



Child Care OUTREACH

Volume XVIII

July 2010

Issue 7

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Family Service
Child Care Food Program

12 Reflections for a Child Care Provider

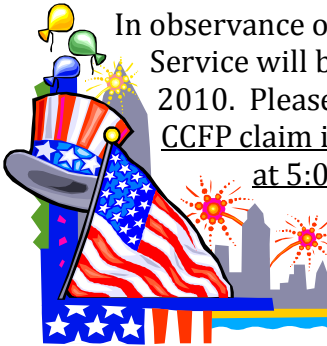
by Rebecca Christian

-
- 1. If you can accept, encourage, teach, and inspire, you can care for children.*
 - 2. I don't do this for the money, so it must be for love.*
 - 3. When my kids become wild and unruly, I use a nice, safe playpen. When they're finished I climb out. (Erma Bombeck)*
 - 4. If you're torn between becoming a psychologist, coach, nurse, bookkeeper, or teacher, become a child care provider. You'll be all five.*
 - 5. Child care providers have discovered the secret of youth: to see life through the eyes of a child.*
 - 6. Just for today, let's eat dessert first!*
 - 7. If music soothes the savage beast, let's see what it will do for these antsy children.*
 - 8. I think I need glasses for the eyes in the back of my head.*
 - 9. Child care can be a great pleasure or a dreadful burden. It's my approach that makes the difference.*
 - 10. Child care isn't hard-- unless you're doing it right. 021246*
 - 11. Mama wasn't kidding when she said there'd be days like this!*
 - 12. It's okay to run out of peanut butter, but never out of hugs.*

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

| July 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 Independence Day, Family Service will be closed Monday, July 5, 2010. Please keep in mind, your June CCFP claim is due in our office on the 4th at 5:00 p.m. Any claims received after July 4th will be processed as a LATE claim which will delay your reimbursement.

KEEP IN MIND

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

JULY 23rd
Last day late **JUNE** and **MAY**
claims will be accepted.

JULY 19th
CCFP checks should be mailed.

JULY 20th
Direct Deposit should be transferred.

- ☆ ☆ ☆ ☆ ☆ ☆ ☆ ☆ ☆ ☆ ☆ ☆ ☆ ☆
- ☆ **BUILDING TOMORROW** ☆
- ☆ **CLASS SCHEDULE** ☆
- ☆ ☆ ☆ ☆ ☆ ☆ ☆ ☆ ☆ ☆ ☆ ☆ ☆ ☆
- ☆ **CONTRACTS & POLICIES** ☆
- ☆ **(CC AREA: Administration, Program Planning, & Development)* ☆
- ☆ **July 8, 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)* ☆
- ☆ **July 17, 2010 ■ 8:30 a.m. - 4:30 p.m.** ☆
- ☆ **Cost is \$40.00.** ☆
- ☆ **Pre-registration is required.** ☆
- ☆ ----- ☆
- ☆ **THE HAPPIEST BABY ON THE BLOCK** ☆
- ☆ **(CC AREA: Child Growth & Development)* ☆
- ☆ **July 22, 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)* ☆
- ☆ ☆ ☆ ☆ ☆ ☆ ☆ ☆ ☆ ☆ ☆ ☆ ☆ ☆

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

- Linda Abney* of Cedar Bluffs
- Elizabeth Aldrich* of Plainview
- Sheila Arlt* of Humphrey
- Donna Bockoven* of Lincoln
- Charisse Brown* of Lincoln
- Terissa (Teri) Brown* of Grand Island
- Charity Bugge* of Omaha
- Kim Dempewolf* of Central City
- Patricia Depalma* of Lincoln
- Kimberly Harris* of Omaha
- Elizabeth Kuet* of Omaha

- Deanna Lawhorne* of Grand Island
- Lindsay Miller* of Grand Island
- Everesto Musekiwa* of Omaha
- Starr Newton* of Omaha
- Christina O'Neal* of North Platte
- Robin Roberts* of Lincoln
- Heather Simpson* of Minden
- Kara Thomas* of Omaha
- Hollie Urbauer* of Lincoln
- Trisha Weeth* of Curtis

CCFP UPDATES & REMINDERS

Upcoming Inservices



“Eat Well for Le\$\$”

Fairbury, NE • July 13, 2010

Watch your mail for more information on upcoming training opportunities.

