



Child Care OUTREACH

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**Family Service
Child Care Food Program**

★ ★ Important Enrollment Information ★ ★ IMMEDIATE ACTION REQUIRED

Federal regulations require all CACFP sponsors across the nation 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.

Providers submitting paper/scanner claims will receive their Enrollment Renewal Report in their April mid-month mail.

INTERNET PROVIDERS MUST PRINT OFF THEIR OWN REPORT BY:

STEP 1: Submit March claim by April 4 at 5:00 pm (Dates on report will not be correct if printed prior to your claim being submitted)

STEP 2: Log onto WebKIDS

STEP 3: Go to the top tool bar

STEP 4: Click on "Reports"

"Child"

"Enrollment Renewal Worksheet"

When the report comes up, please make sure the dates are 05/01/11-04/30/12.

ALL PROVIDERS:

Please follow these steps to ensure continued reimbursement for all the children in your care:

STEP 1: Have all families complete/update the Enrollment Renewal Report. Be sure the following sections are completed and/or updated for each child in blue ink: address, parent's home and work phone numbers, usual drop off and pick up times for child care, usual days in care, usual meals served while in care and school status. A parent signature (mother/father/legal guardian) and date is REQUIRED for each child including your own.

STEP 2: For any children that do NOT appear on the Enrollment Renewal Report and are currently in your care, complete a new Child Enrollment Form. Contact the office if you need more Child Enrollment Forms.

STEP 3: Any children that are NO longer in your care and appear on the Enrollment Renewal Report, please write "Remove" and the last day in care next to the child's name.

STEP 4: Return your completed Enrollment Renewal Report and Child Enrollment Forms (for newly enrolled children) by April 30, 2011, however, they will be accepted in the Lincoln office until 5:00 pm on May 4, 2011.

STEP 5: Please do not wait to send the Enrollment Forms in with your claim. You may also return your completed Enrollment Renewal Report to the office prior to submitting your April Claim.

IMPORTANT REMINDERS:

Unless we receive this required paperwork all children's enrollments will expire on April 30, 2011 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 beginning May 1, 2011.

- Missing parent signatures will result in loss of reimbursement.
- Children without enrollment information will be ineligible for reimbursement effective May 1, 2011 and will be disallowed from your May 2011 claim.
- Call the Lincoln office immediately if an Enrollment Renewal Report is not enclosed with this letter. Call the Lincoln office if you have any questions.

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

April 2011						
S	M	T	W	T	F	S
920011					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

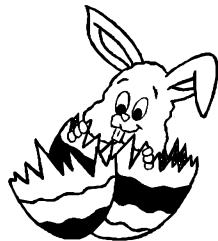
KEEP IN MIND

APRIL 4th
CCFP claims due
IN OUR OFFICE by 5:00 p.m.

APRIL 25th
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

PICKY EATERS: WHOSE PROBLEM IS IT?

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

April 7, 2011 ■ 7:00 p.m. - 8:30 p.m.

Cost is FREE

CPR/FIRST AID

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

April 9, 2011 ■ 8:30 a.m. - 4:30 p.m.

Cost is \$40.00.

Pre-registration is required.

IS YOUR OUTDOOR CLASSROOM READY?

**(CC AREA: Learning Environments)*

April 14, 2011 ■ 7:00 p.m. - 8:30 p.m.

Cost is \$5.00 or Free to Family Service CCFP participants.

STORYBAG MAKE AND TAKE

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

April 28, 2011 ■ 7:00 p.m. - 8:30 p.m.

Cost is \$5.00 for supplies.

These classes are held in Lincoln.

