



Child Care OUTREACH

Volume XVIII

March 2010

Issue 3

In this issue:

- Page 2 Calendar of Events
- Page 3 CCFP Updates & Reminders
- Page 4 Food For Thought
- Page 5 Recipes & More
- Page 6 Business Basics
- Page 7 Help Children Appreciate Diversity/Careful with the Car Seat
- Page 8 March is National Nutrition Month

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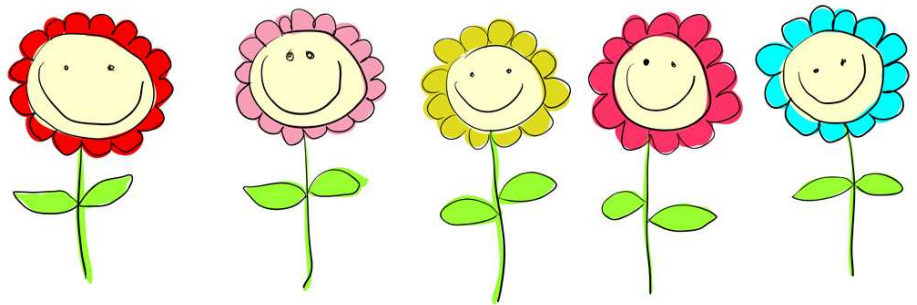
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~Children are like roses that thrive when loved and tended.

Roses can grow by themselves, but they may not really thrive. There may be weeds. They may never reach full bloom. They may have different plant diseases. They need the caring, loving touch of a gardener. You get to work in a garden every day. It is the garden of children. They need to be tended to grow straight and tall, to fully blossom. They need tending when they go off the path. They need to be checked regularly to make sure there is nothing interfering with their thriving. They need the sunshine and water and plant food of your caring.

by Child Behavior Expert, Dr. Maryln Appelbaum



Family Service
Child Care Food Program

March 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



Our office will be **CLOSED**
Thursday, March 18, 2010,
due to a staff training.

KEEP IN MIND

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

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

MARCH 17th
CCFP checks should be mailed.

MARCH 18th
Direct Deposit should be transferred.



Daylight saving time begins on Sunday, March 14, 2010.
Don't forget to set your clocks forward 1 hour.

180324

BUILDING TOMORROW CLASS SCHEDULE

STORY BAG MAKE & TAKE

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

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

Cost is \$5.00 for supplies.

=====

CPR/FIRST AID

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

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

Cost is \$40.00.

Pre-registration is required.

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NURTURING HEALTHY SEXUAL DEVELOPMENT

**(CC AREAS: Child Growth & Development)*

March 25, 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!

Brenda Albracht of David City
Laticia Ali of Hastings
Sharon Britain of Ralston
Sarah Burnside of Ogallala
Georgia Burton of Omaha
Lisa Burton of Lincoln
LaQuisha Copeland of Omaha
Susan Fegler of Wayne
Margaret Gregory of Bellevue
Tiffany Hardy of Danbury

Amy Keller of North Platte
Roger Lindell of Omaha
Tricia Lofing of Grand Island
Jena Lomasney of Aurora
Michelle Martinez (Babin) of Lincoln
Dawn McFadden of Purdum
Lindsay Mc McMillen of Omaha
Cheryl Meseraull of North Platte
Lolita Norrgard of Omaha
Monica Ramirez of Grand Island

Michele Randolph of Lexington
Christina Rozikov of Omaha
Brittany Sears of Ainsworth
Shawne Tabron of Omaha
Marty Teahon of Auburn
Constance Thomas of Columbus
Sherry Vieth of Bellevue
Melisa Wolf of Beatrice

CCFP UPDATES & REMINDERS

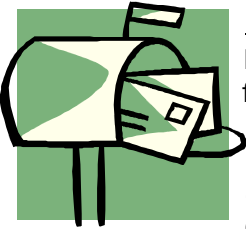
Offering Infant Formula is REQUIRED

USDA regulations require that providers must offer to supply at least one infant formula which meets CACFP requirements, to all infants in their care. Providers may not avoid this obligation by stating that the infant does NOT participate on the CACFP. Please indicate on the Child Enrollment Form the brand of formula you offered, and whether the formula was accepted or declined by the parent. If you do not offer to supply the same formula(s) to all the infants in your care, you could be declared Seriously Deficient which may result in termination from participating on the CACFP for seven (7) years or longer.