Homes Collecting Mixed Tier

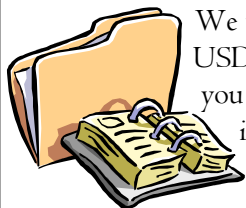
Rates: Applications completed and submitted by parents are effective for 12 months/1 year. If you are collecting mixed tier rates, many of the qualifying applications received last summer will be expiring. Currently the United States Department of Agriculture (USDA) has issued a delay in releasing the 2010/2011 income guidelines effective July 1, 2010 due to legislative action. Further legislative action to delay issuance of updated income guidelines is possible. Federal regulations require that we maintain the confidentiality of applications returned. These regulations prohibit us from releasing any information about the parent applications we currently have on file. If you have any questions please feel free to contact the office.



USDA has extended the use of the Fiscal Year 2010 Income Eligibility Guidelines for making income determination until further notice. If you are currently receiving Tier 2 rates and believe that your household meets the guidelines, please contact our office for an Income Eligibility Application and information on how to apply for Tier I rates.

Successful Home Visits: Beginning October 2010, please have the following records ready for your Consultant to review:

1. Current month's menu and attendance
2. Previous 12 months' menu and attendance
3. Enrollments for the children claimed on your menus for the current and previous 12 months



We want you to be successful in meeting USDA's record retention requirements. If you are missing any of the above listed items, contact our office immediately so we can help.

Management Training Program

12 Module Series includes:

child care management, partnership with families, child development, health & safety, business practices, etc.

This great training opportunity meets the 2nd and 4th Tuesday of every month in Lincoln at Family Service (501 South 7th Street—Lower Level).

September 28, 2010—April 12, 2011

6:30 p.m.—10:00 p.m.

**Cost is \$195.

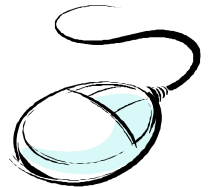
****You may be able to receive a reimbursement of \$150 from Health and Human Services if you meet the requirements.**

Contact Pam Dolberg
at (402) 423-6219 for more information.

Provider Handbook: The Provider Handbook that you received from Family Service CCFP contains vital information regarding your participation on this program. It explains what the Food Program is all about and is a valuable resource to you. Please read through all the materials included carefully and refer back to it often. Understanding the rules and regulations of the program will save you time and money.

WebKids Providers Check for Updates: It is important to do the *WebKids* updates on a regular basis; we recommend that it be done at least monthly. Follow these steps to update your *WebKids* program:

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



Doing these simple steps will keep your program running smoothly and make sure you have the most current information available. 420067

Holiday Care: Please keep in mind that we no longer accept claims for meals served on holidays, such as Independence Day. If you claim meals served on July 4th you will receive an error message on your Claim Error Report.

Food For Thought

by Darlene Bantam, DTR

Avoid the No-Thank-You Bite

Some adults in early childhood programs require children to take at least one bite of each food offered. They do this for the right reasons...they want the child to eat a variety of nourishing food. But the one bite strategy is the wrong one. Rather than learning to choose and eat a variety of food, the children eat because someone else makes them.



Many foods are unfamiliar to children, and some foods are truly disliked. Learning to eat a variety of food requires exposure to a variety of foods. Here are some ways to help children accept a variety of food without forcing them to eat an unwanted bite:

- Give food a name, as you model eating the food. 090426
- Talk to the children about the texture, taste, shape, and smell of the food.
- Use vocabulary that is familiar to the children as you describe how the food is similar to something they already know.
- Help children place the food into an already familiar category such as vegetable, meat, crisp, sweet, smooth, "like rice."
- Offer the food many times so children can become comfortable with the appearance, smell, and taste of the food.

Forcing children to eat does not work in the long run. Avoid using one-bite rules. Take advantage of the many positive ways to expose children to foods without the force, pressure, and negativity.

*Credit: Child Care Mealtime & Active Play Partnerships

Healthy Portion Sizes

Are we setting up our children for a lifetime of weight problems and unhealthy eating by serving them inappropriately large portion sizes?

Maybe, according to recent research.

