



Child Care OUTREACH

Volume XVIII

December 2010

Issue 12

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Child Care Outreach is published monthly by the Family Service Child Care Food Program, 501 South 7th Street, Lincoln, NE 68508 (402) 441-7924 or (800) 642-6481. <http://www.familyservicelincn.org>

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Family Service
Child Care Food Program

Avoid Holiday Food Traps

- ◆ Choose assorted unsalted nuts, fiber-rich crackers, and raw vegetables with low-fat dressing or hummus for quick snacks or appetizers at a holiday party. These are great alternatives to a typical cheese platter that's loaded with saturated fat.
- ◆ Buy low-fat or fat-free eggnog to cut down on calories and fat. Mulled apple cider is an ever better choice.
- ◆ Select fat-free evaporated milk to make mashed potatoes creamy. Use low-sodium broth to give them more flavor.
- ◆ Make your stuffing colorful and heart healthy by mixing in dried cranberries, raisins, and apricots instead of meat.
- ◆ Skip the pre-packaged gravy mixes and make your own. Low-sodium broth and skim milk make delicious, healthier gravy.
- ◆ Avoid pre-packaged pumpkin pies; their crusts are typically filled with trans and saturated fats. Crustless pumpkin pies or angel food cakes with fresh or frozen berries are tasty alternatives. Skip pre-packaged cakes and cookies, too.
- ◆ Look for lean cuts of meat; the healthiest cuts always include the words "round," "loin" and "chuck." The word "prime" in the name means high in fat.
- ◆ Foods high in insoluble fiber are heart healthy. Try adding some of these to your holiday menus; whole-wheat breads, cabbage, beets, carrots, Brussels sprouts, turnips, or cauliflower.
- ◆ Shop for foods with the heart-check mark symbol on the label. These foods meet the American Heart Association's nutrition guidelines.



**Source: American Heart Association*

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

December 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	31	

Mark This Date

In observance of the holidays Family Service will be **CLOSED** the following days:

Friday, December 24, 2010

Friday, December 31, 2010



KEEP IN MIND

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

DECEMBER 16th
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**

READY OR NOT—HERE COMES WINTER
*(CC AREA: *Planning Learning Experiences & Curriculum*)
December 2, 2010 ■ 7:00 p.m. - 8:30 p.m.
Cost is \$5.00.
FREE to Family Service CCFP participants.

LEARNING WITH NATURE
*(CC AREA: *Learning Environments*)
December 16, 2010 ■ 7:00 p.m. - 8:30 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)
140464

Happy Holidays
from the Family Service
CCFP Staff!



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

Tonya Augustyn of Saint Paul, NE
Sherron Bramble of Beemer, NE
Stacey Evans of Alda, NE
Shelley Helm of LaVista, NE
Denise Kamper of Hastings, NE
Cherry Miller of Arapahoe, NE
Karen Morris of Albion, NE
Lori Mueller of Cortland, NE
Tsungai Njiva Makavi of Omaha, NE

Stephanie Rice of Lincoln, NE
Deborah Schipper of Norfolk, NE
Syria Taylor of Omaha, NE
Christina Tirtilli of Lincoln, NE
Jamie Tyan of McCook, NE
Jamie Utterback of Arapahoe, NE
Melanie Weiss of McCool Junction, NE
India White of Omaha, NE

CCFP UPDATES & REMINDERS

Infant Child Enrollment Information

Please make sure that when you are completing Child Enrollment Forms for an infant that you fill in the ENTIRE infant section. 1) List the infant formula(s) that you offer to supply. 2) Fill in the appropriate bubble if the parent accepts or declines the formula that you offer to provide. 3) If the parent chooses to supply their own formula, then please list the type of formula the parent will be providing or write in breast milk if the infant is breastfed. 4) Fill in the appropriate bubble if the parent wants you to supply the supplemental foods or if the parent will be providing them. If any of this information is missing we cannot process the enrollment form and it will be sent back to you to be completed. Incomplete Child Enrollment Forms may result in loss of reimbursement.

Importance of Daily Record Keeping

Completing your menus and attendance daily is an important part of the Child Care Food Program. We realize that some providers choose to document on paper all meal components served at each claimed meal/snack with every child who was in attendance for that specific meal. However, we do not recommend this, as we find that providers who wait to complete their menus on the scanner forms or *WebKids* from the papers they document throughout the month, have a much higher error rate than those providers who complete their menus daily. Please keep in mind Parent Contacts are made each month and the information given by the parents is compared to the information submitted on your claim to verify accuracy.

