



Child Care OUTREACH

Volume XIX

February 2011

Issue 2

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Family Service
Child Care Food Program

IMPROVE YOUR MEMORY

In his article, "Some New Ideas to Help Power Up Your Memory," Arthur Winter offers these techniques for improving your memory...

Do jigsaw puzzles, or even better, make your own.

Take a picture from a magazine and cut it into large pieces. Make your cuts curved and angled. Mix up the pieces and put them back together. This helps hand-eye coordination, too.

Put what you visualize in your mind on paper.

Next time you are waiting for an appointment, take out a piece of paper, and without looking up, sketch the furniture in the room. Or try sketching a room you remember from your childhood.

Improve your retrieval and speed.

With a kitchen timer, write down as many five-letter words as you can in two minutes. As your list grows longer, add to the challenge. Practice with six-, seven-, or eight-letter words. Try to name all the states by their geographic divisions.

* credit www.exchangeeveryday.com

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

February 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					

Mark This Date

KEEP IN MIND

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

FEBRUARY 23rd
Last day late JANUARY and DECEMBER
claims will be accepted.

FEBRUARY 22nd
CCFP checks should be mailed.

FEBRUARY 23rd
Direct Deposit should be transferred.
090327

SAVE THE DATE

Providers Day Out
April 1 & 2, 2011
Lincoln, NE

***BUILDING TOMORROW
CLASS SCHEDULE***

LET LOOSE WITH DR. SEUSS
**(CC AREA: Planning Learning Experiences/Curriculum)*
February 10, 2011 ■ 7:00 p.m. - 8:30 p.m.
Cost is \$5.00 or
FREE to Family Service CCFP participants.
.....

***SHAKEN BABY SYNDROME &
SAFE SLEEP FOR INFANTS***
**(CC AREAS: Health, Safety, and Nutrition and also
Administration, Program Planning and Development)*
February 17, 2011 ■ 7:00 p.m. - 9:00 p.m.
Cost: \$5.00 or
FREE to Family Service CCFP participants.
Meets the requirements of Nebraska State Statute 43-2606.
.....

CPR/FIRST AID
**(CC AREA: Health, Safety, & Nutrition)*
February 19, 2011 ■ 8:30 a.m. - 4:30 p.m.
Cost is \$40.00.
Pre-registration is required.
.....

STORYBAG MAKE AND TAKE
**(CC AREA: Planning Learning Experiences/Curriculum)*
February 24, 2011 ■ 7:00 p.m. to 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.*
**(CC=Core Competency)*

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

- Kamie Ackerman* of Bertrand
- Kennisha Barfield* of Omaha
- Chandra Bombeck* of Papillion
- Diana Bryan* of Red Cloud
- Alicia Carlson* of Lincoln
- Rachele Dailey* of North Platte
- Tracy Frasure* of Omaha
- Shannon Hall* of St. Paul
- Lacey Hamilton* of Pierce
- Stephanie Hammons* of Stromsburg
- Ashley Hauf* of Plainview

- Kerri Heinen* of Cambridge
- Charlene Hernandez* of Grand Island
- Janelle Kaspar* of Ogallala
- Teresa Lemunyan* of Long Pine
- Donette Madlock* of Lincoln
- Abdikadir Miji* of Omaha
- Linda Ross* of Omaha
- Nancy Sliva* of Grand Island
- Coleen Springer* of Lincoln
- Jennifer Spry* of Lincoln
- Kelly Willcott* of Blue Hill

CCFP UPDATES & REMINDERS

Tax Information: Family Service does NOT provide a year end total of your CACFP reimbursement for tax purposes, therefore, it is your responsibility to save your monthly check stubs or direct deposit slips. However, if you utilize *WebKIDS* it allows you to print your annual Child Care Food Program Tax Report. From the menu choose *Claims*, then *Review Claims*. You will see the list of claims that have been processed for the current year. At the bottom of this screen, you can choose *Tax Report*. The current year's detailed tax report will appear showing meal totals, your taxable income, and your tax deduction. Print out this report for your tax preparer.

Child Enrollment Form: In order to process child enrollments we **must** have the **original** Child Enrollment Form. A photocopy or carbon copy will be returned to you. The child will not be enrolled and you will not receive reimbursement until the original child enrollment is received. Remember the Child Enrollment Form must be complete, signed and dated.

