

## TIPS FOR A HEALTHIER NEW YEAR

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**Family Service  
Child Care Food Program**

**Prevent violence by setting good examples**—Demonstrate and teach displays of affection, attention, approval, and how to say 'I'm sorry' and how to ask for, give and accept forgiveness.

**Make sure immunizations are up to date**—Review your child's immunization record with your pediatrician. Make sure your child is current on recommended immunizations.

**Provide your child with a tobacco-free environment**—Second-hand tobacco smoke increases ear infections, chest infections and even Sudden Infant Death Syndrome.

**Read to your child every day**—Start by the age of 6 months. Reading to children shows them the importance of communication and motivates them to become readers.

**Practice "safety on wheels"**—Make sure everyone in the car is buckled up for every ride, with children in the back seat in age-appropriate child safety seats. All bikers, skaters and skateboarders should wear helmets and other appropriate sports gear.

**Do a "childproofing" survey of your home**—A child's-eye view home survey should systematically go from room to room, removing all the "booby traps" that await the curious toddler or preschooler. Think of poisons, small objects, sharp edges, knives and firearms, and places to fall.

**Monitor your children's media**—Monitor what your children see and hear on television, in movies, and in music.

**Pay attention to nutrition**—Nutrition makes a big difference in how kids grow, develop and learn. Good nutrition is a matter of balance. Provide foods from several food groups at each meal.

**Be involved in your child's school and your child's education**—Visit your child's school, and find out how parents can help.

**Make your children feel loved and important**—Recognize every effort and increment of 'progress' or 'improvement' they make; don't compare siblings; understand your child's behaviors and emotions; recognize 'hidden agendas' like acting up, may be a cry for attention and help; not doing homework may be a sign of distraction or learning problems.



January 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 <sub>31</sub>	25	26	27	28	29	30

# Mark This Date

## KEEP IN MIND

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

**JANUARY 22nd**  
Last day late DECEMBER and NOVEMBER  
claims will be accepted.

**JANUARY 19th**  
CCFP checks should be mailed.

**JANUARY 20th**  
Direct Deposit should be transferred.

Family Service CCFP and  
the Resource Library will be closed  
on Thursday, December 31st and  
Friday, January 1st in observance of  
the New Year's holiday.



## BUILDING TOMORROW CLASS SCHEDULE

**BODY IMAGE & FOOD ATTITUDES**  
*\*(CC AREA: Health, Safety, & Nutrition)*  
January 14, 2010 ■ 7:00 p.m. - 8:30 p.m.  
Cost is FREE.

**CHILD ABUSE & NEGLECT:  
IT COULD HAPPEN TO YOU**  
*(CC AREAS: Health, Safety, & Nutrition and also  
Administration, Program Planning & Development)*  
January 21, 2010 ■ 7:00 p.m. - 9:00 p.m.  
Cost is \$5.00.  
FREE to Family Service CCFP participants.

**CPR/FIRST AID**  
*\*(CC AREA: Health, Safety, & Nutrition)*  
January 23, 2010 ■ 8:30 a.m. - 4:30 p.m.  
Cost is \$40.00.  
Pre-registration is required.

**JOURNEY INTO FAMILY CHILD CARE**  
*\*(CC AREA: Administration, Program Planning  
& Development)*  
January 28, 2010 ■ 7:00 p.m. - 9:00 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)*

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

450035

*Danielle Christian* of Grand Island  
*Jeanne Ducker* of Loup City  
*Erica Ivory* of Lincoln  
*Jessica Jeannoutot* of Bloomfield  
*Gina Kaiser* of Grand Island  
*Danielle Klein* of Wayne  
*Emily Kottwitz* of Lincoln  
*Melody Llewellyn* of Norfolk

*Deborah McNear* of Omaha  
*Lindsey Palensky* of David City  
*Tricia Paprocki* of Clarkson  
*Daniell Potts* of Crofton  
*Justin Sykes* of Omaha  
*Amy Turner* of Omaha  
*Khadijah Watkins* of Lincoln  
*Melanie Zoderu* of Omaha

# CCFP UPDATES & REMINDERS

## Non-Participating Children

Please keep in mind that ALL children that attend your child care must be enrolled on the CACFP and claimed when they are in attendance. However, non-participating children are not eligible for reimbursement.