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

023706 **(CC=Core Competency)*

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

Ericka Anderson of Lexington
Mandy Anderson of St. Paul
Diana Brito of Omaha
Tiffany Brosius of North Platte
Dominique Cargle of Omaha
Peggy Carstens of Beatrice
Pamela Danielson of Grand Island
Arinda Davison of Lincoln
Nyacher Duer of Omaha
Consuelo Escamilla-Gross of Lincoln
Tina Figures of Omaha
Jemell Finch of Omaha
Kathleen Graves of McCook
James Harrell of Omaha

Jennifer Harris of Kearney
LaVonne Herechski of Lincoln
Vanessa Holbein of Gothenburg
Tonia Johnson-Griffy of Omaha
Devona Murrel of Omaha
Mioara Papusoiu of Lincoln
Tammy Ready of Lincoln
Teresa Sanchez of Omaha
Victoria Sharkey of Minden
Gladys Vinson of Omaha
Janice Walker of Farnam
Brianna White of Omaha
Kelley Zackery of Elwood

CCFP UPDATES & REMINDERS



School-Age Children: 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). *WebKIDS* providers must indicate the same information under the *Manage Child Calendar*.

Child Enrollment: All Child Enrollments should be sent in to our office by no later than the 4th at 5:00 pm the month following the Enrollment month. This does not mean you have from the 1st (first) of the month to the 4th (fourth) of the month to complete the Child Enrollment. The enrollment form must be completed during the month in which you wish to receive reimbursement. The 1st through the 4th of the month is a grace period for mail time. You may mail your Child Enrollments to our office as soon as they are completed. We recommend sending your Child Enrollments in right away as a Best Practice.

Reminder: All providers it is crucial that any children who are enrolled in the month of March 2011 or prior months are sent in to our office no later than April 4, 2011 at 5:00 pm. Any Enrollments received after this deadline may not be included on your Enrollment Renewal Worksheet. This will cause a loss of reimbursement and a new Child Enrollment Form for the month of April 2011 will be required.

Enrolling Infants: It is required to enroll infants. All providers are required to enroll any infants in their care on the Food Program. If a parent chooses not to have their infant participate on the Food Program, a Child Enrollment is still required indicating that the child is Non Participating. All infants must be marked in attendance on your menus. You will only be reimbursed for children who participate in the Food Program.



Infant Formula: All providers are required to offer at least one iron fortified infant formula to all infants in care. What this means is you are required to offer to purchase and provide the brand chosen to all infants in care if the parents accept your brand offered. You may not state that you prefer the parents to bring their own or require parents who receive WIC benefits to bring their own formula. **040015**

Upcoming Inservices

“Journey Through CACFP”

York, NE • April 11, 2011
Valentine, NE • April 12, 2011
Ord, NE • April 19, 2011

“Grow It, Try It, Like It”

Grand Island, NE • April 11, 2011
Fullerton, NE • April 27, 2011

Upcoming Child Care Conferences

Peru, NE • April 2, 2011
Holdrege, NE • April 16, 2011
Columbus, NE • April 30, 2011

Provider’s Day Out

Lincoln, NE • April 1-2, 2011

Early Childhood Celebration

Lincoln, NE • April 9, 2011

Watch your mail for more information on upcoming training opportunities.

Enrollment Renewal Worksheet:

***WebKIDS* providers when printing your Enrollment Renewal worksheet you need to enter the dates of 5/1/2011- 4/30/2012 if you are given an option. This report should not be printed prior to your March claim being submitted and April 1, 2011. If you have submitted you March 2011 claim and you are in the month of April 2011 the date on your report will be 5/1/2011 - 4/30/2012. Printing this report prior to April 1, 2011 can cause problems with your children which could result in a loss of reimbursement on future claims. Printing this report early will result in your newly enrolled children for March 2011 not being renewed for the next year. Any reports printed in prior to April 1, 2011 or that do not have the correct date (5/1/2011 - 4/30/2012) on the top will be returned and a new Enrollment Renewal Report will be required to be received by our office by May 4, 2011 at 5:00 pm. Please verify the date on the top of your report it should state 5/1/2011 - 4/30/2012.**

Food For Thought

by Darlene Bantam, DTR

Keeping Your Eggs Healthy



In recognition of the salmonella outbreak that led to the recall of eggs in many parts of the country last summer, America's farmers issued a statement urging consumers to thoroughly cook their eggs. Eggs should be cooked until the whites and yolks are firm or, for dishes containing eggs, until an internal temperature of 160°F is reached. Thoroughly cooked eggs are thoroughly safe eggs, according to the Center for Disease Control (CDC) and the Food & Drug Administration (FDA).