Emergency/Temporary Care

There may be circumstances beyond a parent's control which requires their child(ren) to continue to be in the provider's care for more than 24 consecutive hours. Such emergencies may be due to weather conditions or illness, however, a parent "called in" to work does NOT qualify as an emergency according to USDA definition. When such emergencies occur, the child(ren) may continue to be claimed by the provider for meals served to them for NO more than three (3) consecutive calendar days. When the child leaves for one day or a weekend, there must be a different emergency in order to claim an additional three (3) consecutive days. The provider must continue to abide by all other Federal, State and local licensing requirements. Please contact the office when emergency care is being provided so that it can be approved.



Incomplete Child Enrollment Forms

Before submitting Child Enrollment Forms to our office be sure all information is completed. The following information must be completed for each child on an enrollment; first & last name, child's normal days & hours of care, meals normally received while in care, ethnicity & race, phone number, address, parent/guardian signature, and dated within the month the child begins care. If any of this information is incomplete the form will be mailed back to you. We cannot enroll children if the form is incomplete or missing a parent signature.

32 Children Max

All the children you have enrolled in your care are listed on your Claim Information Form. The maximum number of children you may have enrolled at any one time is 32. If you already have 32 children enrolled and wish to enroll additional children, you must first remove some of the children you have enrolled. Keep in mind, when you remove a child, do not reassign and use that number within the same month.

Non-School Days

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., Spring Break) and the date(s). Do NOT use the section "List days closed" for non-school days; this section is only for listing the days your child care is closed.

Attention WebKids Users

There is a new section on *WebKids* called "Provider Menu Comments." Do NOT enter information in the "Provider Menu Comments" section that you want communicated to our office regarding your claim. We do NOT receive this information and it should only be used for your own information.

080497

Upcoming Inservices



"Eat Well for Le\$\$"

- Falls City, NE • March 2, 2010
- Beatrice, NE • March 8, 2010
- Ceresco, NE • March 11, 2010
- Aurora, NE • March 16, 2010
- Auburn, NE • March 18, 2010
- Norfolk, NE • March 23, 2010
- Clay Center, NE • March 25, 2010
- Wayne, NE • March 25, 2010
- Blair, NE • March 30, 2010

Upcoming Child Care Conferences

- West Point, NE • March 20, 2010
- McCook, NE • March 27, 2010

WINDOWS OF OPPORTUNITY

- Lincoln, NE • March 27, 2010

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

Food For Thought

by Darlene Bantam, DTR

Salt and Your Diet

Salt is important for normal body functions. However, too much is not good for you. The right amount of salt helps your body have normal blood pressure and nerve and muscle functions. Salt is made up of 40% sodium and 60% chloride.

Foods that may have high amounts of salt include: bread and bakery products, canned vegetables, pickled peppers, pickles, sauerkraut, and dairy products, especially cheeses. Popular snack foods, many convenience foods, such as soups, and frozen main dishes are also high in sodium. It is added to food during canning, freezing, or drying in the form of sodium phosphate, sodium nitrate, and monosodium glutamate on food packages. Finally, baking powder and baking soda also have high amounts of sodium.

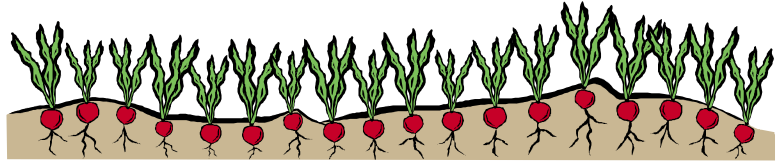
The National Research Council recommends $\frac{1}{2}$ to $1\frac{1}{2}$ teaspoons of salt per day.

- ◆ One way to control sodium intake is to read the label and then buy foods with less salt.
- ◆ Also, find hidden forms and names of sodium. Remember, ingredients on labels are listed with the ingredient in the greatest quantity first. Even if it says low salt, see how much sodium is in one serving.
- ◆ You can control the amount of salt that you add while cooking or at the table. A simple way to reduce sodium is to remove the saltshaker from the table and the stove.



