

## Infant Q & A

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**Family Service**  
Child Care Food Program

**Q. If a parent chooses not to allow their infant to participate on the CACFP, must I still submit a Child Enrollment Form for the infant?**

A. Yes. ALL children in your care must have a completed Child Enrollment Form submitted to our office—this includes INFANTS.

**Q. Why do I need to include infants in attendance on my menus that don't participate on the CACFP?**

A. Family Service can only reimburse providers for the number of infants/children their license capacity allows. Therefore, providers must indicate all the infants/children in their care on their menus so that attendance is accurately reported per license capacity. Providers will only receive reimbursement for infants/children who participate on the CACFP and are within provider's capacity.

**Q. I have an infant in care that can't follow the meal pattern. Can I still receive reimbursement for this infant's meals/snacks?**

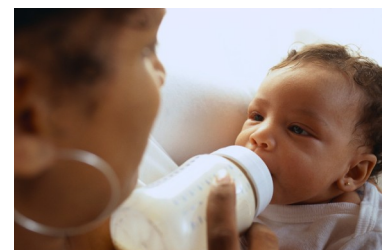
A. Yes. If an infant cannot follow the CACFP infant meal pattern, the provider must submit a medical statement that **a)** indicates the medical or other special dietary need that restricts the infant's diet; and **b)** the foods to be omitted from the infant's diet and the food or choice of foods that may be substituted. (This includes serving whole milk to infants prior to their first birthday and for infant formulas that do not satisfy CACFP requirements.)

**Q. An infant in my care receives WIC benefits. Can I require the parent to supply the infant formula?**

A. No. All providers are required to offer at least one iron fortified infant formula to all infants in care. Therefore, providers must purchase and provide the same brand(s) chosen to all infants in your care. You may not state that you prefer parents to bring their own formula or require parents that receive WIC benefits to bring their own formula.

**Q. Can I serve homemade baby food to infants?**

A. Yes. Homemade baby food can be used to satisfy the infant meal pattern, as long as they are creditable on the CACFP. See your Crediting Foods in the CACFP manual for a list of creditable infant foods.



May 2011						
S	M	T	W	T	F	S
1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30	31				

# Mark This Date

## BUILDING TOMORROW CLASS SCHEDULE

### NOTHIN BUT BABY, SAFE SLEEP FOR INFANTS & SHAKEN BABY SYNDROME

\*(CC AREA: Health, Safety, & Nutrition and  
Administration, Program Planning, & Development)

May 4, 2011 ■ 6:30 p.m. - 8:30 p.m.

Cost is FREE.

### CHILD ABUSE & NEGLECT—IT COULD HAPPEN TO YOU

\*(CC AREA: Health, Safety, & Nutrition and  
Administration, Program Planning, & Development)

May 11, 2011 ■ 6:30 p.m. - 8:30 p.m.

Cost is FREE.

### CPR/FIRST AID

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

May 14, 2011 ■ 8:30 a.m. - 4:30 p.m.

Cost is \$40.00.

Pre-registration is required.

### FAMILY CHILD CARE ENVIRONMENTAL RATING SCALE OVERVIEW

\*(CC AREA: Administration, Program Planning, & Development)

May 18, 2011 ■ 6:30 p.m. - 8:30 p.m.

Cost is FREE.

### SCHOOL AGE ACTIVITIES

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

May 24, 2011 ■ 7:00 p.m. - 8:30 p.m.

Cost is \$5.00 or

FREE to Family Service CCFP participants.

### GROW IT, TRY IT, LIKE IT!

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

May 26, 2011 ■ 7:00 p.m. - 8:00 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)

Family Service will be closed Monday, May 30, 2011, in observance of the Memorial Day holiday.



510048

## KEEP IN MIND

### MAY 4th

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

### MAY 24th

Last day late APRIL and MARCH  
claims will be accepted.

### MAY 18th

CCFP checks should be mailed.

### MAY 19th

Direct Deposit should be transferred.

