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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.familyserVICELINCOLN.org>

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**Family Service
Child Care Food Program**

New Tier 1 Schools Effective January 2010

In January we received the 2010 school list from the Nebraska Department of Education of NEW elementary schools that now qualify for Tier 1.

Providers who live within the boundaries of the elementary schools listed below should receive a letter from the office confirming that your child care is located in one of the new Tier 1 school areas. You will begin receiving Tier 1 rates effective with your January claim (which is processed in February). If you are eligible to receive reimbursement for your own children, it will still be necessary to complete an Income Eligibility Application for your household when your current application expires.

If you have questions regarding the new 2010 School List, or your current tier status, please contact our Lincoln office.

The following are the **NEW** schools:

- Alma Elementary—Alma
- Bertha Barber Elementary—Bellevue
- Centennial Elementary—Columbus
- North Park Elementary—Columbus
- Potter-Dix Elementary—Dix
- Emerson-Hubbard Elementary—Emerson/Hubbard
- Milliken Park Elementary—Fremont
- Howells Elementary—Howells
- Cody-Kilgore Elementary—Kilgore
- Meadow Lane Elementary—Lincoln
- Newman Grove Elementary—Newman Grove
- Boyd Elementary—Omaha
- Ponca Elementary—Omaha
- Dodge Elementary—Omaha
- Prairie Wind Elementary—Omaha
- Washington Elementary—Omaha
- Orchard Elementary—Orchard
- Palmer Elementary—Palmer
- Platte Center Elementary—Platte Center
- Thedford Attendance Center Peaceful Plains—Stapleton

February 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						

Mark This Date

Resource Library Hours



Monday - Friday
8:00 a.m. - 5:00 p.m.

Thursday Evenings
Open until 8:00 p.m.

KEEP IN MIND

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

FEBRUARY 22ND
Last day late **JANUARY** and **DECEMBER**
claims will be accepted.

FEBRUARY 18th
CCFP checks should be mailed.

FEBRUARY 19th
Direct Deposit should be transferred.

BUILDING TOMORROW CLASS SCHEDULE

STORY BAG MAKE & TAKE

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

February 11, 2010 ■ 7:00 p.m. - 8:30 p.m.

Cost is \$5.00 for supplies.



EAT WELL FOR LE\$\$

(CC AREA: Health, Safety, & Nutrition)

February 18, 2010 ■ 7:00 p.m. - 9:00 p.m.

Cost is FREE.



CPR/FIRST AID

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

February 20, 2010 ■ 8:30 a.m. - 4:30 p.m.

Cost is \$40.00.

Pre-registration is required.



NIFTY NUTRITION

**(CC AREAS: Planning Learning Experiences/Curriculum and Health, Safety, & Nutrition)*

February 25, 2010 ■ 7:00 p.m. - 8:30 p.m.

Cost is FREE.

*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!

Amanda Aguilar of Lexington
Elizabeth Bertwell of Hickman
Lisa Birge of Ogallala
Evelina Contreras of Grand Island
Amanda Costanza of Cozad
Amy Gilbert of Bellevue
Irma Hernandez-Hopkins of Lincoln

Alma Hodges of Cozad
Mindy Klinginsmith of Kearney
L. Hope Kone of Grand Island
Angela Martinez of Grand Island
Polly Nelson of Omaha
Creonda Silva of Lincoln
Blayre Streeter of Gothenburg

CCFP UPDATES & REMINDERS

Home Visit Review Forms: On each Home Visit that your Consultant conducts of your child care, she must complete a Home Visit Review Form. Please review your Consultant's Home Visit Review Form before submitting your claim. Your claim and the home visit information must match exactly, including the menu and attendance. When you sign the Review Form you are verifying that all the information that your Consultant documented is accurate. If you find any discrepancies contact your Consultant immediately.



