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Food Safety Tips for Holiday Road Trips

Hitting the road for the holidays? As you fill up the gas tank and check the air in the tires, don't forget to pack some snacks and light meals for your holiday travel. You will be glad you did, even for short trips, weather conditions may slow you down. Keep your backseat treats safe by following these easy tips:

Choose Carefully
Pack easy-to-transport, shelf-stable foods like cereal, trail mix, popcorn, single-serve containers of applesauce, cans of tuna, peanut butter sandwiches, fresh fruit, carrots and celery.

Clean Up
Wash hands with soap and water during food preparation, especially between tasks. If you can't get to a restroom to wash your hands, pack moist towelettes or a hand sanitizer to clean up before digging in.

Know Your Foods' Limits
Don't let food sit unrefrigerated for more than two hours. Pack food with plenty of ice or a frozen ice pack in an insulated lunch bag or cooler. Use a refrigerator thermometer to make sure the temperature stays below 40°F.

Apply the Same Rules to Fast Food
If you stop for carry-out or fast-food on the road, take the same food safety precautions. Wash your hands before eating and don't eat food that sits out for more than two hours.

Pack Leftovers with Care
If you bring home leftovers on the return trip, keep them chilled with ice or ice packs in an insulated cooler. If it's cold outside, consider transporting food in the trunk rather than the heated car. Remember to reheat leftovers to 165°F before you serve them for a second round.

*Source: www.eatright.org, American Dietetic Association

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

December 2011						
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	31

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Mark This Date



We now have a Facebook page! Like the Family Service Child Care Food Program on Facebook.



from the Family Service CCFP Staff!

KEEP IN MIND

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

DECEMBER 19th
Last day late NOVEMBER and OCTOBER
claims will be accepted.

DECEMBER 20th
CCFP checks should be mailed.

DECEMBER 21st
Direct Deposit should be transferred.



BUILDING TOMORROW ***CLASS SCHEDULE***

CHRISTMAS FILE FOLDER
MAKE-N-TAKE

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

December 8, 2011 • 7:00 p.m. - 8:30 p.m.
Cost is \$5.00.

These classes are held in Lincoln. Contact your Consultant or the Lincoln office for more information on inservices in your area.

**(CC=Core Competency)*



In observance of the Christmas holiday Family Service will be **CLOSED** on Monday, December 26, 2011.

The Family Service Child Care Food Program will **CLOSE** at **NOON** (12 p.m.) on December 23rd & 30th.

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

- Nilli Abdulle*** of Grand Island
- Lori Beall*** of Lincoln
- Samantha Bennett*** of Lincoln
- Maria Chohon*** of Wisner
- Joquana Goynes*** of Omaha
- Shelly Haecker*** of Lincoln
- Trivia Harrell*** of Omaha
- Maria Interiano*** of Crete
- Debbie Jehorek*** of Overton
- Margaret (Peggy) Lawhead*** of Lexington
- Amy Lohmeyer*** of Holdrege
- Rebecca Moore*** of Grand Island

- Danielle Murrell*** of Omaha
- Tasha Pickering*** of Lincoln
- Jennifer Ruda*** of Lincoln
- Danielle Ryan*** of Greeley
- Salma Saam*** of Lincoln
- Lacy Stattler*** of Lincoln
- Jillian Swim*** of Lincoln
- Alissa Thompson*** of Laurel
- Karla Wall*** of Wayne
- Rachel Wells*** of Pierce
- Shelley Wisdom*** of Falls City
- Emily Wolfe*** of Ord

CCFP UPDATES & REMINDERS

WebKIDS Providers: Check for Updates

It is important to do the WebKIDS updates on a regular basis; we recommend that it be done at least monthly. Follow these steps to update your WebKIDS program.

1. Log onto your Minute Menu WebKIDS program.
2. Click on "File" which is located at the top left of the screen.
3. Click on "Check for Updates".
4. Click on "Yes".
5. Follow the prompts to complete the updates.



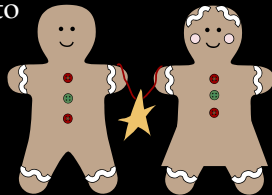
Doing these simple steps will keep your program running smoothly and make sure you have the most current information available.

Training Needed for 2011?

Keep in mind that we offer an assortment of nutrition topics as Home Study Lessons that you can complete to fulfill your licensing training hours. Don't wait until the last minute to request them or get them completed. If you need credit for 2011 please be sure to have them completed and returned to our Lincoln office before December 31, 2011. If we receive any Home Study Lessons after this date, we will date them for 2012; we cannot back date training certificates. 160022

Holiday Closures

If you will be closing your child care for the holidays, changing your mealtimes or hours of operation, it is REQUIRED that you notify our office or your Consultant in advance. The sooner we know the easier it is for our Consultants to schedule their Home Visits.



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 school-age children on non-school days this month. Please list the ID number for each child, the reason (i.e., Holiday Break), and the date(s). WebKIDS providers must indicate the same information under the *Manage Child Calendar*.