## Client Satisfaction Survey

Please take a minute to complete the survey inserted in this newsletter and **return it to the Lincoln office by February 15, 2010.** Your feedback is important to us, so we can learn how to serve you better. Thank you!

## New Year's Day Child Care

If you will be providing child care on New Year's Day (January 1, 2010), please indicate on your claim that you are open on the holiday. This is noted on the bottom of the Claim Information Form for paper claims or on the Provider Calendar for *WebKids* users.

## 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., Winter Break) and the date(s). Providers that utilize *WebKids* must enter this information under the Child Calendar.



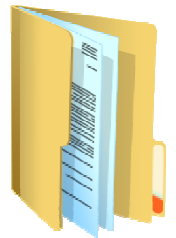
## Workshop Registration

Please be sure to pre-register for nutrition workshops in your area. Weather conditions or illness may require us to cancel or postpone a workshop. When you register, it helps us know who to contact in case of any changes. If you ever have any questions regarding a workshop, feel free to contact our office or your Consultant.



## Check & Direct Deposit Information

Your CCFP Check Stubs or Direct Deposit Slips are vital tax documents. It is very important that you save these documents each month because Family Service does not provide you a year end total of your reimbursement. CCFP reimbursement is considered income and must be reported when you are filing your taxes. If you are ever audited by the IRS, they will want to see each individual month's check stubs or direct deposit information. Start a file NOW for your 2010 check stubs or direct deposit slips. For additional record keeping tips, contact Vicky in our Lincoln office.



## Upcoming Inservice



**"Eat Well for Le\$\$"**

Atkinson, NE • January 21, 2009

Watch your mail for more information on this upcoming training opportunity.

<b>2009 TAX WORKBOOK</b>	<b>2009 TAX Companion</b>
<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
<b>\$ 20.25 Total</b>	<b>\$19.32 Total</b>
<b>Order Yours TODAY!</b>	
Name: _____	
Address: _____	
City: _____ State: <u>NE</u> Zip: _____	
Phone: (     ) _____	
<b>Please make check payable to: Family Service.</b>	

# Food For Thought

by Darlene Bantam, DTR

## Pass the Peas, Not the Germs: Safe Family-Style Meals

Young children benefit when meals are served family-style. They learn independence, cooperation, how to make decisions, and table manners. Family-style meals also help children develop fine motor, communication, and self-help skills.

Family-style meals offer childcare providers an opportunity to observe and assess many areas of a child's development in the context of a daily routine. During one meal, you may note everything from one child's aversion to certain food textures to another child's challenges with communicating with others at the table.

### Safety and Family-style Meal Service—

According to the National Food Service Management Institute, family-style meals are best served on child-size tables set with sturdy plates and utensils. Children serve themselves from small containers that are passed around the table and may pour beverages from small pitchers. The family-style meal begins with table setting, extends through the food preparation and self-serve stages, and ends with a cleanup. One challenge associated with family-style meals in childcare is sanitation. Passing and serving food can produce a potential germ-spreading situation. To keep germ transmission at a minimum during family-style meals, establish routines for washing hands; use effective supervision techniques; define rules for sharing food and setting a table; and institute procedures for cleanup and sanitizing.

**Handwashing**—Effective handwashing is one of the most important steps in controlling the spread of germs. This is particularly true when children are touching and eating food. Recommendations from Caring for Our Children: National Health and Safety Performance Standards state that children and adults should wash their hands in running water that is a comfortable temperature (less than 120°F).

Hands should be lathered with soap, preferably liquid soap, and thoroughly rubbed for at least 20 seconds. After washing, rinse until soap and dirt are removed, and use a disposable paper towel for drying.

Adults should model appropriate handwashing procedures. Ensure that children and adults wash their hands before setting the table or serving food, before eating, and after cleanup.

**Sharing and Supervision During Family-style Meals**—One of the skills young children learn from family-style meals is to eat their food and leave their neighbor's food alone. It is ironic that children who adamantly refuse to share toys may happily share food, plates, and utensils. Unfortunately, sharing food at the table also can spread germs and illness.

It takes time and practice for young children to learn to distinguish between "good sharing" with toys and "germ sharing" with food. Use lots of practice, modeling, and gentle reminders to help children understand and establish sharing boundaries at the table.