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

Training Needed for 2010?

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 2010 please be sure to have them completed and returned to our Lincoln office before December 31, 2010. If we receive any Home Study Lessons after this date, we will date them for 2011; we cannot back date training certificates.

Attention WebKids Providers

Please make sure to check your broadcast messages on the *WebKids* program. You will have a flashing envelope above or below the playground when you have messages to be read. Also, it is very important that we have your correct email address so we can email you our monthly newsletter and communicate with you via email if needed.



2010 TAX WORKBOOK	2010 TAX Companion
<i>This workbook is the most complete and valuable resource that every family child care provider needs.</i>	<i>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.</i>
\$17.95	\$17.95
- 10% CCFP Discount	- 10% CCFP Discount
\$16.16	\$16.16
+ 2.77 Shipping	+ 1.90 Shipping
\$18.93	\$18.06
+ 7% Tax	+ 7% Tax
\$ 20.25 Total	\$19.32 Total
Reserve yours TODAY! Books will be mailed mid-January.	
Name: _____	
Address: _____	
City: _____ State: <u>NE</u> Zip: _____	
Phone: () _____	
Please make check payable to: Family Service.	

Food For Thought

by Darlene Bantam, DTR

Iron in Foods: Does My Child Get Enough?

Children Need Iron:

- to support rapid growth
- to replace iron that the body uses up
- to have enough energy to learn and play

Iron-deficiency anemia is a common nutrition problem for young children. Checking for anemia should be part of a child's regular health exam.

You Need Iron:

Everyone needs iron from food to feel good and stay healthy. Women need it to replace the iron lost each month through menstruation. Include iron-rich foods in your meals and snacks. Your children will benefit, too.

Great Pairing!

The body uses iron from meat and chicken better than iron from beans, grain products, vegetables, dried fruit, and egg yolks. Good news: vitamin C helps the body use the iron from plant-based foods. The foods you serve together make a difference. Try this!

Food with Iron		Food with Vitamin C
Iron-fortified breakfast cereal	with	Berries or 100% juice
Peanut butter sandwich	with	A tangerine
Kidney beans in chili	with	Tomato sauce
Hard-cooked egg	with	100% orange juice
Pasta salad	with	Bell peppers

For extra iron, combine two foods that are good sources of iron:

Food with Iron		Meat Source of Iron
Whole-grain bun	with	Lean ground beef patty
Refried beans	with	Chicken burrito
Cooked collard greens	with	Lean barbecued beef
Brown rice	with	Pork stir-fry
Scrambled egg	with	Lean ham
Whole-wheat bagel	with	Lean deli meat

*Adapted from *Nibbles for Health 23*

Good Sources of Iron

Offer these foods often.

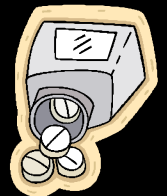
- Lean meat
- Iron-enriched and whole-grain breads and cereals
- Cooked dried beans (black, kidney, lima, navy, pinto, soy beans, etc.)
- Greens (collard, kale, mustard, spinach, turnip, etc.)

Chicken, egg yolks, and dried fruit (raisins, apricots, etc.) have iron too, but not as much.



Warning: Iron Poisoning!

Iron pills meant for adults can be harmful to children. Even iron supplements for children can be dangerous if they are not taken as directed. Too much iron from pills can cause serious injury, even death.



You can:

- Keep pills with iron in a child-safe container where children cannot reach.
- If a child accidentally swallows iron pills, call a health care provider or the poison control center right away.
- Offer iron supplements to children only as directed by a health care provider. Children will not get iron poisoning from food.

Roasted Pork Tenderloin & Vegetables

- 2 (1 lb. each) pork tenderloins
- 1 lb. red potatoes, quartered
- 1/2 lb. carrots, halved and cut into 2-inch pieces
- 1/2 C. onion, cut into wedges
- 1 T. olive oil
- 1 tsp. dried rosemary, crushed
- 1/2 tsp. rubbed sage
- 1/4 tsp. salt
- 1/8 tsp. pepper

Place pork in a shallow roasting pan coated with cooking spray; arrange potatoes, carrots and onion around pork. Drizzle with oil. Combine seasonings; sprinkle over meat and vegetables. Bake, uncovered, at 450°F for 30-40 minutes or until an inserted meat thermometer reads 160°F, stirring vegetables occasionally.