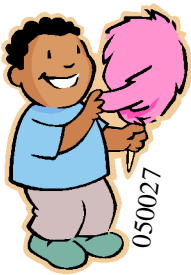
When given large portions of lunch components that exceeded the USDA recommended serving sizes, 5- and 6-year olds ate more of all items than when they were served recommended portion sizes. 3 1/2 year old children ate similar amounts no matter what portion size they were offered. It appears that very young children eat the amount of food needed to satisfy their hunger, then stop. As they get older, children seem to start ignoring their internal hunger cues and eat according to other influences, such as the amount of food offered to them. Nutrition experts think that serving children larger than recommended portion sizes encourages them to eat more than is necessary and may be an important piece of the growing childhood obesity puzzle. CACFP portion sizes are based on the amount of food required for normal growth of children at different stages of development. Providers must always serve at least the minimum portion size of each meal pattern component. If a child is still hungry after finishing the first serving, offer additional food rather than serving very large portions initially.

**Adapted from Health A to Z*

What is the best way to thaw ground beef?

The best way to safely thaw ground beef is in the refrigerator. Keeping meat cold while it is defrosting is essential to prevent growth of bacteria. Once thawed cook it within 1 or 2 days. To defrost ground beef more rapidly, you can defrost in the microwave oven or in cold water. If using the microwave, cook the ground beef immediately because some areas may begin to cook during the defrosting. To defrost in cold water, put the meat in a watertight plastic bag and submerge. Change the water every 30 minutes. Cook immediately. Do not refreeze ground meat thawed in cold water or in the microwave oven.

*Source: USDA Food and Safety Inspection Service



Sweet Kids? Many worry that their kids are consuming too much sugar—and in the summer it seems to peak. Research confirms that parents are right to be concerned: The average child takes in about 34 teaspoons of sugar, approximately 500 calories worth, in a typical day! Meanwhile, the American Heart Association recommends no more than 6 1/2 teaspoons, or 100 calories. If you're up to trying to cut your kids' intake—while avoiding an uprising—start slowly and don't make a big deal about it. These strategies will help.

→ **Do the math.** To figure out the number of calories that come from sugar in a serving of food, check the nutrition label. Take the number of grams of sugar in a single serving and multiply it by 4 (there are 4 calories in every gram). For instance, if a product has 15 sugar grams that means 60 calories are from sugar alone (15x4=60).

→ **Offer smart snacks.** Most kids spend much of the day trolling for something to eat. Aim to provide options that will override

cravings for sweets. 030094 Unprocessed foods like peanut butter and whole-grain crackers are best, but also try string cheese, dried fruit, fresh produce, and mixed nuts.

→ **Rethink drinks.** Soda and other sugar-sweetened beverages are major culprits in over-the-top sugar consumption. Instead, offer milk, 100% juices and don't forget WATER!

→ **Focus on fruit.** It's okay to get sugar from fruit because fresh

produce pack lots of vitamins, minerals, and fiber. For dessert, try sliced mango, frozen banana slices and grapes, or peaches drizzled with vanilla yogurt. Blueberries are at their peak right now so whip up a smoothie with them.

→ **Learn the names.** Sugar has many names. No matter what you call it—maltose, sucrose, high fructose corn syrup, molasses, cane sugar, corn sweetener, raw sugar, syrup, or honey—it's still sugar.

Grilled Veggie Bundle

- 1/2 lb. medium fresh mushrooms
- 1/2 lb. cherry tomatoes
- 1 C. sliced zucchini
- 1 T. olive oil
- 1 T. butter, melted
- 1/2 tsp. salt
- 1/2 tsp. onion powder
- 1/2 tsp. Italian seasoning
- 1/8 tsp. garlic powder
- dash of ground black pepper



Place mushrooms, tomatoes and zucchini on a double thickness of heavy-duty foil (about an 18-inch square). Combine the remaining ingredients; drizzle over vegetables. Fold the foil around vegetables and seal tightly. Grill, covered, over medium heat for 20-25 minutes or until tender. Carefully remove foil to allow steam to escape.