Daily Record Keeping: USDA regulations require that menus and attendance must be maintained daily. When your Consultant, a representative from Nebraska Department of Education or USDA visits your home and your forms are more than 24 clock hours behind, deductions will be made for the meals not in compliance. It is important that forms be accurate and up-to-date. The best way to guarantee this accuracy is with daily record keeping.

Client Satisfaction Survey: If you haven't completed or submitted your Client Satisfaction Survey that was inserted in last month's newsletter yet, please take the time to do so now. They are due in our office by February 15, 2010. Thank you for your feedback!



Tax Information: Family Service does NOT provide a year end total of your reimbursement for tax purposes, therefore, it is your responsibility to save your monthly CCFP 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>>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.

2009 TAX WORKBOOK	2009 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
Order Yours TODAY!	
Name: _____	
Address: _____	
City: _____ State: <u>NE</u> Zip: _____	
Phone: () _____	
Please make check payable to: Family Service.	

Updated Handbook: Periodically rules and policies change. These changes are made to our Provider Handbook. Recently all of our providers should have received a new handbook from their Consultant. Please be sure you are utilizing the 2009 or newer handbook.

Upcoming Inservices

"Eat Well for Le\$\$"



- Hastings, NE • February 4, 2010
- Bloomfield, NE • February 9, 2010
- Seward, NE • February 22, 2010
- Ainsworth, NE • February 23, 2010

Upcoming Child Care Conferences

- Ainsworth, NE • February 6, 2010
- Grand Island, NE • February 6, 2010
- Holdrege, NE • February 27, 2010

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

Food For Thought

by Darlene Bantam, DTR

Use It Up: Need ideas to put those last little bits in the pantry or fridge to good use?

Pasta and Rice: Have just a handful of either left to use in the box? Try these ideas!

- ⇒ Cook it up for a side dish with most any kind of chili.
- ⇒ Add cooked rice into soups and stews for a hearty meal.
- ⇒ A bit of cooked pasta or rice can create a quick casserole when combined with your favorite meat, veggies and seasonings.
- ⇒ Rice is ideal for serving with stir-fries or other Asian-themed meals.
- ⇒ Toss pasta with olive oil, garlic and grated Parmesan cheese for an easy meal.
- ⇒ Dried pasta is great for a craft project. Get some glue and paper, and see what your kids can create!

Ketchup: We all know it's great with fries, burgers and hot dogs, but try it with the following:

- ⇒ Add some into your canned baked beans before microwaving or while they're warm on the stove.
- ⇒ Stir it into your meatball sauce.
- ⇒ Spread it on top of your next meat loaf.
- ⇒ Turn it into salad dressing with Worcestershire sauce, brown sugar, oil and vinegar.
- ⇒ Create your own barbecue sauce with ketchup, brown sugar, vinegar, mustard and pepper.

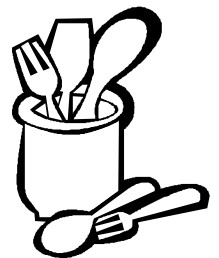


Jelly: Look past peanut butter and jelly sandwiches and try these new uses for jellies:

- ⇒ Create an afternoon snack by spreading some on a graham cracker.
- ⇒ Sweeten oatmeal by adding your favorite flavor of jelly.
- ⇒ Spread strawberry jelly onto pound cake or angel food cake for a sweet treat. Garnish with a dollop of whipped cream.
- ⇒ Sweeten glazes with a bit of grape jelly.
- ⇒ Use apricot and apple jellies as a sauce for pork dishes. Try serving a bit on the side for dipping.

Salsa: It's great with so much more than just tortilla chips!

- ⇒ Stir it into rice, black beans and cheese for a tasty dish.
- ⇒ Pour over cream cheese and top with shredded cheese for a nice dip with crackers.
- ⇒ Try it as a lively condiment for burgers or grilled chicken.
- ⇒ Use up the last few tablespoons by stirring it into a pot of chili.
- ⇒ Serve it alongside scrambled eggs for a tasty breakfast.