Yield: 9 servings

Serving Size: 1 1/2 oz. pork + 1/4 cup vegetables

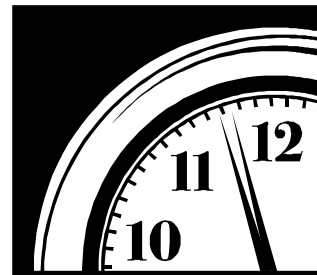
Meal Component (MM#): 1 1/2 oz. meat/meat alternate (47), 1/4 cup vegetable (221)

Lunch/Supper Menu Suggestion: Roasted Pork Tenderloin & Vegetables, Cornbread, Baked Apples, and Milk 320030

It's About Time

The following are several relevant guidelines regarding the recommended timing of daily meals and snacks for children in child care.

- Children who spend 8 hours or less in child care should be offered at least 1 meal and 2 snacks or 2 meals and 1 snack while they're there.
- If they will be in child care for more than 8 hours, children should be offered at least 2 meals and 2 snacks or 1 meal and 3 snacks.
- Toddlers and preschooler children can't be expected to sit for too long. Time spent at the table should range from 10 to 20 minutes for meals, and 5 to 15 minutes for snacks.
- A nutritious snack should be offered to all children mid-morning and mid-afternoon.
- Children should be offered food/drink every 2 to 3 hours except when they are asleep.
- Infants' nutritional needs may require that they be fed more frequently than every 2 hours.



Eggnog Bread

- 2 1/4 C. all-purpose flour
- 2 1/2 tsp. baking powder
- 1/2 tsp. salt
- 1/2 tsp. ground cinnamon
- 1/2 tsp. ground nutmeg
- 2 eggs
- 1 C. eggnog
- 3/4 C. sugar
- 1/2 C. butter, melted
- 2 tsp. vanilla extract
- 2 tsp. rum extract



In a large bowl, combine flour, baking powder, salt, cinnamon, and nutmeg. In another bowl, beat together eggs, eggnog, sugar, butter and extracts; stir into dry ingredients just until moistened. Pour into three (3) greased mini-loaf pans. Bake at 350°F for 30-35 minutes or until a toothpick inserted near the center comes out clean. Cool for 10 minutes before removing from pans to wire racks. Cut each mini-loaf into 6 equal-sized slices.

Yield: 18 servings

Serving Size: 1 slice

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

Snack Menu Suggestion: Eggnog Bread and Milk

Holiday Gelatin Salad

- 1 (6 oz.) pkg. cherry gelatin
- 1 1/2 C. boiling water
- 1 (20 oz.) can crushed pineapple, undrained
- 1 (14 oz.) can whole-berry cranberry sauce
- 1 1/2 C. seedless red grapes, halved
- 1/4 C. chopped pecans, optional

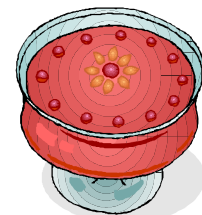
In a large bowl, dissolve gelatin in water. Stir in pineapple and cranberry sauce. Refrigerate for 30 minutes. Stir in grapes and pecans. Pour into a 2-quart serving bowl. Refrigerate until firm, at least 4 hours.

Yield: 21 servings

Serving Size: 1/3 cup

Meal Component (MM#): 1/4 cup fruit (30)

Lunch/Supper Menu Suggestion: Baked Ham, Biscuits, Holiday Gelatin Salad, Steamed Broccoli, and Milk



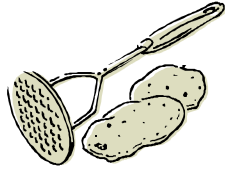
~CREDITABLE NOTE~

Wild Game (such as venison, squirrel, rabbit, turkey, etc.) are NOT creditable on the CACFP, for safety reasons.

THIS, THAT, & MORE!

by Vicky Heyen
360181

Did you know **THIS** about White Potatoes?



A potato consists of 80% water and 20% solids.