Yield: 12 servings
Serving Size: 1/4 cup
Meal Component (MM#): 1/4 cup vegetable (186)

Lunch/Supper Menu Suggestion: Grilled Fish, Brown Rice, Grilled Veggie Bundle, Watermelon, and Milk

Creditable Note: Commercial ravioli, such as Canned, dried or frozen, are Creditable on the CCFP. However, only the pasta portion is Creditable as a grain/bread. The ravioli filling, whether it is "cheese" or "meat", has no standard of identity and CANNOT be credited as a meat/meat alternate.



Zesty Mustard Grilled Chicken

- 1/2 C. prepared mustard
- 1/2 C. honey
- 1 T. salt-free seasoning blend
- 1 T. Worcestershire sauce
- 1 (3 lb.) whole broiler/fryer chicken, cut in half

In a small bowl, combine the first four ingredients. Carefully loosen the skin of the chicken; spoon some of the mustard sauce under the skin. Coat grill rack with cooking spray before starting the grill. Place chicken skin side up on grill rack. Grill, covered, over indirect medium heat for 20 minutes on each side or until juices run clear, basting occasionally with remaining mustard sauce. Remove chicken skin; cut into serving-size pieces.

Yield: 14 servings • *Serving Size:* 1 1/2 oz. chicken
Meal Component (MM#): 1 1/2 oz. meat/meat alternate (33)

Lunch/Supper Menu Suggestion: Zesty Mustard Grilled Chicken, Flat Bread, Baked Beans, Pineapple, and Milk

THIS, THAT, & MORE!

by Vicky Heyen

Did you Know THIS about Peaches?

- Georgia produces 2 1/2 billion bushels of peaches a year.
- Peaches are the second largest commercial fruit crop in the United States right behind apples.
- The United States produces one-quarter of all the peaches in the world.
- A nectarine and a peach have identical genes except for one.

NUTRITION Peaches are an excellent source of immune-boosting vitamin C, vitamin A, folate, phosphorous, magnesium, calcium and antioxidants. They are a mild laxative, and beneficial for those on low-salt diets or with high cholesterol, and good for combating anemia and fatigue. Each peach contains just 58 calories.

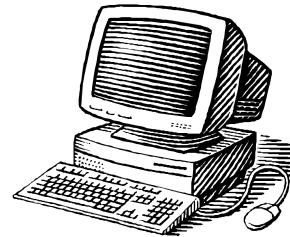
SELECTION Avoid peaches with wrinkled or bruised skin. To choose the perfect peach, gently squeeze to test for firmness-it shouldn't yield too much to the pressure. Don't select peaches that are rock hard. Smell peaches to determine sweetness; peaches become softer and juicier with age, but do not increase in sweetness after harvest.

STORAGE To soften firm peaches, store them at room temperature for a few days. To speed the ripening process, place peaches in a paper bag. Refrigerate ripe peaches for no more than five days, and use overripe peaches immediately.

Peaches fuzzy skin is a turn-off to some people. Like most fruits and vegetables, the skin is where vitamins and minerals are concentrated. Enjoy the whole fruit.



Did you know **THAT** in WebKIDS you can enter the day school starts in your area **now** on your Manage Child Calendar? School vacations were added for the months of June and July by Family Service since we know there are no or very few schools opened those months in Nebraska. School districts might have different start dates in August, so we ask that you add the start date under Manage Child Calendar. Add your school vacation days in August and the day school will start in your area. You can do it now to beat the rush in August.



10 WAYS TO BEAT STRESS

1. Focus on the positive.
2. Eat a healthy diet.
3. Talk it out.
4. Make a "to-do" list.
5. Make time for yourself every day.
6. Try deep breathing.
7. Get enough sleep.
8. Get regular exercise.
9. Ask for help when you need it.
10. LAUGH, LAUGH, LAUGH!



Stress is a normal part of life-but it doesn't have to control you. Take charge of stress today!