*Source: www.tasteofhome.com

Creditable Note: Medical Exceptions



Those children that participate on the CACFP but are unable to consume the regular program meals because of medical or special dietary needs (i.e., food allergies, diabetes, etc.) are required to have a medical statement on file with our office in order to be eligible for reimbursement. The statement must be signed by a licensed physician and should specify the food or foods to be omitted from the child's diet. It should also specify a choice of foods that may be substituted. If you are unable to obtain a medical statement, the meals that do not meet meal pattern requirements may not be eligible for reimbursement. If you ever have any questions regarding a medical or special restrictive diet our Nutritionist is available at (402) 217-6030 or fslinecne@aol.com.

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Kids in Home-Based Day Care Lack Exercise

Most providers meet nutrition but not physical activity needs, study finds

Most home-based child care providers meet nutrition standards but don't give children enough physical activity, allowing them to spend too much time in front of the TV, a new study contends.

Oregon State University researcher, Stewart Trost, surveyed about 300 home-based child care providers who looked after children ages 2 to 5. Though 78% offered more than an hour a day of active play, 41% said children sat for extended periods during the day, and two-thirds said the TV was on most of the day, the study found.

Children aged 2 to 5 shouldn't watch more than two hours of TV a day, according to the American Academy of Pediatrics.

Trost, an expert on obesity issues, said that another finding — that 63% of child care providers restricted active play or exercise as a form of punishment — was alarming.

"Would you withhold fruits and vegetables from kids who misbehave and negatively affect their health?" he asked in an university news release. "All the research shows that restricting physical activity makes children more, not less, likely to misbehave. So, it's not even an effective means of punishment."

Another startling finding, he said, was that less than half of the child care providers had received any training in physical activity.

But the providers did "pretty well" in promoting healthy eating habits, the study found. Very few said they served fried foods or high-fat foods at meals or sweets or chips as snacks.

The study was published in the December 2009 issue of the American Journal of Preventive Medicine.



*Source: HealthyDay News

Banana Pancakes with Berries

Pancakes

1 C. all-purpose flour
3/4 C. whole wheat flour
1 T. baking powder
1/4 tsp. salt
1/4 C. brown sugar
2 eggs
1 3/4 C. buttermilk or soured milk
1/2 C. vegetable oil
1/2 tsp. vanilla extract
1 lb. very ripe bananas, mashed
1/2 C. chopped walnuts, optional
whipped cream, optional

Berry Topping

2 C. sliced strawberries
1/2 C. sugar
3 tsp. vanilla extract

In a bowl, combine the strawberries, sugar and vanilla. Cover and refrigerate for 8 hours or overnight. For the pancakes, combine all the pancake ingredients in a large bowl; mix well. Pour the batter by 1/4-cupfuls onto a lightly greased hot griddle; turn when bubbles form on top; cook until second side is golden brown. Serve with berry topping and whipped cream if desired.



Yield: 14 servings

Serving Size: 2 pancakes + 3 T. berry topping

Meal Component (MM#): grain/bread (58), 1/4 cup fruit (15)

Breakfast Menu Suggestion: Banana Pancakes with Berries, Hash Browns, and Milk

Gumbo Joes

1 lb. lean ground beef
1/3 C. chopped onion
1 (10 3/4 oz.) can condensed chicken gumbo soup, undiluted
3/4 C. ketchup
1 1/2 tsp. prepared mustard

In a large skillet, cook beef and onion over medium heat until meat is no longer pink; drain. Add soup, ketchup, and mustard; bring to a boil. Reduce heat; simmer uncovered, for 5-10 minutes or until mixture reaches desired thickness. Serve on hamburger buns.

Yield: 8 servings

Serving Size: 1/2 cup

Meal Component (MM#): 1 1/2 oz. meat/meat alternate (02)

Lunch/Supper Menu Suggestion: Gumbo Joes, Hamburger Buns, Baked Beans, Steamed Carrots, and Milk

Business Basics

by Vicky Heyen

2009 Standard Meal Allowance

Breakfast \$1.17

Lunch/Supper \$2.18

Snack \$0.65

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.