WebKIDS Providers: It is best practice for every provider to complete your menus and attendance daily regardless if you use *WebKIDS* or forms. If you utilize the Daily Menu and Attendance worksheet from our office we will provide you with a worksheet that you may make copies of or we can email the document to you.

2010 Standard Meal Allowance

Breakfast \$1.19
Lunch/Supper \$2.21
Snacks \$.66

This rate applies to all meals and snacks served to child care children. That means you can use the meal allowance for up to one breakfast, one lunch, one supper, and three snacks per child per day. (Remember the Child Care Food Program still only reimburses up to three meals/snacks per child per day.) If you use this allowance rate, you do not need to save any business or personal food receipts. To use the Standard Meal Allowance rate, you must maintain the following records: the name of each child, the dates and hours that child was in your care, and the number of breakfasts, lunches, suppers and snacks served.



Standard Mileage \$.50 per business mile.

Upcoming Inservices

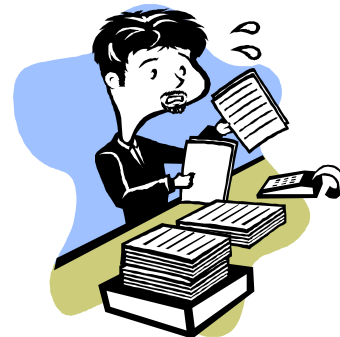
"Journey Through CACFP"

Ceresco, NE • February 24, 2011
190083

Upcoming Child Care Conferences

Ainsworth, NE • February 5, 2011
Grand Island, NE • February 5, 2011
Holdrege, NE • February 26, 2011

Watch your mail for more information on upcoming training opportunities.



2010 TAX WORKBOOK

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

\$17.95	
- 10%	CCFP Discount
\$16.16	
+ 2.77	Shipping
\$18.93	
+ 7%	Tax
\$ 20.25	Total

2010 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.

\$17.95	
- 10%	CCFP Discount
\$16.16	
+ 1.90	Shipping
\$18.06	
+ 7%	Tax
\$19.32	Total

Order Yours TODAY!

Name: _____

Address: _____

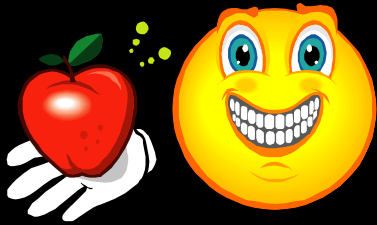
City: _____ State: NE Zip: _____

Phone: () _____

Please make check payable to: Family Service.

Food For Thought

by Darlene Bantam, DTR



Nutrition & Dental Health

Oral health (teeth and gums) has benefits beyond appearance and speech. Healthy teeth and gums promotes proper chewing which promotes healthful eating. Good nutrition is essential to dental health. Some of the most important dental care begins early in life. Maintenance of teeth and gums, as well as general oral care, is essential throughout life. For best dental health, follow these suggestions and encourage children to follow them as well.

See Your Dentist Regularly

This is essential for both prevention and wellness. It is like going to the doctor for regular check-ups.

Brush Thoroughly

Brush thoroughly, twice a day, with a fluoride toothpaste that has the American Dental Association Seal of Acceptance. Brushing after each meal or snack is best. After eating, acids in the mouth attack sugars for at least 20 minutes. This can harm the teeth and gums. Brushing thoroughly removes plaque and harmful acids.



Floss Teeth Once A Day

Use floss to remove foods that may get caught between teeth. This will prevent trapped bacteria from turning into dental caries.

Know Your Fluoride

For those who do not use or have access to fluoridated community water, make sure you supplement appropriately with fluoride. In most cases, 1 part per million (ppm) fluoride is recommended to reduce dental caries and keep teeth strong. Too much fluoride may cause mottling, which is spotted teeth. Mottling is not dangerous, but can make teeth unsightly.

Limit Carbohydrate-Rich & Sticky Foods

Limit foods that are high in simple carbohydrates or foods that are very sticky. The goal is to avoid contact from sugars with teeth. Lollipops, juice, sugared gums, sticky candy, and carbohydrate-rich foods that may get caught in the teeth are more likely to cause cavities than other foods. Meats and high-fiber foods help to remove sugar-based foods and promote saliva flow, which is important for dental care.