When you cook, limit soy sauce, catsup, salad dressings, barbecue sauce, and salsas. They usually have high sodium levels. Also, avoid using high sodium seasonings such as bouillon cubes. Instead, experiment with spices and herbs as seasonings for your foods. For instance, try tamarind, cumin, pepper, cilantro, basil, thyme, bay leaves, oregano, or fresh garlic. There are also a variety of salt substitutes on the supermarket shelves. If you are under medical supervision, check with your doctor before you use these substitutes.

Spring Veggies



Often adults have to constantly hound children to eat their vegetables, which may be because many don't know how to make vegetables taste great. If you are struggling to get your children to eat more produce, try these no-fail strategies.

- Spring is the perfect time of year to try new vegetables. Try artichokes, asparagus, snap peas, and spinach—their flavors are at their peak. Try growing some of your own or find a local farmer's market.
- Sautéing is fast and delicious. Heat 2 tablespoons of olive oil in a large skillet with chopped garlic. Throw in spinach, broccoli, or green beans, and sauté for 5 to 10 minutes, until tender-crisp; season to taste.
- Find a way to sneak vegetables into every meal. Stir chopped peppers and onions or spinach into eggs for a veggie omelet. Slip sliced cucumbers into sandwiches. Set out baby carrots, cherry tomatoes, and sweet pepper strips with dip for snack. Serve green salads at dinner.
- Roast vegetables to bring out their sweetness. Cut firm veggies (such as cauliflower or sweet potatoes) into 2-inch pieces, toss with a little olive oil and salt. Spread on a baking sheet and bake at 425°F for 30 minutes, turning once, until done.
- Master a few vegetable-based main dishes like Eggplant Parmesan, 3-Bean Chili, or a Veggie Macaroni and Cheese. Trying going meatless at least one meal per week. Next best option; order a veggie-topped pizza.

Creditable Note: Commercial Individually Wrapped Cereal Bars

Q. What is the serving size of commercial individually wrapped cereal bars, such as *Kellogg's Rice Krispies Treats*[®], for a 1-5 year old at snack?

A. According to the CACFP Weight Table for Grains/Breads, the minimum serving size of cereal bars for 1-5 year olds at snack is 58 grams or 2 ounces. For example, one individually wrapped *Kellogg's Rice Krispies Treats*[®] bar weighs only 0.78 ounce (sold in a 8-count box). Therefore, a 1-5 year old would have to be served 2.56 individually wrapped bars at snack in order to satisfy the minimum grains/breads serving size at snack!!!



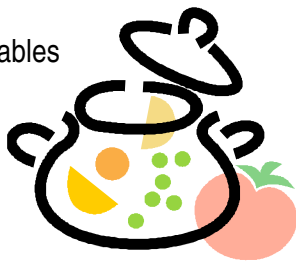
(Calculation: 2 ounces ÷ 0.78 ounce = 2.56 bars)

When foods such as the previous example require such a large serving to satisfy minimum serving requirements, it is best to avoid these foods or serve additional components at the meal/snack to satisfy CACFP meal pattern requirements.

**Please Note:* Family Service does not endorse any of the products mentioned or pictured in this newsletter.

Slow Cooker Vegetable Beef Stew

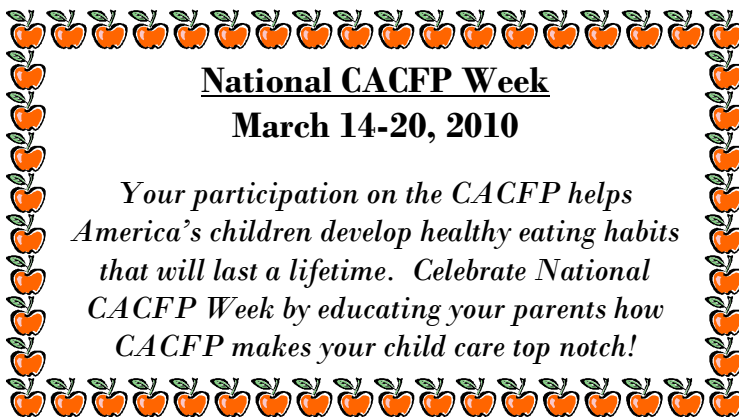
- 3 lb. cubed beef stew meat
- 2 C. water
- ¾ C. chopped onion
- 1 (28 oz.) can crushed tomatoes
- 1 (16 oz.) pkg. frozen mixed vegetables
- 2 C. peeled and cubed potatoes
- 4 cubes beef bouillon
- 1 tsp. black pepper
- 2 tsp. sugar
- 1 tsp. dried basil