Potatoes have been a food staple dating back to 200 B.C. when the Inca Indians of Peru cultivated them. White potatoes are the second most consumed food in the U.S. trailing behind milk products. The average American eats over 365 potatoes per year.

NUTRITION-White potatoes are not only cholesterol, sodium, and fat free, but they also rank highest in potassium among the top most frequently consumed fruits and vegetables. One medium skin-on potato contains 620 milligrams of potassium, which may help prevent high blood pressure and stroke. Skin-on potatoes are also rich in vitamin B₆, vitamin C, fiber, and iron.

SELECTION-Choose firm potatoes with skin that is not wilted, leathery, or sprouting. Choose potatoes that are not discolored, especially green. Green potatoes contain Solanine, a toxic substance that causes circulatory and respiratory problems, headaches, and diarrhea. Remove and discard any green areas when preparing potatoes.

STORAGE-Potatoes should be stored in a dry, dark place with a temperature between 45-50°F. Store potatoes in a perforated bag to allow moisture to escape. Store potatoes no longer than 2 months if mature. Do not store potatoes near onions, as the gases that each gives off will cause the other to deteriorate more quickly. Cooked potatoes will keep fresh for several days in the refrigerator.

Did you know **THAT** if you are declared **Seriously Deficient** you will be placed on the USDA's National Disqualified List and **NOT** be able to participate on the CACFP nationally for at least 7 years.

USDA defines 8 reasons for being declared **Seriously Deficient** as:

1. Submission of false information on the application.
2. Submission of false claims for reimbursement.
3. Simultaneous participation under more than one sponsor.
4. Non-compliance with CACFP meal pattern.
5. Failure to keep required records.
6. Conduct or conditions that threaten the health or safety of a child or children in care, or the public health and safety.
7. A determination that the day care home has been convicted of an activity that occurred during the past seven years and that indicated a lack of business integrity.
8. Any other circumstance related to non-performance under the sponsoring organization day care home agreement as specified by the sponsoring organization or the state agency.

Important Websites

It is important you are aware of all the Federal Regulations that pertain to you and your participation on CACFP, a Federal program that uses our tax dollars. The Federal Regulations can be viewed online at:
<http://www.education.ne.gov/NS/forms/cacfpforms/CACFPRegulations.pdf>

Other helpful websites:
www.fns.usda.gov/cnd/care/
www.education.ne.gov/NS/index.htm



A Week's Worth of Meal Ideas

MEALS	Monday	Tuesday	Wednesday	Thursday	Friday
BREAK-FAST	Cold Cereal (33)	Cinnamon Rolls (44)	Pancakes (58)	Bagels (01)	French Toast (13)
	Oranges (25)	Peaches (27)	Bananas (04)	Applesauce (02)	Strawberries (37)
	Milk	Milk	Milk	Milk	Milk
AM SNACK	Muffins (104)	Snack Crackers (43)	Graham Crackers (35)	Cottage Cheese (77)	Pretzels (68)
	Apples (01)	100% Pineapple Juice (70)	Yogurt (104)	Peaches (27)	Milk
LUNCH	Whole Chicken (33)	Beef Franks (01)	Roast Beef (15)	Fish Sticks (38)	Ground Beef (02)
	Wheat Bread (30)	Hot Dog Buns (16)	Corn Bread (05)	Biscuits (02)	Muffins (104)
	* Potatoes (221)	Baked Beans (154)	Cabbage (217)	Tater Tots (226)	* Potatoes (233)
	Carrots (163)	Applesauce (02)	Fruit Cocktail (14)	Broccoli (158)	Oranges (25)
	Milk	Milk	Milk	Milk	Milk
PM SNACK	String Cheese (84)	Mixed Fruit/Salad (15)	Refried Beans (71)	Rice Pudding (71)	Raisin Bread (110)
	Rice Cakes (76)	Milk	Flour Tortillas (87)	Milk	Apple Cider (51)

* See recipes below.

Lemon Roasted Potatoes

1/4 C. vegetable oil 1 tsp. salt
 1/4 C. chicken broth 1 tsp. ground black pepper
 1/4 C. lemon juice 2 lb. potatoes, washed and
 3 cloves garlic, minced cubed
 2 tsp. dried dill weed

In a large bowl, stir together oil, broth, lemon juice, garlic, dill, salt, and pepper. Add potatoes and toss to coat. Spread potato mixture out on a greased baking sheet and drizzle any remaining liquid from the bowl over them. Bake at 400°F for about 45 minutes or until potatoes are brown and crispy; stir potatoes every 15 minutes for even browning.

