3,710	- 2,960
<b>Cash on Hand at End of Year</b>	<b>\$7,700</b>	<b>\$6,318</b>	<b>\$5,040</b>

Note: As the example shows, providers who receive lower reimbursements from the Family Service Child Care Food Program are still better off than if they receive no reimbursements. The provider in this example who remains on the Family Service Child Care Food Program will have \$1,278 (\$6,318 - 5,040) more cash on hand at the end of the year than if they left the Family Service Child Care Food Program.

If you have further questions, see the latest edition of *Family Child Care Tax Workbook and Organizer*, by Tom Copeland, published by Redleaf Press. This book can be purchased from the Family Service Building Tomorrow program.

<sup>1</sup> Based on a reimbursement of \$4.06 per day, for four children (2009-2010 reimbursement rate.)

<sup>2</sup> Based on a reimbursement of \$1.95 per day for four children (\$1.33 lunch/supper, \$0.44 breakfast, \$0.18 Snack).

Rates change each July.

\* Based on 25% federal income tax, plus 12% net social security tax.

020438

### PROvider Top Tip

A coupon tip from our provider, Linda Stutesman, is to join [www.refundcents.com](http://www.refundcents.com) for a \$12.00 yearly subscription. It is a secure and safe site. On the site you will find links to other coupon sites at your fingertips, no more searching the internet for coupons. There is a "Try Me" link where you can request free samples. Linda says to match your coupons with the sales ads. Also know your stores, which ones refund double coupons?

Contact Linda at [slstutesman@windstream.net](mailto:slstutesman@windstream.net) if you have questions; please write "coupon information" in the subject line.

If you have a great tip to share drop us a line at [cacfp@familyservicelincoln.org](mailto:cacfp@familyservicelincoln.org).

# **BENEFITS OF THE CHILD & ADULT CARE FOOD PROGRAM**



## **BENEFITS TO THE CHILD**

080027

The Child & Adult Care Food Program (CACFP) offers lifetime benefits. Proper nutrition during the early years of childhood ensures appropriate development and reduces physical and educational problems later in life. The preschool years are when eating patterns and habits are being established that may determine the quality of one's diet throughout life. Children who are in day care with providers who participate on the CACFP are given the opportunity of nutrition education by providers who understand their role in shaping attitudes toward the acceptance of nutritious foods. Providers create an atmosphere that instills a positive, curious attitude about food from the earliest years.



## **BENEFITS FOR THE PARENTS**

Parents are assured that their children will be served high quality meals. The benefit is children are less likely to experience fatigue and illness, and less time a parent must be absent from work. The child is also more likely to be healthy, happy and develop at a normal physical, emotional and intellectual pace.



## **BENEFITS FOR THE FAMILY CHILD CARE PROVIDER**

Providers receive valuable nutrition education that helps them know the proper foods to feed children in amounts appropriate for these young age groups. They receive help through nutrition education and personal visits from CACFP staff in understanding how to encourage positive eating habits that will benefit a child throughout life. They help children make healthy choices for their meal and snack foods that will last a lifetime.



## **BENEFITS FOR THE COMMUNITY**

Because of the CACFP, federal tax monies are returned to the provider's state and invested in the health of the community's children. The added revenue is a means of helping to keep child care costs down for employees working in the community. Since only regulated providers are eligible to participate in the program, this provides an incentive for unlicensed providers to comply with local child care ordinances.

Information provided by The Sponsor's Association, December 2009

## **WEEK OF THE YOUNG CHILD**

The Week of the Young Child is an annual celebration each April sponsored by the National Association for the Education of Young Children (NAEYC), the nation's largest organization of early childhood professionals. The purpose of the Week of the Young Child is to focus public attention on the needs of your children and their families and to support the early childhood programs and services that meet those needs.

NAEYC first established the Week of the Young Child in 1971, recognizing that the early childhood years lay the foundation for children's success in school and later life. This is a time to focus on the needs of young children and families and to plan how we, as citizens of a community, of a state, and of a nation, will better meet the needs of all young children and their families.

Lincoln will be participating in a community wide celebration April 10-17. This year's celebration will include numerous activities and events through out the city. The Kick-off event will be FREE admissions to the Lincoln Children's Museum on Saturday, April 10<sup>th</sup> from 9:30 a.m to 1 p.m. For more information about the Week of the Young Child and events around the Lincoln community visit [www.NebraskaChild.org](http://www.NebraskaChild.org).



Family Service Association of Lincoln  
501 South 7th Street  
Lincoln, NE 68508

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Organization  
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Lincoln, NE  
Permit #596

## Encouraging Health and Fitness

### **Paper Plate Frisbee**

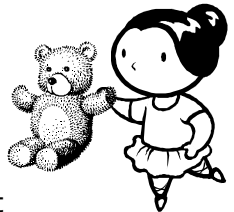
Place a bowl upside down on a paper plate to trace. Cut the circle out. Have the children decorate their Frisbee with markers or crayons. Now go outside and play Frisbee. Try to toss to each other, hit a target, have it land in a trash can or hang on a tree limb. That's a fitness challenge.

### **Lost Sneaker Race**

Have everyone take off their shoes and put them in a pile at the far end of the room. Have the children line up at the other end and run to the pile of shoes, dig for their own, put them on, tie the laces and run back to the starting line. Let the younger ones go first to find their shoes.

### **Teddy Bear Boogie**

Pull out the Elvis Presley song of "Let Me Be Your Teddy Bear" and teddy bears. Dance to this rock 'n' roll number with each of you using a teddy bear as your dancing partner. You can jump and toss your bear around without worrying about hurting your partner. Play more teddy bear music for a more aerobic workout.



### ***Congratulations***

Joyce Ahlman of Norfolk for submitting your February claim before March 4th. Submit your claim before the 4th of the month to be eligible to receive a prize!

## **CONGRATULATIONS!**

Congratulations Jan Lierman of Beemer for finding her provider number in the **February** newsletter. There are 5 provider numbers hidden in this issue. If you find yours, call our office to claim your prize. Your name will appear in the **June** issue of the *Child Care Outreach*.