Keep up with Kids2go!

Minute Menu has released a new smart phone application, *Kids2go*, which allows providers to access certain features on their mobile device (iphone or android). On Kids2go you can record food and attendance for the current day and add days closed to your calendar. Visit www.minutemenu.com or contact our office for more information on using this application.

Coming January 2012...Child Care Chatter

We want to hear more from you! Starting with our January 2012 newsletter, we will include a new section for you to use to send us your comments; include what you like about our newsletter, nutrition questions you want answered, your favorite recipes/snack ideas, ways we can improve our program to better serve you, etc.



Each month that you cut out and submit your comments to our office, utilizing the *Child Care Chatter*, you will be entered in a drawing and have a chance to win a prize!



2011 TAX WORKBOOK

This workbook is the most complete and valuable resource that every family child care provider needs.

\$20.00
 - 10% CCFP Discount
 \$ 18.00
 + 3.00 Shipping
 \$ 21.00
 + 7% Tax
\$ 22.47 Total



2011 TAX COMPANION

Make your tax preparer's job easier and prevent errors on your return. Includes tax law changes, current record keeping and tax tips, and worksheets.

\$20.00
 - 10% CCFP Discount
 \$18.00
 + 3.00 Shipping
 \$21.00
 + 7% Tax
\$ 22.47 Total

Reserve yours TODAY! Books will be mailed mid-January.

Name: _____

Address: _____

City: _____ State: NE Zip: _____

Phone: () _____

Amount Enclosed: \$ _____ **Please make checks payable to Family Service.**

Food For Thought

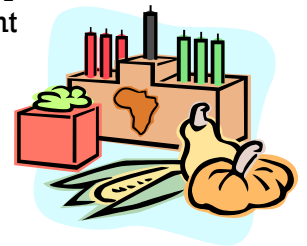
by Darlene Bantam, DTR

Special Foods to Celebrate Holidays

All cultures have special foods that are prepared to celebrate special holidays. For example, in the United States on Thanksgiving, turkey, potatoes, stuffing, and cranberries are commonly prepared by families in celebration. Food is a great way to learn about other cultures and help children develop an understanding and appreciation of other people and their cultures.

Below are examples of four cultures and their holiday food customs that you can share with your children:

African Americans: The word “Kwanzaa” means “first fruit of the harvest” in Swahili. Kwanzaa is a spiritual celebration beginning on December 26th and ending on January 1st. It is a family celebration about remembering history and taking pride in one’s ancestry. Specific foods have meanings during the celebration of Kwanzaa. Fruits and vegetables represent the harvest of fruits of labor; ears of corn represent children in the family. Finally, drinking from a shared cup represents the shared experiences, struggles and efforts of African Americans.



Hispanic Americans: Many people from Central and South America are Roman Catholic and celebrate Christmas Eve, the eve before Christ’s birth. Holiday foods they prepare on Christmas Eve often include tamales; salads made from fruit, nuts and beets; and Muendo, a soup made from tripe, beef, hominy and spices. 840016

Jewish Americans: Hanukkah is a Jewish holiday celebrated for eight days and nights. It starts on the 25th of the Jewish month of Kislev, which coincides with late November-late December on the secular calendar.

Because Hanukkah celebrates the miracle of oil, it is traditional to eat fried foods such as latkes and sufganiyot



during the holiday. Latkes are pancakes made out of potatoes and onions, which are fried in oil and often served with applesauce. Sufganiyot (singular: sufganiyah) are jelly-filled donuts that are fried and sometimes dusted with confectioners’ sugar before eating.

Chinese Americans: The Chinese New Year is celebrated in December or January, depending on the lunar calendar. Family members come together to eat on the Eve of the Chinese New Year. Chinese dumplings, fish, and spring rolls are usually eaten at this time.

Tools You Can Use: Food Buying Guide Calculator

The National Food Service Management Institute (NFSI) of The University of Mississippi and Team Nutrition have developed an online calculator to be used with the USDA *Food Buying Guide*.

The simple to use calculator allows child care providers that participate on the CACFP to build shopping lists of food from the *Food Buying Guide* and determine how much of each item to purchase to provide enough servings for the children in their program.

For more information about the *Food Buying Guide* or to download your FREE copy, visit the Team Nutrition website; <http://teamnutrition.usda.gov/Resources/foodbuyingguide.html>.

Find the online calculator at <http://fbg.nfsmi.org/>. Don’t delay. Try this new service soon!