2009 Standard Mileage Rate is \$0.55 per business mile. The standard mileage rate for 2010 has been **decreased** to \$0.50 per business mile.

KEEP track of your business miles!



Three Key Record-Keeping Rules

1. Save receipts for all expenses associated with cleaning, repairing, and maintaining your home.
2. Record on a daily basis all meals served to the children in your care, including all meals not reimbursed by the Child Care Food Program.
3. Track carefully for at least two months all the hours you use your home for business, particularly the hours you spend cleaning, preparing activities, and doing other business-related tasks when the children are not present.

Join Minute Menu *WebKIDS Pro*

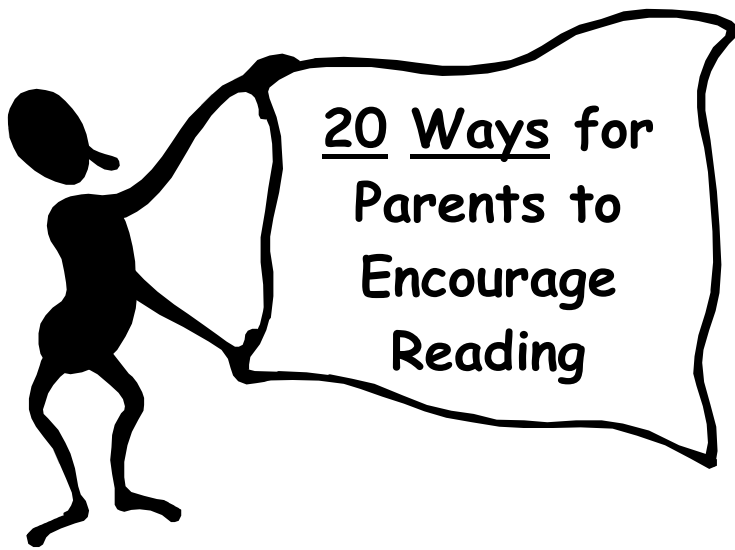


Use the most trusted and complete computerized record-keeping system for family child care providers! *WebKIDS Pro* is a convenient, secure, web-based system for all your child care management needs, featuring:

- ◆ Meal planning with menus and recipes that meet USDA guidelines
- ◆ Business tips
- ◆ Tax charts directly correlating to IRS forms
- ◆ Calculates the time-space and actual percentages of care related expenses
- ◆ Automatic data backup-all information is saved for more than four years
- ◆ Prompt technical support and automatic, free updates
- ◆ Daily, weekly, and monthly reporting tools and activity planning
- ◆ Tools to capture child information (address, medical conditions, emergency contacts, birthday)
- ◆ A chart and certificate maker
- ◆ An online payment option (Parents can view and pay invoices online, and the money is deposited directly into your bank account.)

See how easy it is to use. Take a video tour, get your 30-day free trial, or order today at www.minutemenu.com/web/mmkids.html

Initial subscription is \$69.95 and annual renewals are \$39.95. Family Service providers receive a 10% discount!



20 Ways for Parents to Encourage Reading

The following are some ways to turn a young reader's reluctance into enthusiasm:

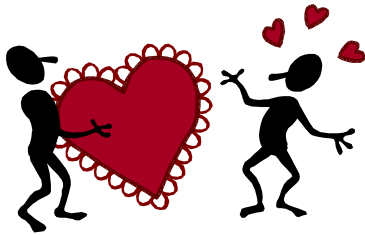
1. Scout for things your children might like to read. Use their interests and hobbies as starting points.
2. Leave all sorts of reading materials including books, magazines, and colorful catalogs in conspicuous places around your home.
3. Notice what attracts your children's attention, even if they only look at the pictures. Then build on that interest; read a short selection aloud, or simply bring home more information on the same subject.
4. Let your children see you reading for pleasure in your spare time.
5. Take your children to the library regularly. Explore the children's section together. Ask a librarian to suggest books and magazines your children might enjoy.
6. Present reading as an activity with a purpose; a way to gather useful information for, say, making paper airplanes, identifying a doll or stamp in your child's collection, or planning a family trip.
7. Encourage older children to read to their younger brothers and sisters. Older children enjoy showing off their skills to an admiring audience.
8. Play games that are reading-related. Check your closet for spelling games played with letter tiles or dice, or board games that require players to read space cards, and directions.
9. Perhaps over dinner, while you're running errands, or in another informal setting, share your reactions to things you read, and encourage your children to do likewise. 120097
10. Set aside a regular time for reading in your family, independent of schoolwork, the 20 minutes before lights out, just after dinner, or whatever fits into your household schedule. As little as 10 minutes of free reading a day can help improve your child's skills and habits.
11. Read aloud to your child, especially a child who is discouraged by his own poor reading skills. The pleasure of listening to you read, rather than struggling alone, may restore your child's initial enthusiasm for books and reading.
12. Encourage your child to read aloud to you an exciting passage in a book, an interesting tidbit in the newspaper, or a joke in a joke book. When children read aloud, don't feel they have to get every word right. Even good readers skip or mispronounce words now and then.
13. On gift-giving occasions, give books and magazines based on your child's current interests.
14. Set aside a special place for children to keep their own books.
15. Introduce the bookmark. Remind your youngster that you don't have to finish a book in one sitting; you can stop after a few pages, or a chapter, and pick up where you left off at another time. Don't try to persuade your child to finish a book he or she doesn't like. Recommend putting the book aside and trying another.
16. Treat your children to an evening of laughter and entertainment featuring books! Many children (parents, too) regard reading as a serious activity. A joke book, a story told in riddles, or a funny passage read aloud can reveal another side of reading.
17. Extend your child's positive reading experiences. For example, if your youngster enjoyed a book about dinosaurs, follow up with a visit to a natural history museum.
18. Offer special incentives to encourage your child's reading. Allow your youngster to stay up an extra 15 minutes to finish a chapter; promise to take your child to see a movie after he or she has finished the book on which it was based; relieve your child of a regular chore to free up time for reading.
19. Limit your child's TV viewing in an effort to make time for other activities, such as reading. But never use TV as a reward for reading, or a punishment for not reading.
20. Not all reading takes place between the covers of a book. What about menus, road signs, food labels, and sheet music? Take advantage of countless spur-of-the-moment opportunities for reading during the course of your family's busy day.

*Source: RIF Parent Guide Brochure



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

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♥ Valentine Fun ♥

Guess Who Loves You

Supplies Needed:
 Blindfold and Chair

Player one sits blindfolded in a chair in the middle of the group. Quietly point to another child, who goes to the blindfolded child and says, "I love you" in a disguised or silly voice. The player tries to guess who "loves" him. Give them three chances. If the player guesses who "loves" him, that person becomes the next blindfolded player.

Mend a Broken Heart

Materials Needed: red or pink poster board (or purchase cardboard valentines), scissors, pencil, heart shape for tracing



Preparation: Trace heart on poster board to make one for each child. Hearts may be any size (larger hearts for younger children). Cut each heart into a variety of pieces, jigsaw style. They don't have to be the same. As you cut each heart, place the pieces in a plastic zip-style bag (one heart per bag).

Game Play: Give each child a bag with heart pieces. Have the children take out their heart pieces and construct their heart (mend the broken heart).

Valentine's Day Books

Valentine's Day Fun!
 by Rosemary Wells

Happy Valentine's Day, Mouse!
 by Laura Numeroff

Puppy Love
 by Lisa Eisenberg

Congratulations

Janet Newmyer of Wilber 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 Ellen Simpson of Grand Island 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*.