In addition to thorough cooking, other safe food-handling practices include the following simple steps:

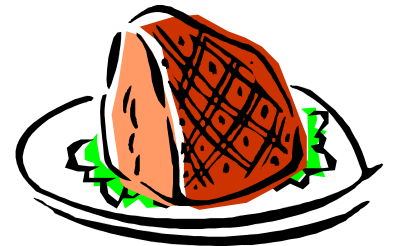
- Thoroughly clean your hands, as well as surfaces and utensils that come into contact with raw eggs—an important step for avoiding cross-contamination.
- Separate eggs from other foods in your grocery cart, grocery bags, and in the refrigerator to prevent cross-contamination.
- Keep eggs in the main section of the refrigerator in their original carton at a temperature between 33°F and 40°F, and eggs accidentally left at room temperature should be discarded after two hours, or one hour in warm weather.

For more information and recommended handling, cooking, and storage guidelines, visit: www.fightbac.org or www.eggsafety.org.

**Source: Egg Nutrition Center, Nutrition Close-up Newsletter, Fall 2010*

Ham it Up!

Delicious and nutritious, ham is technically the back leg of a hog. Since the leg muscle is a well exercised part of the hog, ham is low in fat. It is also an excellent source of iron, thiamin, niacin, riboflavin, vitamin B₆, phosphorous, and protein; and a good source of zinc and potassium. Most ham is already fully cooked, but read labels carefully. Cooked ham can be served cold or after warming in the oven. Uncooked ham should be heated to an internal temperature of 165°F. Leftover ham is a tasty addition to just about any dish, such as omelets, scrambled eggs, cooked potatoes, soup, pasta, and casseroles.



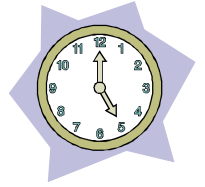
Quick Ham Tips:

- **Buying Ham:** When buying a ham, estimate the size needed according to the number of servings the type of ham should yield; 1/4-1/3 pound per serving of boneless ham and 1/3-1/2 pound per serving of bone-in ham.
- **Cooking or Reheating Ham:** Both whole or half, cooked, vacuum-packed ham that was packaged in federally inspected plants, as well as, canned ham can be eaten cold. However, if you want to reheat it, set the oven no lower than 325°F and heat to an internal temperature of 165°F as measured with a food thermometer. For cooked ham that has been repackaged for leftovers, heat to 165°F. The recommended storage life for prepackaged (once opened) or deli fresh lunchmeat is 3-5 days.
- **Did You Know?** Ham is one of the oldest meats of civilized man and is produced by almost every country in the world. Some of the more popular names of ham are Smithfield, Westphalian, Parma, Kentucky, Country, Black Forest, and Canned.

**Credit: Potpourri, April 2010*

Creditable Note: Meal Time Guidelines

You must serve your meals within the following time frames for children 1 year of age and older. If you serve a meal outside of these hours, you must request prior approval to claim these meals. Your written request should include the meal, proposed meal time, and your reason to serve the meal at a time outside of the meal time guidelines.



Breakfast: No earlier than the license hours begin to 9:00 a.m.

AM Snack: 9:15 a.m. to 10:30 a.m.

Lunch: 10:45 a.m. to 1:15 p.m.

PM Snack: 1:30 p.m. to 4:45 p.m.