To keep children (and staff) from becoming overwhelmed, introduce family-style meals gradually if you have not served meals in this fashion before. You might initially serve only one component of the meal family-style, beginning with the component that is easiest to divide. For example, serve bread or rolls and let each child use serving tongs to take a portion.

Gradually introduce new serving utensils, such as tongs and large spoons, and demonstrate how to use them. Each time a new step or skill is introduced, demonstrate the correct and safe way to proceed. Encourage practice and skill development by including similar items in pretend play areas. Use "teachable moments" in the dramatic play center to introduce serving and family-style table skills. Adult supervision and reminders will help children remember to avoid "tasting" the play food.

Supervision also is essential to prevent contamination of serving utensils. For example, if a large spoon is used to serve a favorite food, like applesauce, remind children to place it back in the same serving bowl after they have served themselves. Assist children as they develop the necessary skills and strength to serve and pass foods.

Effective supervision is the key to incorporating family-style meals that teach children new skills and prevent the spread of germs. Position yourself to observe and provide assistance as children are serving, passing, and eating food. The Caring for Our Children standards recommend that adults be located at the table with the children or within arms' reach of the dining table.

**Setting a Safe Family-style Table**—When children are seated at appropriately-sized dining furniture, they are more comfortable and are better able to manage serving themselves. This results in fewer spills and less chance of cross-contamination. Tables at children's waist to mid-chest height with chairs that allow children's feet to rest comfortably on a firm surface while they eat are most comfortable.

Choose tableware with surfaces that are smooth and free of chips or cracks. Paper or plastic tableware should be used only once and then discarded. Styrofoam is not recommended for children less than four years of age because it may present a choking risk (Caring for Our Children). Napkins, paper place mats, or tablecloths that are designed for single use should be used only once.

Washable table linens, such as place mats or tablecloths, should be laundered and sanitized after each meal. All items used in food service, including tableware and utensils, should be washed, rinsed, and sanitized after each meal. Typically, tables are used for other purposes throughout the day, such as art projects; so tables should be washed, rinsed, and sanitized just before and immediately after the meal.

**Ending the Meal Safely**—There is a high risk for cross-contamination if leftovers are not handled properly after a family-style meal. There is a good chance that foods in serving bowls, platters, and pitchers have been contaminated.

The Caring for Our Children recommendation is that food which has been served (i.e., placed on the table and accessible to the children) should be discarded. Food that has not been served and is not contaminated should be tightly covered, refrigerated immediately, and used within 24 hours.

The final step of the family-style meal is to dispose of garbage to control odors, pests, and contamination. Caring for our Children recommends that meal waste be removed from the kitchen every day and kept in containers out of children's reach. Garbage containers should be labeled and covered with a fitted lid.

\*Credit: Marna Holland, Parent Educator, Asheville City Schools Preschool, Asheville, NC [www.healthychild.net](http://www.healthychild.net)

## This New Year, be realistic - with yourself

For 2010, do yourself a favor and make your resolutions realistic. Resolve to do something you really can carry out.

Don't resolve to completely give up certain foods that you enjoy or vow to achieve unrealistic levels of exercise. If you fall short of unreasonable goals, you'll feel like you've failed when that's not actually the case.

Resolve to develop an eating and exercise plan that you can follow. Assess your eating habits, including what and how much you eat. Check your list against the Food Guide Pyramid to determine where you need to make changes.

Then, make a plan that involves one small change per week: switch from whole milk to 2% or add one serving of fruit or vegetables to your diet each day, gradually working up to at least five a day.

Plan and make achievable changes in your eating plan and levels of physical activity, and you'll have a much better chance of keeping your resolutions.

*\*Source:* American Dietetic Association



## Honey-Baked Bananas

- 1 lb. firm bananas, sliced
- 2 T. margarine, melted
- 2 tsp. honey
- 1 T. brown sugar
- ½ tsp. lemon juice

Place bananas in a greased baking dish. Combine margarine, honey, sugar, and lemon juice; drizzle over bananas. Bake, uncovered at 350°F for 10-12 minutes or until heated through.