Drink Water

Water is essential for good health. It can promote clean teeth by rinsing off residual sugars that are not attached to the teeth.

Watch The Soda

Almost all sodas contain phosphoric acid and citric acid. These acids are extremely damaging to the teeth and may cause erosion of tooth enamel, which weakens teeth.



Artificial sweeteners, such as those found in diet sodas, are highly acidic and also are responsible for enamel erosion. Sugar-based sodas are damaging by contributing both the sugars and the acids that bacteria need to thrive.

For Kids—Good dental health begins early in life.

- Teach children proper oral care at an early age
- Begin regular dental visits by age 2 or as recommended by the child's pediatrician
- Forbid bottles in beds or cribs
- Never allow a child to fall asleep with a bottle to prevent "nursing bottle syndrome"; sugars from juice or milk may pool in the child's mouth and increase sugar contact time to teeth

*Adapted from www.rd411.com
490058

Remedies From Your Kitchen

You don't always have to run to the medicine cabinet to help children get some relief from a cold or to boost their immune system. Try some of these kitchen staples that have been proven by grandma and science to work:

1. **Vitamin D** is an important infection fighter. Unfortunately most children aren't getting enough of it. While most kids get a sufficient amount of sunlight in the summer to meet their vitamin D daily needs, during the winter months in Nebraska it is almost impossible. The AAP recommends 400 IU per day and an 8-ounce glass of milk has about 100. Some children may need a supplement; check with their pediatrician.
2. **Probiotics** found in foods like yogurt may help prevent respiratory infections. In one study kids ages 3 to 5 who consumed probiotics daily for six months during the cold season were less likely to get sick, and the colds they did get were shorter in duration.
3. **Salt** has been found to be a natural anti-inflammatory which can help release mucus and ease breathing, as well as soothe sore throats and coughs. For congestion, make a salt rinse with a half to full teaspoon of salt to a pint of warm water and administer with a dropper a few drops into the nose. To treat a sore throat or cough, try teaching children to gargle with the same warm saltwater



Love Potion

- 1/2 C. frozen strawberries
- 1/2 C. frozen raspberries
- 1 C. 100% apple juice
- sugar, to taste



Combine all ingredients in a blender and blend until smooth. Pour into 4 glasses and garnish with a fresh strawberry or maraschino cherry if desired.

Yield: 4 servings at snack
Serving Size: 1/2 cup at snack
Meal Component (MM#): 1/2 cup fruit (62) at snack

Snack Menu Suggestion: String Cheese and Love Potion

Beef & Broccoli

- 1 T. olive oil
- 1 lb. beef round steak, thinly sliced
- salt and black pepper to taste
- 1 clove garlic, minced
- 3/4 C. onion, thinly sliced
- 2 C. fresh broccoli florets, chopped
- 1 (10.75 oz.) can condensed cream of broccoli soup
- 1/4 C. water
- 3 T. soy sauce

In a large skillet, heat oil over high heat. Stir in beef and season with salt and pepper. Cook until beef is almost completely browned. Stir in onions and garlic; sauté until tender. Stir in broccoli, condensed soup, water, and soy sauce; blend well. Reduce heat to low and cover. Simmer for about 20 minutes or until desired tenderness of meat and broccoli. Serve over rice or noodles.

Yield: 7 servings
Serving Size: 3/4 cup
Meal Component (MM#): 1 1/2 oz. meat/
meat alternate (16), 1/4 cup vegetable (158)

Lunch/Supper Menu Suggestion: Beef & Broccoli, Steamed Brown Rice, Orange Wedges, and Milk



Creditable Note

Q: Can crackers be served as a grains/breads on the CACFP?

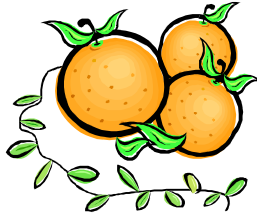
A: Yes. Crackers that are made with enriched flour or whole grains can be served as a grains/breads for breakfast, lunch, supper, or snack. Be sure to use the Weight Table for Grains/Breads Chart in the Crediting Foods in the CACFP manual, for minimum serving size requirements. Due to most crackers having a high fat, sugar, or salt content, they should be served less frequently, for example no more than 2 times per week at all meals.