Supper: 5:00 p.m. to 7:00 p.m. or 15 minutes before license hours end

Evening Snack: 7:15 p.m. to 10:00 p.m. or 15 minutes before license hours end

**Please note that infants are exempt from these meal time guidelines, as they should be fed on demand.*

Applesauce Muffins

- 1 1/2 C. all-purpose flour
- 1 tsp. baking powder
- 1/2 tsp. baking soda
- 1 tsp. ground cinnamon
- 1/2 tsp. salt
- 2 eggs
- 2/3 C. brown sugar
- 1 1/2 C. chunky applesauce
- 6 T. butter, melted

In a large bowl, combine flour, baking powder, baking soda, cinnamon, and salt. In a separate bowl whisk together eggs and sugar. Stir in applesauce and butter until mixture is smooth. Add egg mixture to dry ingredients and mix until combined. Pour batter into 12 greased muffin cups. Bake at 375°F for 18-20 minutes or until lightly browned.

Yield: 12 servings

Serving Size: 1 muffin

Meal Component (MM#): grains/breads (104)

Breakfast Menu Suggestion: Applesauce Muffins, Grapes, and Milk **050019**

Cordon Bleu Lasagna

- 2 eggs, lightly beaten
- 1 (15 oz.) ctn. ricotta cheese
- 1 C. (8 oz.) 4% cottage cheese
- 1/2 C. grated Parmesan cheese
- 2 T. dried parsley flakes, divided
- 1 (15 oz.) jar roasted garlic Alfredo sauce
- 2 C. cubed cooked chicken
- 2 C. cubed cooked ham
- 1/4 tsp. garlic powder
- 6 lasagna noodles, cooked and drained
- 2 C. (8 oz.) shredded mozzarella cheese
- 1 C. (4 oz.) shredded Swiss cheese

In a large bowl, combine eggs, ricotta, cottage cheese, Parmesan, and 1 tablespoon parsley; set aside. In another bowl, combine Alfredo sauce, chicken, ham, and garlic powder. Spread 1/2 cup of the chicken mixture in bottom of a greased 13x9-inch baking dish. Layer with half of the noodles and ricotta mixture. Top with half of the remaining chicken mixture and half of the mozzarella and Swiss cheeses. Repeat layers. Cover and bake at 350°F for 40 minutes. Uncover; bake 10 minutes longer or a meat thermometer reads 160°F. Sprinkle with remaining parsley. Let stand for 15 minutes before cutting. Cut into 32 equal-sized pieces (8x4).

Yield: 32 servings

Serving Size: 1 piece

Meal Component (MM#): 1 1/2 oz. meat/meat alternate (81)

Lunch/Supper Menu Suggestion: Cordon Bleu Lasagna, Garlic Bread, Asparagus, Peaches, and Milk

REPLACE “DON’T” WITH “DO”

When a child begins to misbehave at the meal table, the easiest and first thing most adults say is “Don’t.” Don’t play with your food. Don’t touch Todd’s food. Don’t take any more carrots until everyone has some.

A better strategy for fostering impulse control at meal time is to phrase sentences to create positive images for a better behavior in the child’s mind.

- Instead of “Don’t play with your food,” try rephrasing your request to, “Sarah, please use your fork to eat.”
- Instead of “Don’t touch Todd’s food,” you could say, “Try to pick up your beans with your spoon.”
- Instead of “Don’t take any more carrots,” you could advise, “Before you take any more, please pass the carrots so everyone gets some.”



Monitor how often you say “don’t” and force yourself to rephrase your directives in positive terms. Saying “don’t” is not teaching, it only prohibits. In contrast, you are actually teaching when you tell a child how to do something right or competently. Instead of “Don’t spill the milk,” which teaches nothing, you could say, “Use your helper hand under the pitcher. That’s it!”

**Source:* Rethinking Nutrition, Redleaf Professional Library



THIS, THAT, & MORE!

by Vicky Heyen

Did you Know THIS about Bananas?



Bananas grow on plants that are actually giant herbs; in clusters called hands. Each banana is called a finger.

Bananas originated in Malaysia around 4,000 years ago and made their way to the United States in the 1800s. Today the banana is the number one fruit in the United States, with the average American consuming over 25 pounds of bananas a year.