Place all ingredients into a 6-quart slower cooker. Stir to mix well. Cook on low for 8 hours.

Yield: 19 servings
Serving Size: ¾ cup
Meal Component (MM#): 1½ oz. meat/meat alternate (18), ¼ cup vegetable (240)

Lunch/Supper Menu Suggestion: Slow Cooker Vegetable Beef Stew, Biscuits, Pear Halves, and Milk



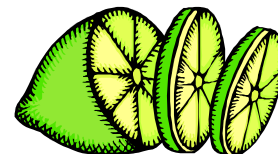
National CACFP Week

March 14-20, 2010

Your participation on the CACFP helps America's children develop healthy eating habits that will last a lifetime. Celebrate National CACFP Week by educating your parents how CACFP makes your child care top notch!

Lime Fish Tacos

- 3 (6 oz.) cans solid tuna packed in water, drained
- ½ C. corn
- ½ C. onion, finely chopped
- 1 bunch cilantro, finely chopped
- 2 T. salsa
- 1 lime, juiced
- sour cream, for topping
- 10 hard taco shells



With a fork, flake tuna into a bowl. Stir in corn, onion, cilantro, salsa, and lime juice; mix well. Place equal amounts of tuna mixture into taco shells. Top with a dollop of sour cream and serve.

Yield: 10 servings
Serving Size: 1 taco
Meal Component (MM#): 1½ oz. meat/meat alternate (42), grain/bread (88)

Lunch/Supper Menu Suggestion: Lime Fish Tacos, Refried Beans, Cucumber Slices, and Milk

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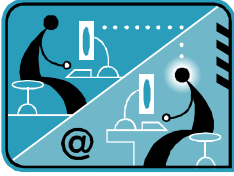
Did You Know?

You may be aware that apples are a good source of fiber and vitamin C, but did you know that eating an apple can give you an energy boost that may be a more reliable method of staying awake than drinking a cup of coffee? The natural sugar in the apple might be more effective than the caffeine in your morning cup of joe!

Business Basics

by Vicky Heyen

Using Modern Technology



In these technology-focused times, much advertising and communicating happens on the Internet, so building a website or a web log (blog) for your child care program is a smart move. With an online space, you can advertise to potential clients and keep current ones informed. If money and time are lacking, opt for a blog spot, which is usually free to publish and easy to update.

Another option is to join Facebook. Have a separate child care Facebook account and a separate personal account. On your child care account you can share daily happenings or upcoming events with parents. Please have written parent permission before posting any children's pictures and children's names. You must be careful when posting information because Too Much Information (TMI) can be hurtful.

Be careful what you write. Devra Renner's writes on BlogHer.com: friends, family and co-workers are using digital technology, but not all of them will use it in ways you consider appropriate. What are you going to do about it? Should you do anything about it? One option is restricting access. But that doesn't really solve the problem. A ton of people right now are making their blogs private. The weirdness is not who you're reading, it's what is being sent out to you. You can unfriend folks. But is that the way to go? Maybe it's diplomatic to do it like that -- avoiding confrontation, just letting them fade off Facebook. Let's not forget humor as an option. I think a point made with a sense of humor can be even more memorable than a pointed discussion, which may come off as terribly judgmental to the person on the receiving end.

Keep in mind your own comfort level may be different than that of other people, and your friends and family are well intentioned. Maybe you want to come up with your own rules and list your expectations so everyone is clear about why you might unfriend them.

When using Facebook for private or business use, remember other people may be reading what you write. It's hard to take back hurtful comments and it could jeopardize your business.