*Yield:* 3 servings at snack

*Serving Size:* ½ cup at snack

*Meal Component (MM#):* ½ cup fruit (04) at snack

*Snack Menu Suggestion:* Honey-Baked Bananas and Milk

## Cheesy Corn & Chicken Turnovers

- 1 (15 oz.) pkg. refrigerated unbaked piecrusts (2 crusts)
- 1 (11 oz.) can corn, drained
- 2 C. chopped cooked chicken
- 1 C. (4 oz.) shredded cheddar cheese
- 1 (10¾ oz.) can any condensed creamed soup, undiluted

Remove piecrust from refrigerator and allow to reach room temperature. In a medium bowl, combine corn, chicken, cheese, and soup. Unfold piecrusts; on a lightly floured surface, roll each pie crust into a 13-inch circle. Cut each piecrust into 4 wedges. Spoon about ½ cup chicken mixture along one straight side of each piecrust wedge, about ¾-inch from the edge. Brush edge of piecrust with a little water. Fold other straight edge over the filling. Seal with a fork. Prick the top of pastry several times with a fork. Repeat with remaining pastry and filling. Place turnovers on a large greased baking sheet. Bake at 400°F for 15 minutes or until golden brown.

*Yield:* 8 servings

*Serving Size:* 1 turnover

*Meal Component (MM#):* 1½ oz. meat/meat alternate (33), grain/bread (41)

*Lunch/Supper Menu Suggestion:* Cheesy Corn & Chicken Turnovers, Carrots, Grapes, and Milk

## Creditable Note

Dessert type snacks are primarily sweet dessert items that may be served only at snack time on the CACFP. These foods include cookies, cakes, cupcakes, cereal bars (i.e., *Rice Krispie Treats*), cobblers, crisps, brownies, fruit pies, etc. It is recommended that these dessert type snacks be served no more than 2 times per week.



# Business Basics

by Vicky Heyen

## Getting Unstuck

Do you feel you are stuck in a rut with work, financial problems, habits, etc.? Jessica Seck Marquis in her article "Diagnosing Stuckness" in **Going Bonkers** (December 2009 [gobonkers.com](http://gobonkers.com)) has a few suggestions for getting unstuck...

- ♦ **Set a goal.** Make it SMART (specific, measurable, attainable, realistic, and timely) so you can achieve it.
- ♦ **Shimmy and shake.** Creativity flows when the body moves, so initiate some exercise that gets you up, out, and invigorated.
- ♦ **Dream.** Fear keeps people from thinking that there is something better out there. Banish that fear, and let yourself imagine the possibilities you have been keeping at a distance. Envision what it would be like not to be shackled to your current obligations and habits.

Get unstuck and enjoy 2010!

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## STOP

STOP illegal unlicensed child care providers. Nebraska law requires any individual who provides child care to four or more children from different families at any one time to become licensed.

Contact Child Care Licensing  
at:  
1-800-600-1289

## Child Care DOUBLES TV Time for some Children

Think you know how much television your child is watching while you're at work? If you're not taking the time they spend in child care into account, you may be way off, according to a U.S. study.

Researchers from the University of Washington in Seattle found that on average children at center-based programs watch an average of about 0.4 hours of television a day, while those in home-based programs watch 2.4 hours a day.

These were the findings of a telephone survey of 168 child care programs in Michigan, Washington, Florida and Massachusetts conducted by Dimitri Christakis and Michelle Garrison with the study published in the journal *Pediatrics*.

"For some children, (child care) doubles their screen time," Christakis told Reuters Health.

Previous studies based on parents' reports of their children's TV watching have estimated that at home, children watch up to two-and-a-half hours of television a day.

That means some children are watching 5 hours of television a day, according to Christakis - nearly half of their waking hours. Of the amount of time children in day care spend in front of the television, Christakis said: "I don't think most parents are aware."

The researchers said that regardless of what children are viewing, studies have shown that watching television can slow language development, shorten attention span, decrease cognitive development, and contribute to obesity.

Televisions are common in a child care setting with 70 percent of home-based programs in the study using televisions with preschoolers, and 36 percent of center-based programs.

Christakis told Reuters Health that in 1970, on average, children began watching TV at four years of age, and watched less than one hour a day. Today, children begin watching at four months of age, and may be watching up to four to five hours a day.