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

*Shahba Abdulelah Abulmanem* of Lincoln

*Jackie Alberti* of St. Paul

*Clakpather Brown* of Lincoln

*Peggy Carstens* of Beatrice

*Ruby Casillas* of Lincoln

*Samantha Cosgrove* of Omaha

*Daile Davis* of Bassett

*Debra Dreher* of Hastings

*Anna Hollowpeter-Swan* of Valentine

*Natasha Ingraham* of Kearney

*Tamekia Jackson* of Omaha

*Melissa Jackson* of Beatrice

*Jennifer Koubek* of North Platte

*Shanna Leming* of David City

*Vaylez Levering* of Omaha

*Jane McCarthy* of Lincoln

*Marketta Murphy* of Omaha

*Mary Murphy* of Omaha

*Kalah Outlaw-Williams* of Lincoln

*Erica Paulson* of McCook

*Deborah Schleicher* of Grand Island

*Debra Sheard* of Bellevue

*Kelli Smith* of Ogallala

*Deandre Tabron* of Omaha

*Jamie Utterback* of Arapahoe

# CCFP UPDATES & REMINDERS

750071

**CONGRATULATIONS!** On April 9, 2011, at the Early Childhood Celebration, our very own Vicky Heyen was awarded the *Sally Wysong Award*. It is given annually to a person who is outstanding in the field of early childhood education in Lincoln. Thank you VICKY for your continued love, dedication and commitment to improving the lives of all children and the Family Service Child Care Food Program!

**Annual Child Re-Enrollment:** Please keep in mind that your completed Enrollment Renewal Worksheet/Report is due in our Lincoln office by no later than 5:00 p.m. on May 4, 2011. Unless we receive this required paperwork all children's enrollments will expire on April 30, 2011 and you will no longer be able to claim them. New Child Enrollment Forms would then need to be completed by the parent and submitted to our office before these children can be claimed for reimbursement beginning May 1, 2011.

**Summer Lunch Program:** If you are going to have your child care children participate in the summer lunch program, you may NOT claim those meals on CCFP as well.

**Summer Will Soon Arrive:** Please notify our office on your Claim Information Form or *WebKids* Child Calendar when your school age children are out of school for the summer. Summer also often brings many schedule changes; please notify our office or your Consultant in advance if your hours of operating your child care or meal times will be changing.



**Incomplete Enrollments:** All incomplete Child Enrollment Forms received by our office will be returned to you for completion and can result in loss of reimbursement. To avoid a lapse or loss of reimbursement please make sure your Child Enrollment Forms are complete before submitting them. Each section on the form needs to be completed. Sections that are most commonly incomplete are the Days in Care, Times in Care, Ethnicity, Race, and Infant information.

**Master Menus:** Using the Master Menu numbers are an easy way to complete your menus and help provide you with additional meal ideas. Please keep in mind when using these menus to record the foods on your claim that the foods you serve must match exactly what is listed; no substitutions can be made if you choose to use the Master Menus to claim your meals.



**Looking for Child Care Providers:** Family Service is committed to your profession and would like to help others make the positive connection to a quality Food Program. With your on-going support we can continue to provide services in the area of family child care. Do you know anyone interested in becoming a license provider? If you refer a provider to Family Service and they join our program, we will give you a FREE children's book to thank you!

## Upcoming Inservices

### *"Journey Through CACFP"*

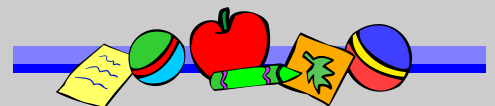
Bloomfield, NE • May 9, 2011  
Neligh, NE • May 24, 2011

### *"Grow It, Try It, Like It!"*

Axtell, NE • May 3, 2011

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

## **Provider Appreciation Day is May 6, 2011!**



Family Service would like to take this opportunity to extend our appreciation and celebrate the importance of our providers. Thank you for your tireless efforts and dedication to enriching children's lives everyday!

# Food For Thought

by Darlene Bantam, DTR

## Drinking From a Cup

Babies are usually ready to drink from a cup when they can seal their lower lip on the cup and sit without support. To help the baby learn to drink from a cup:

- Hold the cup for a the young baby.
- Introduce small amounts of breast milk, infant formula, fruit juice, or water in the cup; and
- Feed very slowly, i.e., tilting the cup so that a very small amount of liquid (one mouthful) leaves the cup; then the baby can swallow without hurry.



## Weaning From a Bottle

Weaning a baby from a bottle to a cup is a gradual process requiring the baby to learn new skills. Some babies learn to drink from a cup more easily than others. To make weaning easier, a cup can be introduced in place of a bottle at the feeding of least interest or at mealtimes when others are drinking from cups. Generally, a baby will not drink the same quantity of fluid from a cup as from a bottle at a feeding. Discuss with the parents that it is recommended to totally wean babies off the bottle and onto a cup by 12 to 14 months of age. Children still feeding from a bottle beyond 12 to 14 months may:

- Be more likely to develop tooth decay,
- Consume so much milk that they don't eat enough solid foods to get an adequate amount of nutrients, and
- Be delayed in developing appropriate feeding skills.