TAX TIP:

How to Track Expenses when a Receipt includes more than One Expense Category

You can list all of the expense from one receipt in one category, rather than splitting the receipt between two or more categories. For example, if a receipt had three toy items and two office-expense items, all of the expenses could be listed under either category. A more time-consuming option is to enter the date, check number, store name, and purchase amounts for the office expenses and toys separately. Either option will work.

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.			

Help Children Appreciate Diversity

Help Children Appreciate Diversity

While adults understand the no two people are alike, this is a lesson that children learn by experiencing the world around them. Research has shown that children as young as 6 months can distinguish different skin tones, hair textures, and facial features, and that impressions formed by the age of 2-4 years are lasting. The earlier and more frequently that children are exposed to diversity, the better able they are to accept people from different backgrounds, ages, family structures, abilities, and cultures.



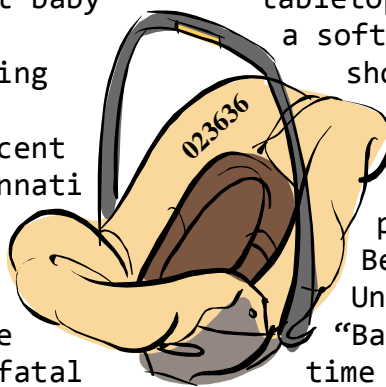
- Talk openly with children about people’s differences, and answer their questions honestly. Children’s expressions of curiosity are teachable moments that shouldn’t be dismissed.
- Help children feel positive about themselves by praising them for their accomplishments—those with a strong self-esteem are less likely to put others down but instead, stand up for others who are being teased because they are different.
- Expose children to foods, games, music, pictures, books, languages, and celebrations/traditions from a variety of cultures. To learn about other cultures, head to your local library or do some research on the Internet.
- Stock your child care home with non-stereotypical toys, dolls, and dress-up clothes. Boys can play in the kitchen and girls can be firefighters, for example.
- Fill your art supply cabinet with paints and crayons in a variety of different skin, eye, and hair colors.
- Be a good role model. The old saying, “actions speak louder than words” is very true when it comes to accepting differences in others. Then back up your actions by choosing your words carefully. For example “people with disabilities” have a more positive connotation than “disabled people.”

*Source: Potpourri, February 2010



Careful With the Car Seat

Turns out you should only put baby in the car seat when you’re driving. Using it as a holding place for baby while indoors poses safety concerns. A recent study by scientists at Cincinnati Children’s Hospital found that about 8,600 babies are hurt each year by falls in car seats used outside of the car. (Most injuries aren’t fatal but cause head trauma or broken bones.) This includes falls when seats are placed on counters or



tabletops—or when seats tip over on a soft surface, like a bed. “We should think about car seats as a way to transport babies from point A to point B, not as substitute cribs or play pens,” says pediatrician Benjamin Hoffman, MD, of the University of New Mexico. “Babies shouldn’t spend any more time in the car seat than they have to.”

Source: American Baby, February 2010



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

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Lincoln, NE
Permit #596



March is National Nutrition Month

Time to Eat!

Lead youngsters in reciting the first couplet below. Then ask a child to name a healthy food such as yogurt or a fruit to have for breakfast. Guide children in reciting the second couplet, inserting the name of the food. Repeat the process several times. If desired, substitute "dinner" or "lunch" for "breakfast" and have children name appropriate foods.



"Time for [breakfast]; time to eat.
What kind of food would be a healthy treat?"

"[Yogurt] for breakfast; time to eat.
[Yogurt] is a food that is a healthy treat."

Heart Healthy

Using this display to help youngsters understand that eating healthfully and being active will help keep their hearts healthy. Divide a supersized heart cutout in half and then attach it to your wall. Place grocery store circulars at a center. Encourage youngsters to cut out pictures of healthy foods and glue them to one half of the heart.

During the next center time, place a variety of magazines at the center. Have children cut out pictures of people being active and glue the pictures to the remaining half of the heart. Title the display "We Are Heart Healthy!"



Congratulations

Daniell Potts of Crofton
for submitting your January claim
before February 4th. Submit your
claim before the 4th of the month to
be eligible to receive a prize!

CONGRATULATIONS!

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 **May** issue of the *Child Care Outreach*.