A Week's Worth of Meal Ideas

MEALS	Monday	Tuesday	Wednesday	Thursday	Friday
BREAK-FAST	English Muffin (10)	Oatmeal (56)	Bagel (01)	* Muffins (104)	French Toast (13)
	Oranges (25)	Apples (01)	Grapes (18)	Banana (04)	Potatoes (221)
	Milk (5)	Milk (5)	Milk (5)	Milk (5)	Milk (5)
AM SNACK	Banana (04)	String Cheese (84)	Applesauce (02)	Wheat Bread (30)	Yogurt (104)
	Milk (5)	Orange Juice (63)	Milk (5)	Pears (28)	Strawberries (37)
LUNCH	Canadian Bacon (43)	Beef Stew Meat (18)	Turkey Roast (57)	Bean Soup (61)	Fish Sticks (38)
	Pizza Crust (42)	Biscuits (02)	Dinner Rolls (25)	Saltine Crackers (37)	Bread/Batter Coating (06)
	Tomato Sauce (230)	Potatoes (221)	Sweet Potato/Yams (225)	Carrots (163)	Green Beans (177)
	Pears (28)	Pineapple (30)	Cranberries (11)	Mixed Fruit/Salad (15)	Grapes (18)
	Milk (5)	Milk (5)	Milk (5)	Milk (5)	Milk (5)
PM SNACK	Peanut Butter (103)	Wheat Crackers (38)	Cheddar Cheese (74)	Peaches (27)	Graham Crackers (35)
	Celery (165)	* Milk (5)	Corn Tortillas (86)	Milk (5)	Orange Juice (63)

Cinnamon Hot Cocoa

* See recipes below.

- 6 C. 1% milk
- 1/2 C. sugar
- 3 oz. unsweetened chocolate, coarsely chopped
- 1 tsp. ground cinnamon
- 1/4 tsp. salt
- 2 tsp. vanilla extract
- cinnamon sticks (optional garnish)

In a large saucepan, combine milk, sugar, chocolate, ground cinnamon, and salt. Heat, stirring constantly, until chocolate has melted and sugar has dissolved. Do not let the milk come to a boil. Remove from heat; add vanilla. Beat with a rotary beater until frothy. Pour into mugs, garnish with cinnamon sticks and serve.

Yield: 12 servings at snack

Serving Size: 2/3 cup at snack

Meal Component (MM#): 1/2 cup milk (#5) at snack

Snack Menu Suggestion: Wheat Crackers and Cinnamon Hot Cocoa

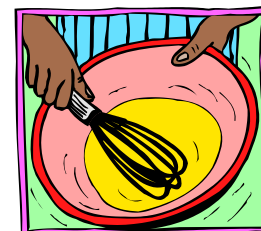
Creditable Note: Hot Cocoa

Q: Is hot cocoa creditable on the CACFP?

A: Hot cocoa made with milk is creditable on the CACFP. When claiming hot cocoa, only the fluid milk portion may be credited; code milk #5 on your menus.

Cranberry Nut Bread

- 1 egg
- 1/3 C. vegetable oil
- 1 C. orange juice
- 2 C. all-purpose flour
- 3/4 C. sugar
- 1 1/2 tsp. baking powder
- 1 tsp. baking soda
- dash of salt
- 1 C. fresh or frozen cranberries, chopped
- 1/2 C. chopped walnuts (optional)



In a mixing bowl, beat egg. Add oil and orange juice; blend well. Add flour, sugar, baking powder, baking soda, and salt. Stir in cranberries and nuts. Pour into a greased loaf pan. Bake at 350°F for 55-60 minutes or until a toothpick inserted in the center comes out clean. Cool 10 minutes. Remove from pan and cool on rack. Cut into 16 equal-sized slices.

Yield: 16 servings

Serving Size: 1 slice

Meal Component (MM#): grain/bread (104)

Breakfast Menu Suggestion: Cranberry Nut Bread, Banana, and Milk



The Science of Cranberries

Painting with Cranberries

Have the children squish up a bunch of fresh cranberries that you purchased at the grocery store. Then set them out, along with the juice from smashing them, in bowls with paint brushes and paper to paint on. The added touch of leaving the cranberry seeds adds some wonderful texture to the painting experience. Let the children enjoy the texture, color, and the smell of cranberry painting. They will also enjoy trying to smash the cranberries up with their paint brushes each time they dip their brushes in the bowl. This really is a great art and sensory experience.

Cranberry Dissection

Cut a cranberry in half. You will see what looks like four little pockets in a cross pattern. Show the children where the air becomes trapped inside the fresh berry. Also, have them find the tiny seeds inside.

Cranberry Float

Get a pan of water and drop in some cranberries. Do they float? Fresh, ripe cranberries have small pockets of air inside that enables them to float. Rotten berries will generally not float. Invite your kids to float all the cranberries and sort the fresh, floating berries from the rotten, sunken ones.



Bounce the Cranberry

Because fresh cranberries have pockets of air inside of them—they bounce! Let your kids try bouncing some cranberries.

Congratulations

Nicole Cross of Concord, NE for submitting your November claim before December 4th. Submit your claim before the 4th of the month to be eligible to receive a prize!

CONGRATULATIONS!

Congratulations to Virginia Vrba of West Point and Connie Vraspir of Emerson for finding their provider number in the **October** 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 **February** issue of the *Child Care Outreach*.