Yield: 16 servings • *Serving Size:* 1/4 cup
Meal Component (MM#): 1/4 cup vegetable (221)

Lunch/Supper Menu Suggestion: Baked Chicken, Whole Wheat Bread, Lemon Roasted Potatoes, Carrots, and Milk

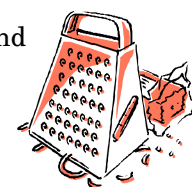
Cheddar Parmesan Scalloped Potatoes

1/4 C. butter
 1/4 C. all-purpose flour
 2 C. milk
 1/2 tsp. salt
 1 C. (4 oz.) shredded cheddar cheese
 1/2 C. (2 oz.) grated Parmesan cheese
 5 C. sliced, cooked, and peeled potatoes
 1/4 C. bread crumbs

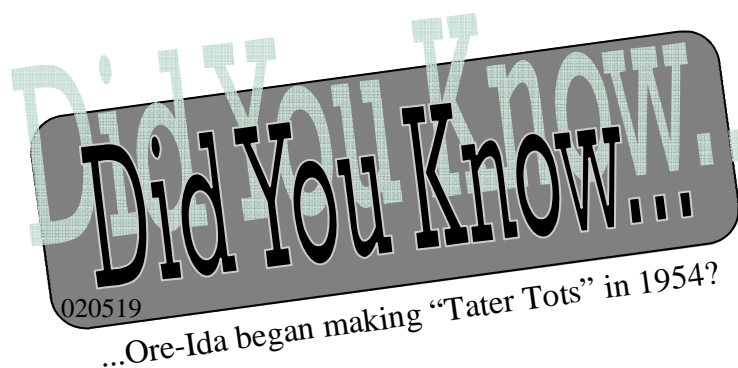
In a saucepan, melt butter over low heat. Whisk in flour until smooth. Gradually add milk. Bring to a boil; cook and stir for 2 minutes or until thickened. Remove from the heat. Add salt and both cheeses; stir until cheese is melted. Place sliced potatoes in a greased 2-quart baking dish. Pour cheese mixture over potatoes. Sprinkle bread crumbs on top. Bake, uncovered, at 350°F for 30-35 minutes.

Yield: 20 servings
Serving Size: 1/2 cup
Meal Component (MM#): 1/4 cup vegetable (233)

Lunch/Supper Menu Suggestion: Ground Beef BBQ Meatballs, Muffins, Cheddar Parmesan Scalloped Potatoes, Orange Wedges, and Milk



180340





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

Non-Profit
Organization
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Lincoln, NE
Permit #596

Reindeer Games

Reindeer Pokey

Sung to: "The Hokey Pokey"

You put your antlers in. You put your antlers out.
You put your antlers in and you shake them all about.
You do the Reindeer Pokey and you turn yourself
around. That's what it's all about!

(continue with each of the following)

You put your hooves in....
You put your red nose in....
You put your fluffy tail in...
You put your reindeer body in...



FOLLOW THE REINDEER

Choose one child to wear a red circle sticker on his or her nose, pretending to be Rudolph. Have the other children line up behind Rudolph and follow as the reindeer dances and prances across the "rooftops" to music. Whenever the music stops, choose a new child to be Rudolph and start the game again. Continue until everyone has had a turn.

Santa, Santa, Reindeer: The children sit in a circle and the person who is "it" walks around the outside of the circle and touches the heads/shoulders of the children in the circle, saying "Santa" each time they touch a child. When the person who is "it" gets to the child they wish to choose they say "reindeer" instead of Santa and that is their cue to chase the person who is "it" around the circle to the empty spot. Continue the game until all of the children have had a turn.

Congratulations

Christine Cole of Lincoln, NE
for submitting your October claim before
November 4th. Submit your claim
before the 4th of the month to be
eligible to receive a prize!

CONGRATULATIONS!

Congratulations to Joyce Ahlman of Norfolk, Bonnie Fritz of Seward, and Sherry Vieth of Bellevue for finding their provider numbers 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*.