The American Academy of Pediatrics recommends that children over two years of age watch no more than two hours of television daily.

\* Credit: Reuters Life, November 2009

## **Administrative Review (Termination Appeal Procedure)**

All day care homes that have been given notice of intent to terminate for cause have the right to request an administrative review. An administrative review is a process by which an impartial Hearing Officer reviews information provided by the sponsor and the day care home to determine if the sponsor procedures were followed and within the Federal and State laws, regulations, policies and procedures governing the CACFP. The procedure for administrative review follows:

1. FSCCFP shall notify the provider in writing of its intent to terminate the provider's participation along with a summary of the basis for the action. FSCCFP shall send termination notices to the provider by certified mail.
2. If this notice is undeliverable, it is considered to be received by the day care home five days after being sent to the addressee's last known mailing address.
3. If the provider wishes to appeal the proposed termination, he/she shall have no more than seven (7) calendar days from receipt of the termination notice to submit a written request for an administrative review, day 1 being the date you receive the notice.

Review of the record shall mean the provider has the opportunity to refute the proposed termination in writing. The provider submits written information to the Hearing Officer. The Hearing Officer then reviews the written records.

4. Failure to submit a review request within the allotted time or failure to respond to the notice shall result in FSCCFP terminating the provider. The effective date of the termination would then be the date the opportunity to request an administrative review expired (day 7). Any provider seeking to voluntarily terminate their agreement after the notice of intent to terminate has been received will be terminated for cause and placed on the National Disqualified list.
5. If the provider makes a timely request for a administrative review, FSCCFP shall notify the provider of the date and time for the review of the record. The review of the record shall be no more than twenty-eight (28) calendar days following receipt of the request unless both parties agree to an extension.
6. The provider may continue to participate and receive reimbursement for valid and eligible meals served until their administrative review is concluded. If FSCCFP has determined that continued participation in the program would pose an imminent danger to the health or welfare of children, the provider would not be allowed to continue his/her participation and will be so notified.
7. FSCCFP shall appoint a person to conduct the record review. This person shall be known as the Hearing Officer. The Hearing Officer shall not be a staff member of the Child and Adult Care Food Program, but may be an employee of Family Service. He/She must not have been involved in the action that is the subject of the administrative review or have a direct personal or financial interest in the outcome of the administrative review.
8. A provider may retain legal counsel, or may be represented by another person.
9. **REVIEW OF THE RECORD Format:** The provider shall furnish the Hearing Officer any written documentation they wish to have included in the review of the record at least fourteen (14) calendar days before the record review. FSCCFP shall furnish the Hearing Officer with all the written documentation for review at least fourteen (14) calendar days before the record review. The Hearing Officer has the discretion to exclude from evidence any documentation not submitted prior to the designated date.
10. The Hearing Officer shall make the final determination regarding the proposed termination. The Hearing Officer shall state such determination in a written report, which is mailed to the provider. This determination shall be no more than seven (7) calendar days following the hearing or record review date. The report shall contain a summary of the review of the record. The report shall also contain a summary of the arguments made both for and against termination. If the Hearing Officer upholds the proposed termination, the effective date of the termination shall be immediate and coincide with the date of the final report.

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

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Permit #596

## Handwashing Activities

**Finger Puppets:** Gather different types of finger puppets or let children construct some finger puppets out of construction paper. Explain to the children that the finger puppets are to represent germs. Have each child show his/her puppet(s) to the class, describing its characteristics. When they have finished, have them rub their hands

### Snowball Soap

Get some Ivory bar soap and soak it in water over night, then break it into halves. Give it to the children to mold like modeling clay into a snowball. When it dries it flakes up like a real snowball. You can put it into a sandwich bag to send home with a poem that reads:

*My snowball soap,  
I made it just for you.  
To help me learn about Winter,  
And keep my hands clean too!*

### Books to Share

Show Jo How to Wash Your Hands  
by *Charlie Buckley*

Germs on Their Fingers  
by *Wendy Wakefield Ferrin*

Wash Your Hands!  
by *Tony Ross*

Does a Pig Flush?  
by *Fred Ehrlich*

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**Congratulations  
Teri Young  
of Kearney**

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 Gloria Green of Hastings for finding her provider number in the **November** 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 **March** issue of the *Child Care Outreach*.