THIS, THAT, & MORE!

by Vicky Heyen

Did you Know THIS about Oranges?

The orange is technically a hesperidia, a kind of berry.



History of Orange

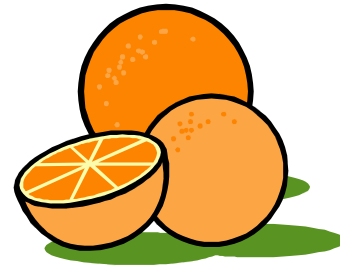
It is believed that oranges were first produced in southeast Asia, sometime around 4000 BC. It is thought that Christopher Columbus was the first person to bring the seeds of orange to America during his second voyage in 1493. By 1820, orange grooves were thriving in St. Augustine, Florida. In 1873, three orange trees were brought from Brazil and planted in Riverside, California. It is interesting to note that one of the trees is still alive and bearing fruits.

Orange Nutritional Information

Oranges are among the most valuable food crops in America. These fruits are suitable for everyone and are known as the best fruits to treat diseases. There are many orange nutritional facts that are not known by orange lovers. There is more to orange nutritional facts than just being the best source of [Vitamin C](#). Orange is a major source of [calcium](#), phosphorous, [potassium](#), citrus acid, beta-carotene, aldehyde and compounds of alcohol ENE group. Narigenin is a bio-active compound that acts as an [antioxidant](#), anti-inflammatory and immune system modulator. These antioxidants neutralize the effects of free radicals and unstable oxygen molecules in the body. This helps in slowing the aging process and gives you a younger looking skin. It also helps curbing diseases by increasing the immunity level of the body. Oranges are also rich in [Vitamin A](#) and other flavonoids and antioxidants like alpha and beta carotenes, beta-cryptoxanthin, zeaxanthin and lutein. Vitamin A helps in maintaining a healthy mucus membrane and skin. Vitamin A is also one of the most important vitamins to maintain a proper eye sight.

Oranges are a good source of fiber. They are fat-free, sodium free and cholesterol free. The orange nutritional value further increases due to the presence of thiamine, niacin, vitamin B6, magnesium and copper. As oranges are acidic, with a pH value between 2.5-3 that depends on the age, size and variety of the fruit, they are excellent detoxifying fruits.

Oranges are rich in pectin, that is a bulk laxative. It is very effective for people who are overweight. Pectin protects the mucous membrane of the colon by decreasing its exposure period to toxic substances. It also binds itself to cancer causing chemicals in the intestine, thus reducing the chances of cancer. [Cholesterol](#) levels in the blood are also reduced if the pectin level in the body lowers. Pectin decreases the re-absorption process in the intestine by binding to bile acids.



Selecting and Storing Oranges

Orange fruit season begins from October and lasts till February. In the store, buy fresh fruits that feature firmness, yet yield slightly to gentle pressure but recoils immediately. Fresh oranges have bright color, devoid of any wrinkles on the skin, should feel heavy for their size and emanate sweet aroma. Avoid overtly softened fruits with spots and mold as they tend to perish early.

Oranges can be kept at room temperature for a week or so but keep well for up to two weeks in the fruit/vegetable compartment of the home refrigerator. Keep them loose in the fruit container and place in cool area away from excessive moisture as they tend to get mold infection early. Store freshly squeezed orange juice inside the freezer compartment for later use. Store dried orange zest in a cool, dry place in an airtight glass container away from moisture.

Oranges may exhibit some re-greening of the skin; this does not adversely affect internal fruit quality. Neither does surface scarring, which occurs when wind brushed young fruit against the tree. 170087



WORD OF WARNING

Insecticide sprays are widely applied over orange crops. Therefore, it is recommended to wash the fruits in cold running water before use. Organic orange fruits are devoid of these chemicals and are best suited for zest preparation.