How to Select

Since bananas are picked before they ripen, choose the correct stage of ripeness, depending on how you intend to use them. They will ripen after harvest. When left at room temperature, bananas ripen in 3-7 days. Choose bananas with slight green on stem and tip. They should be firm, plump, brightly colored without bruises. Depressed, dark areas on the peel mean the fruit inside is bruised.

How to Store

To speed up the ripening process, store bananas in a warm spot or in a plastic or paper bag with an apple, which will release ethylene gas. Once ripe a banana will keep for up to two days. Store ripe bananas in refrigerator for up to two weeks; skin may turn black. You can store unripe bananas at room temperature

Nutrition Benefits

Fat free; saturated fat free; sodium free; cholesterol free; good source of fiber; good source of vitamin C; good source of potassium.

Varieties

With over 1,000 varieties to choose from, the banana is the most well known and eaten tropical fruit. The most common varieties of bananas in the United States include:

Cavendish—The most common yellow banana sold in U.S. grocery stores.

Baby—The "Lady Finger" is the smallest and sweetest of the varieties.

Apple—Also called the Manzano, this banana is smaller than the Cavendish and ripens faster.

Red—Also called the Jamaican has a green/red peel and pink fruit flesh with an abundance of beta carotene.

New Infant Home Study Lesson

We now have a new Home Study Lesson for our providers to request and complete for 3 hours of inservice training! This Home Study Lesson will help providers appropriately feed babies in their care as they change and develop. It answers some of the common questions on infant development, nutrition for babies, feeding practices, food preparation, safe food handling, and choking prevention.

Contact our office at (402) 441-7924 or (800) 642-6481 to request this Home Study Lesson be sent to you. Providers with internet access can also download many of our Home Study Lessons for completion, including the new Feeding Infants, from our web site www.familyserVICELINCOLN.org; for additional instructions contact your Consultant or our office.

Feeding Infants: A Guide for Use in the Child Nutrition Programs manual. (Available for download; http://www.education.ne.gov/ns/cacfp/feeding_infants.pdf)

New Opportunity for Family Child Care Providers to Get Answers to Their Questions about the Business of Family Child Care

There is a free new service now available from Tom Copeland and the National Association for Family Child Care (NAFCC). For the past several years Tom has answered business questions from family child care providers across the country as part of his consulting partnership with the NAFCC. Tom has helped providers with questions in the areas of record keeping, taxes, marketing, contracts, legal, insurance, money management, and retirement planning. He has written nine books on the business of family child care and has represented numerous providers in IRS audits. He's the leading national expert on the business of family child care.

To help make it easier for providers to get their business questions answered by Tom. Tom has established a new blog called Tom Copeland's Taking Care of Business: www.tomcopelandblog.com. In it, Tom writes regular articles about business issues, posts tax updates, and links to other resources. Check it out!

A Week's Worth of Meal Ideas

BREAK-FAST	Bagel (01)	Hot Cereal (33)	Cold Cereal (32)	Pancakes (58)	Muffins (104)
	Bananas (04)	Applesauce (02)	Mandarin Oranges (21)	Blueberries (06)	Pears (28)
	Milk	Milk	Milk	Milk	Milk
AM SNACK	Graham Crackers (35)	* Bananas (04)	Rice Cakes (76)	Banana Bread (103)	Yogurt (104)
	Oranges (25)	Melba Toast (36)	Peanut Butter (103)	100% Mixed Juice (62)	Snack Crackers (43)
LUNCH	Ham (44)	Ground Beef (02)	Pork Chops (45)	Turkey Franks (53)	Tuna (42)
	Flour Tortilla (87)	Runza Bread (15)	Wheat Bread (30)	Hot Dog Buns (16)	Brown Rice (72)
	Carrots (163)	Cabbage (217)	Broccoli (158)	Corn (167)	Peas (222)
	Grapes (18)	Apples (01)	Oranges (25)	Fruit Salad (15)	Peaches (27)
	Milk	Milk	Milk	Milk	Milk
PM SNACK	Coffee Cake (45)	String Cheese (84)	Cornbread (05)	Cheddar Cheese (74)	* Bananas (04)
	Applesauce (02)	Nectarines (24)	Pears (28)	Apples (01)	Milk

*See recipes below
030101



Bananaberry Shake

- 2 C. vanilla yogurt
- 1 lb. bananas, frozen
- 1 C. strawberries or blueberries (may be frozen)
- 1/2 tsp. vanilla

Combine ingredients in blender and blend until smooth. Serve immediately.