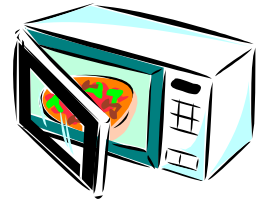
## Breast Milk or Formula From a Cup

Discuss with the parents when they would like you to feed breast milk or formula from a cup. Babies will consume less breast milk or formula from the bottle as their intake of solid foods and drinking from a cup increases.

\*Source: Feeding Infants, Team Nutrition USDA

## Tips for Safe Microwave Cooking

The speed and convenience of microwave cooking has ensured the popularity of these appliances, which can be used for defrosting, reheating, and cooking. However, it is important to be aware of the potential hazards of this form of cooking in order to avoid health risks. Heat is not uniformly distributed in a microwave and cold spots can occur in the food being cooked, allowing bacteria to survive and possibly leading to food poisoning.



- To minimize uneven cooking, stir the food once or twice during microwaving, arrange foods uniformly, and turn large items upside down halfway through cooking.
- Remove plastic wraps and foam trays from store-bought food before defrosting or warming, since these may melt and allow chemicals to be absorbed by the food.
- Frozen meat and poultry may begin to cook during microwave-defrosting and should be cooked immediately.
- Never use any metal or foil utensils or wraps in the microwave oven; this includes brown grocery bags, colored paper towel, and newspapers, which may contain metal.
- If microwaves are used to heat baby food, always stir well to ensure even cooking and no hot spots.
- Use a meat thermometer or probe to check that food has reached a safe temperature. Check in several places when cooking large pieces of meat.

\*Source: Nutrition for Life

## Need a Fiber Boost?

Try to eat at least five servings of fruits and vegetables a day, and choose several servings of whole grains every day. Consume legumes often: different kinds and colors of fresh, frozen, dried, or canned beans. You can easily meet the 20 to 35 grams per day goal—make sure you are getting both soluble and insoluble dietary fibers.

If you boost your fiber intake, do so gradually! Give the bacteria in your stomach and intestine time to adjust. If you add more fiber to your diet too quickly—or consume too much on a regular basis—you may end up with gas, diarrhea, cramps, and bloating.

Drink plenty of water and other fluids, too, when you eat extra fiber. Remember that fiber acts like a large sponge in your colon. It holds water as it keeps waste moving along. That's how it helps prevent constipation and related intestinal problems. For fiber to do its job, you need to consume enough fluids. Set your goal for at least eight cups of liquids a day.



\*Source: American Dietetic Association

### **Creditable Note**

Beef jerky made with pure beef may be credited as a meat on the CACFP. One ounce of dried beef jerky equals 1 ounce lean, cooked meat. However, this product is high in sodium and difficult to chew, therefore, discouraged from being served to young children.

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### **Salsa Turkey Wraps**

- 4 (10-inch) flour tortillas, warmed
- 1/4 C. low-fat cream cheese, softened
- 8 oz. thinly sliced deli turkey breast
- 1 C. (4 oz.) shredded cheddar cheese
- 1/2 C. salsa
- 1 ripe avocado, peeled, pitted, and chopped

Spread 1 tablespoon cream cheese on each tortilla to within 1/2-inch of the edge. Top each with equal amounts of turkey, cheddar cheese, salsa, and avocado. Roll up the tortillas tightly, leaving the ends open. Cut each roll in half. Serve with additional salsa for dipping.

Yield: 8 servings

Serving Size: 1 wrap half

Meal Component (MM#): 1 1/2 oz. meat/meat alternate (56), grains/breads (87)

Lunch/Supper Menu Suggestion: Salsa Turkey Wraps, Black Beans, Pineapple, and Milk

### **Slow Cooker Creamy Chicken & Vegetables**

- 1 C. baby carrots
- 1/2 lb. red potatoes, each cut into quarters
- 3/4 C. onion, coarsely chopped
- 1 clove garlic, minced
- 1 (3 1/2 lb.) cut-up whole chicken, skin removed
- 1 C. chicken broth
- 3 T. cornstarch
- 1/2 tsp. dried thyme
- 1 tsp. salt
- 1/4 tsp. ground black pepper
- 1 C. frozen peas, thawed
- 1/2 C. heavy or whipping cream

In a greased 5-quart slow cooker, combine carrots, potatoes, onion, and garlic. Place chicken pieces on top of vegetables. In small bowl, with a fork, mix chicken broth, cornstarch, thyme, salt, and pepper; pour mixture over chicken and vegetables. Cover slow cooker and cook on low 8 hours or on high 6 hours. With tongs or slotted spoon, transfer chicken pieces to warm deep platter. With slotted spoon, transfer vegetables to platter with chicken pieces. Cover platter to keep warm. Stir peas and cream into cooking liquid; heat through. Spoon sauce over chicken and vegetables on platter to serve.