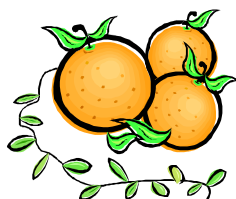
A Week's Worth of Meal Ideas

BREAK-FAST	French Toast (13)	Cold Cereal (32)	Hot Cereal (33)	Pancakes (58)	Grits (54)
	Oranges (25)	Bananas (04)	Grapes (18)	Mandarin Oranges (21)	Pineapple (30)
	Milk	Milk	Milk	Milk	Milk
AM SNACK	Grapes (18)	Bagel (01)	Snack Crackers (43)	Granola Bars (53)	Muffins (104)
	Milk	Oranges (25)	100% Grape Juice (60)	Blueberries (06)	100% Orange Juice (63)
LUNCH	Ground Beef (02)	Whole Chicken (33)	Ham (44)	Fish Sticks (38)	Ground Beef (02)
	Raviolis (66)	* Spaghetti Noodles (65)	Wheat Bread (30)	Cornbread (05)	Brown Rice (72)
	Peas (222)	Broccoli (158)	Tater Tots (226)	Carrots (163)	Broccoli (158)
	Applesauce (02)	Fruit Cocktail (14)	Corn (167)	Pears (28)	Peaches (27)
	Milk	Milk	Milk	Milk	Milk
PM SNACK	Wheat Crackers (38)	Wheat Bread (30)	Cookies (34)	Cheddar Cheese (74)	* Oranges (25)
	Peanut Butter (103)	Kiwi (22)	Apples (01)	Saltine Crackers (37)	Yogurt (104)

Orange Thai Noodles

* See recipes below.

- 8 oz. dry pasta (spaghetti or linguini)
- 2 T. creamy peanut butter
- 1 orange—grated peel and juiced
- 1 T. soy sauce
- 1 clove garlic, minced
- 1 orange, peeled, cut into bite-sized pieces
- 2 T. green onions, diced



Cook pasta according to package directions; drain and leave in colander. In same pot, combine peanut butter, grated orange peel and juice, soy sauce, and garlic; stir over low heat for 1-2 minutes and until well combined. Remove from heat, add cooked pasta and toss to coat. Add orange pieces and onion; toss gently.

Yield: 16 servings • *Serving Size:* 1/3 cup
Meal Component (MM#): grains/breads (65)

Lunch/Supper Menu Suggestion: Bake Chicken, Orange Thai Noodles, Steamed Broccoli, Applesauce, and Milk

Did You Know...

About 20 percent of the total crop of oranges is sold as whole fruit; the remainder is used in preparing orange juice, extracts, and preserves.

Yogurt Sundaes

- 8 oz. vanilla yogurt
- 1 tsp. freshly grated orange peel
- 1 tsp. freshly grated grapefruit peel
- 1/2 lb. grapefruit, peeled and sectioned
- 1/2 lb. oranges, peeled and sectioned
- 1/2 lb. bananas, peeled and sliced
- 1 C. strawberries, sliced
- 1 tsp. sugar
- 1/4 tsp. ground cinnamon

Combine yogurt with grated orange and grapefruit peel; cover and chill. In a large bowl, combine all remaining ingredients; cover and chill. To serve, spoon fruit mixture into individual dessert dishes and top with yogurt mixture.

Yield: 7 servings at snack
Serving Size: 1/2 C. fruit + 2 T. yogurt at snack
Meal Component (MM#): 1/2 cup fruit at snack

Snack Menu Suggestion: Yogurt Sundaes and Pretzels 021096



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

Non-Profit
Organization
U.S. Postage
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Lincoln, NE
Permit #596

Dental Health Month

BOOKS TO SHARE

Andrew's Loose Tooth
by Robert Munsch

The Berenstain Bears Visit the Dentist
By Stan and Jan Berenstain

Franklin and the Tooth Fairy
by Paulette Bourgeois



On a paper plate write,
"I eat healthy foods for
my teeth."

Have the children glue
pictures of food from
magazines.

Pass The Toothpaste

Sit in a circle and pass the toothpaste around, when the music stops whoever is holding the toothpaste has to go sit in the center of circle.

Brush, Brush, Brush Your Teeth

(Sung to: "Row, Row, Row Your Boat")

Brush, Brush, Brush Your Teeth,
'til they're shiny bright.
They'll be healthy, they'll be strong,
if you treat them right.



Congratulations

Karen Barrow of Broken Bow, NE
for submitting your December claim
before January 4th. Submit your claim
before the 4th of the month to be
eligible to receive a prize!

CONGRATULATIONS!

Congratulations to Nancy Schaf of Cozad for finding her provider number in the **December** 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 **April** issue of the *Child Care Outreach*.