A Week's Worth of Meal Ideas

| MEALS | Monday | Tuesday | Wednesday | Thursday | Friday |
|------------|---------------------|------------------------|----------------------|---------------------|----------------------|
| BREAK-FAST | Cold Cereal (32) | Pancakes (58) | Bagels (01) | Hot Cereal (33) | Waffles (58) |
| | Orange Juice (63) | Blueberries (06) | Apples (01) | Pineapple (30) | Strawberries (37) |
| | Milk | Milk | Milk | Milk | Milk |
| AM SNACK | Snack Crackers (43) | Muffins (104) | Cottage Cheese (77) | Granola Bars (53) | America Cheese (73) |
| | Grape Juice (60) | Kiwi (22) | Strawberries (37) | Apple Juice (52) | Apples (01) |
| LUNCH | Round Steak (16) | Beef Franks (01) | Ground Beef (02) | Ham (44) | Scrambled Eggs (102) |
| | Brown Rice (72) | Hot Dog Buns (16) | Lasagna Noodles (61) | Dinner Rolls (25) | Wheat Bread (30) |
| | Peas (222) | Mixed Vegetables (186) | Tomato Sauce (230) | Corn (167) | Carrots (163) |
| | Oranges (25) | Watermelon (41) | Applesauce (02) | Honeydew Melon (20) | Pears (28) |
| | Milk | Milk | Milk | Milk | Milk |
| PM SNACK | Yogurt (104) | Pretzels (68) | Peanut Butter (103) | *Peaches (27) | Snack Crackers (43) |
| | Raspberries (35) | *Fruit Salad (15) | Bananas (04) | Milk | Milk |

* See recipes below.

Fruit Salad

- 1 (21 oz.) can peach pie filling
- 1 lb. firm bananas, sliced
- 2 C. fresh strawberries
- 1 C. seedless grapes

Wash strawberries and grapes under running water and cut in fourths to prevent choking. Combine all ingredients in a bowl. Refrigerate until ready to serve.

Yields: 11 servings at snack

Serving Size: 2/3 cup at snack

Meal Component (MM#): 1/2 cup fruit (15) at snack

Snack Menu Suggestion: Fruit Salad, Pretzels, and Water

Peach Crisp



- 5 C. sliced, peeled peaches
- 4 T. sugar
- 1/2 C. oatmeal
- 1/2 C. packed brown sugar
- 1/4 C. all-purpose flour
- 1/4 tsp. cinnamon, ginger, or nutmeg
- 1/4 C. margarine

Place peaches in a greased 8x8-inch square baking dish. Stir in sugar; set aside. For topping, combine oatmeal, brown sugar, flour and spice (cinnamon, ginger, or nutmeg) in a mixing bowl. Cut in margarine until mixture resembles coarse crumbs and then sprinkle over peaches. Bake at 375° F for 30-35 minutes or until peaches are tender and topping is golden. Divide into 9 equal pieces.

Yields: 9 servings at snack

Serving Size: 1 piece at snack

Meal Component (MM#): 1/2 cup fruit (27) at snack

Snack Menu Suggestion: Peach Crisp and Milk

Did You Know...

...the phrase "you're a real peach" originated from the tradition of giving a peach to the friend you liked.



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

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Fourth of July Fun

Provide children with small flags or let them make their own. Then let them wave their flags and march as they recite the following poem:

Wave the Flag

(Tune: Row, Row, Row Your Boat)

Wave, wave, wave the flag,
Hold it very high.
Watch the colors gently wave,
Way up in the sky.

March, march, march around,
Hold the flag up high.
Wave, wave, wave the flag,
Way up in the sky.



Fourth of July: Firecracker, Firecracker, BOOM!

This Fourth of July kids game idea is a spin on the old favorite - Duck, Duck Goose. Have the kids sit in a circle. Choose one child to start. Instead of saying "Duck, Duck, Goose", the child says, "Firecracker, Firecracker, BOOM!" Then, play continues just as it would normally for the game. If the person who is "It" gets caught, they must now be "It." If they are not caught, the first person continues playing.

BLAST OFF

Let your children pretend to be rockets and crouch down near the floor. Tell them that it's time to count down for blast off. Then count backwards from 10 to 1 and shout "Blast Off". When the children hear the "Blast Off", have them jump as high as they can.



Congratulations

Jeanne Taylor of Waco, NE
for submitting your May claim before
June 4th. Submit your claim before the
4th of the month to be eligible to receive
a prize!

CONGRATULATIONS!

Congratulations Christy Worrel of Plainview for finding her provider number in the **May** 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 **September** issue of the *Child Care Outreach*.