Yield: 13 servings

Serving Size: 1 1/2 oz. chicken + 1/4 cup vegetables (without sauce)

Meal Component (MM#): 1 1/2 oz. meat/meat alternate (33), 1/4 cup vegetables (186)

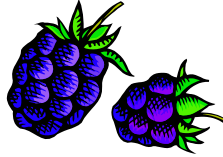
Lunch/Supper Menu Suggestion: Slow Cooker Creamy Chicken & Vegetables, Biscuits, Strawberries, and Milk

# THIS, THAT, & MORE!

by Vicky Heyen

## Did you know THIS about Blackberries?

*Blackberries rank high among fruits for antioxidant strength.*



Known for their earthy taste, blackberries are an easy and healthy addition to any meal or snack. Regularly consuming blackberries may help combat certain conditions and diseases such as inflammation, cancer, diabetes, heart disease, and age-related cognitive decline.

**NUTRITION:** One cup of fresh blackberries contains just 123 calories and 7 grams of fiber. They provide 35% vitamin C, 32% manganese, 25% vitamin K, and 9% folic acid. Their seeds also contain many nutrients such as omega-3 fatty acids, and protein.

**SELECTION & STORAGE:** Select plump, firm, fully black in color berries. Unripe berries will not ripen once picked. Avoid leaving picked berries in direct sunlight any longer than necessary and cool them as soon as possible after picking. Blackberries may be kept fresh in the refrigerator for up to one week, depending upon their initial quality. After a few days in storage, however, the fruit loses its bright color and fresh flavor and tends to shrivel.

**CLEANING:** Remove stems and leaves. Rinse the berries under cool water, then drain. To freeze berries, remove the hulls and place them in a sealable freezer bag, removing as much air as possible. Wash berries when you are ready to use them; washing makes them more prone to spoiling so wash only the amount you will immediately eat.

## Manganese—What is THAT?

Manganese, a trace mineral that participates in many enzyme systems in the body, was first considered an essential nutrient in 1931. Researchers discovered that experimental animals fed a diet deficient in manganese demonstrated poor growth and impaired reproduction. Manganese is found widely in nature, but occurs only in trace amounts in human tissues. The human body contains a total of 15-20 milligrams of manganese, most of which is located in the bones, with the remainder found in the kidneys, liver, pancreas, pituitary glands, and adrenal glands.

## Tips on Reducing Your Expenses

Here are some suggestions on how to reduce your expenses:

- When you shop, you may be able to reduce your purchases if you follow this advice: shop alone, use a shopping list, bring a limited amount of cash with you, set a limit on how much time you will spend in the store, eat just before you shop for food, and don't shop if you are in a bad mood. Some people will try to improve a bad mood by spending more money.
- At least twice a year go through your home to determine what items can be sold at a garage sale or given to a charity.
- Request an energy audit of your home to get ideas on how to improve energy efficiency.
- Drive your car until it's paid off and then keep it as long as you can after that.
- Before buying anything, ask yourself whether the item is a want or a need.

• Follow the advice of these providers:  
*"Stop spending money on your business - it's too easy to "nickel and dime" away your cash for new things that you don't really need. I have updated my equipment and environment with quality items - but it's the little stuff that really adds up without adding much to my business."*

*"Save, save, and spend only what you need to. Reduce, repurpose, reuse, trade. You do have to be creative, but kids don't need expensive toys to be happy and keep learning."*

*\*Credit: Tom Copeland Taking Care of Business Blog*

## A Week's Worth of Meal Ideas

MEALS	Monday	Tuesday	Wednesday	Thursday	Friday
BREAK-FAST	Hot Cereal (33)	Cold Cereal (32)	Pancakes (58)	Farina (57)	Cold Cereal (32)
	Oranges (25)	Bananas (04)	Apples (01)	Grapes (18)	Strawberries (37)
	Milk	Milk	Milk	Milk	Milk
AM SNACK	Muffins (104)	Snack Crackers (43)	American Cheese (73)	Yogurt (104)	Biscuits (02)
	Mixed Fruit/Salad (15)	Pineapple (30)	Wheat Crackers (38)	Mandarin Oranges (21)	Orange Juice (63)
LUNCH	Ground Beef (02)	Turkey Breast (52)	Fish Fillets (37)	Pork Chops (45)	Tuna (42)
	Ravioli (66)	Oatmeal Bread (20)	Flat Bread (11)	Egg Noodles (69)	Pasta (64)
	Carrots (163)	Green Beans (177)	Corn (167)	Asparagus (152)	Peas (222)
	Apples (01)	Peaches (27)	Mixed Fruit/Salad (15)	Honeydew Melon (20)	Peaches (27)
	Milk	Milk	Milk	Milk	Milk
PM SNACK	Bagel (01)	Granola Bars (53)	Cookies (34)	* Blackberries (05)	Peanut Butter (103)
	* Blackberries (05)	Milk	Milk	Milk	Bananas (04)

\* See recipes below.