Yield: 4 servings at snack
Serving Size: 1 cup at snack
Meal Component (MM#): 1/2 oz. meat/meat alternate (104) and 1/2 cup fruit (04) at snack

Snack Menu Suggestion: Bananaberry Shake and Melba Toast



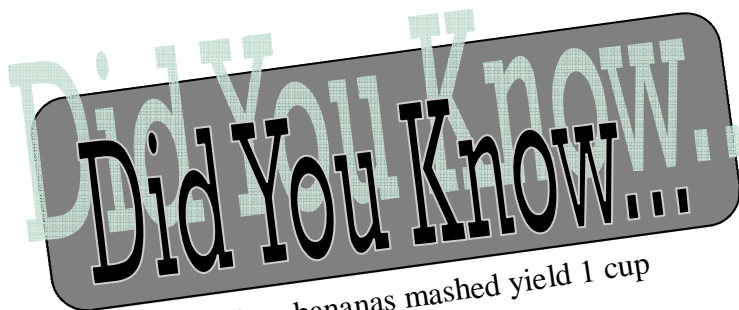
Banana Bars

- 3/4 C. margarine
- 3/4 C. sugar
- 1 egg
- 1 1/2 C. flour
- 1 tsp. baking soda
- 1 1/2 C. oatmeal
- 1 C. raisins
- 1 1/2 C. mashed ripe banana

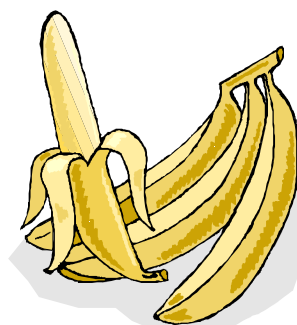
Cream margarine and sugar; add egg. Sift flour and baking soda together. Add to cream mixture. Add oatmeal, raisins, and mashed bananas. Blend and spread into greased 9x13-inch pan. Bake at 350°F for 20-25 minutes. Cut into 20 equal-sized pieces (4x5).

Yield: 20 servings at snack
Serving Size: 1 piece at snack
Meal Component (MM#): grain/bread (103)

Snack Menu Suggestion: Banana Bars and Milk



3 medium bananas mashed yield 1 cup mashed fruit.





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

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Tag, You're It!

Dog Chases Its Tail

Have the players line up, holding each other around the waist. (Do not allow kids to hook fingers through belts or belt loops -- this results in ripped clothing and hurt fingers.)

Have the last player tuck a bandanna in her pocket, or under her belt or waistband, so that it hangs down like a tail.

Next, the front of the line begins to chase the end of the line, attempting to grab the bandanna. Players in the middle can help or hinder the head or the tail, depending on their whims. If the line breaks, the player who let go must step out, shortening the line.



Pizza Tag

One player, the Chef, tries to tag the others. Whenever he does, he calls out a pizza topping.

The tagged player has to repeat that topping as well as all the other ingredients that the Chef has called out so far. If a player fails to recite the entire list, he's out. When only one person is left, that player becomes the new Chef.



Auto Tag

Assign each player a symbol, something you're likely to encounter with regularity on the road, such as the logo of a gas station or fast food restaurant, a bike on a car rack, and so on.

As in the more active version of tag, one player is "It." But in this sit-down game, the "It" player has to find her symbol, call it out, and (gently) tag another player, who then proceeds to search for his symbol. Play continues until everyone has had a turn or time allows.

Congratulations

Jeanne Timperley of Norfolk, NE
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 to Sally Mudloff of St. Paul and Tina Troutman of York for finding their provider numbers 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*.