### Very Berry Smoothie

- 1 1/2 C. (12 oz.) any berry-flavored yogurt
- 1/4 C. 100% grape juice
- 1 1/2 C. frozen blueberries
- 1 1/4 C. frozen blackberries
- 2 T. sugar

In a blender, place all ingredients in the order listed; cover and process until blended. Pour into 6 chilled glasses; serve immediately.

*Yield:* 6 servings at snack

*Serving Size:* 3/4 cup at snack

*Meal Component (MM#):* 1/2 oz. meat/meat alternate (104) at snack, 1/2 cup fruit (05) at snack

*Snack Menu Suggestion:* Very Berry Smoothie and Bagels  
**010024**



### Blackberry Cobbler

- 1/4 C. butter, softened
- 1/2 C. sugar
- 1 C. all-purpose flour
- 2 tsp. baking powder
- 1/2 C. milk
- 2 C. fresh or frozen blackberries
- 3/4 C. apple juice

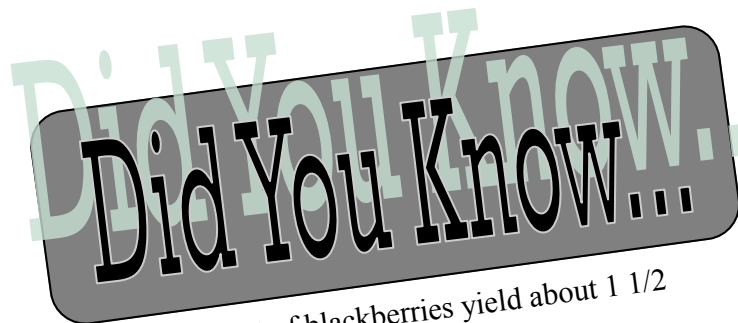
In a small bowl, cream butter and sugar until light and fluffy. Combine flour and baking powder, add to creamed mixture alternately with milk just until moistened. Pour into a greased 1 1/2-quart baking pan. Sprinkle with blackberries. Pour juice over all. Bake at 350 °F for 45-50 minutes or until golden brown. Cut into 8 equal-sized pieces. Serve warm, top with whipped cream if desired.

*Yield:* 8 servings at snack

*Serving Size:* 1 piece at snack

*Meal Component (MM#):* grains/breads (113) at snack

*Snack Menu Suggestion:* Blackberry Cobbler and Milk

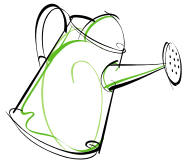


...one quart of blackberries yield about 1 1/2 pounds of fresh berries.



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

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Lincoln, NE  
Permit #596



## Vegetable Garden Fun!

### Spinach Leaf Bookmark

Have the children make spinach decorated bookmarks. Trace around a baby spinach leaf on a piece of cardstock cut into a bookmark shape. Then, hold the leaf over the traced image with a piece of parchment paper and rub/press the round end of a wooden craft stick over the paper. The moisture from the spinach will press out of the leaf onto the paper to leave pigment on the bookmark. Allow to dry and decorate as you like.

### Books to Grow With

*My Garden* by Kevin Henkes

*The Curious Garden* by Peter Brown

*The Gardener* by Stewart, David Small

*Number Garden* by Sara Pinto

### Old MacDonald Had A Farm ~ Garden Style

Old MacDonald had a farm, EIEIO!

On his farm he grew some (*cucumbers, tomatoes, peppers, etc.*) EIEIO!

With a yummy bite here and a yummy bite there.

Here a bite, there a bite, everywhere a yummy bite.

Old MacDonald had a farm, EIEIO!



### Congratulations

April Anson of Lincoln, NE  
for submitting your March claim  
before April 4th. Submit your claim  
before the 4th of the month to be  
eligible to receive a prize!

### CONGRATULATIONS!

Unfortunately no one reported finding their provider numbers in the **March** 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 **July** issue of the *Child Care Outreach*.