



Child Care OUTREACH

Volume XIX

November 2011

Issue 11

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Avoid Overeating

Holidays usually mean gatherings with lots of tasty food. Here are some ways to help you avoid overeating this holiday season:

1. **Use smaller plates.** We tend to eat less when food is served on a smaller plate. Our plates are getting bigger! Twenty years ago, most of us ate on 10-inch plates. Today's plates are 12-inches or bigger.
2. **Take small amounts of food.** You can always have seconds if you are still hungry.
3. **Avoid large portions of food.** Don't super size meals. Most of us will eat everything on our plate. If the food is there, we will eat it!
4. **Eat slowly and take "small bites".** It's easy to overeat when you take "large bites" and rush through a meal.

Enjoy your food, but eat less.

**Adapted from Nubites no. 109, Nutrition Tips for Today's Families, Nutrition Matters, Inc., www.numatters.com*

Family Service
Child Care Food Program

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

November 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			

Mark This Date



Family Service will be closed
November 24th & 25th in
observance of the
Thanksgiving holiday.

KEEP IN MIND

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

NOVEMBER 18th
Last day late **OCTOBER** and **SEPTEMBER**
claims will be accepted.

NOVEMBER 21st
CCFP checks should be mailed.

NOVEMBER 22nd
Direct Deposit should be transferred.

BUILDING TOMORROW CLASS SCHEDULE

LEAP INTO GOOD HEALTH
*(CC AREA: Health, Safety, & Nutrition)
November 3, 2011 ■ 7:00 p.m. - 9:00 p.m.
Cost is FREE.

CPR/FIRST AID
*(CC AREA: Health, Safety, & Nutrition)
November 5, 2011 ■ 8:30 a.m. - 4:30 p.m.
Cost is \$40.00.
Pre-registration is required.

***QUICK & EASY TURKEY
LEFTOVER MEALS***
*(CC AREA: Health, Safety, & Nutrition)
November 17, 2011 ■ 7:00 p.m. - 8:30 p.m.
Cost is FREE.

*These classes are held in Lincoln. Contact your Consultant or the
Lincoln office for more information on inservices in your area.*

**(CC=Core Competency)*

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

Megan Boyd of Henderson
Cathy Bratton of Omaha
Jeanne Burns of Cozad
Jean Castaneda of Grand Island
Milensey Furley of Grand Island
Heather Harris of Culbertson
Tricia Harris of Fremont
Katina Hemmer of St. Libory
Jennifer Kelsey of North Platte

April Kendall of McCook
Andrea Lee of Kearney
Heather Mami of Lincoln
Sharon Moler of Elwood
Sharon Nance of Lincoln
Caryl Schultz of Pierce
Charline Sparks of Norfolk
Jasmine Traynham of Omaha
Cecelia Walz of Indianola

CCFP UPDATES & REMINDERS

...PLEASE HELP US...

The number of in-home child care providers are down...our program is in need of your help! When you submit your claim each month, you are not the only one that receives reimbursement. USDA reimburses us a set dollar amount for each monthly claim we process for our providers. Our budget is tight, so please submit your claim each month. Even if it's only for a few meals...no claim is too small.

Your monthly claims help our program continue to provide the quality benefits we make available to you, including this newsletter. Please help us continue to serve you!

Enter Menus Daily

USDA regulations require that meals and attendance must be maintained daily. If you utilize our *WebKIDS* program, it is still required to enter your menus daily. The *WebKids* system was not designed for entering menus all at once, such as at the end of the month...you may experience problems. What if your computer crashes? Do your menus daily to avoid extra stress and the potential to lose out on reimbursement.

Indicate School-Age Only

When completing the *School Info* section on Child Enrollment Forms please only indicate school-age children, which are those that have entered kindergarten or above. Preschool information is **NOT** needed. If you choose to mark any of the Head Start options you will need to indicate when school is out. When Head Start is indicated, deductions will be made accordingly.

Send Child Enrollment Forms ASAP

Child Enrollment Forms are effective the month in which they are dated and received by our office. Signed and dated Child Enrollment Forms must be submitted prior to or with your claim. It is strongly encouraged that enrollments are sent to our office as soon as you have the parent complete them. This may allow time for incomplete enrollments to be sent back to you prior to the deadline to still receive reimbursement in a timely manner. 700023

Closing for the Holidays?

The holiday season will soon arrive and bring schedule changes. If you will be closing your child care for the holidays, changing your mealtimes or hours of operation, it is **REQUIRED** that you notify our office or your Consultant in advance. Thank you for your cooperation and Happy Holidays!

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 for AM Snack or Lunch on non-school days this month. Please list the ID number of each child, the reason (i.e., Thanksgiving Break) and the date(s). *WebKIDS* provider must indicate the same information under *the Manage Child Calendar*.

Upcoming Inservices

"Leap Into Good Health"

Aurora, NE • November 1, 2011
O'Neill, NE • November 3, 2011
Superior, NE • November 8, 2011

"Know Your Food Program Potluck"

Kearney, NE • November 2, 2011
Holdrege, NE • November 3, 2011
Minden, NE • November 7, 2011
Grand Island, NE • November 9, 2011

Upcoming Child Care Conference

NeHSA Child Care Conference

Grand Island, NE • November 3 & 4, 2011

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

Daylight saving time ends
on Sunday, November 6,
2011. Don't forget to set
your clocks back 1 hour.



Food For Thought

by Darlene Bantam, DTR

Flavored Waters

Good Alternative to other Kids' Drinks?

I'm thirsty! It is important to keep children hydrated throughout the day. So what is the best beverage to provide kids when it's not mealtime? Ideally, a thirsty child should be given plain water first. Offering plain water is best, since it has no calories and is usually available at little or no cost.

Parents and caregivers set the example. If adults offer water as the main option when kids are thirsty, they will learn to drink water. If soda or sugary fruit drinks are on hand, then kids will reach for them first when thirsty.

Learning to like plain water is similar to learning to like other healthy foods—some kids need more exposure before accepting them. If they turn up their noses at tap water, children will most likely drink filtered water.

There are plenty of fun options for kids to choose plain water. A colorful stainless steel water bottle may entice a child to reach for water most often. Caregivers should make sure that water containers are clean (containing no soapy residue) and that water is fairly fresh since water left sitting can develop a moldy taste.

Many kids prefer the taste of ice cold water over cool water. Plain water can be jazzed up by adding orange, lime, or lemon slices; sprigs of mint; or ice cubes made of 100% fruit juice. Unsweetened decaffeinated herbal teas are yet another option.

Flavored water is an OK choice for kids sometimes, but it really should not be their main source of water. It is similar to plain fruit vs. sweetened fruit. Strawberries sprinkled with sugar are acceptable as a treat and certainly better than a candy bar, but make sure that kids eat plain strawberries more often.

There is also the concern that we rely too much on sweetened items for our children's diets. As a result, their taste threshold for how sweet they prefer food is rising. Consider this: How sweet does a plain apple taste to a kid who is eating everything else super sweetened?

Flavored water may be a stepping stone for some kids. When a child is used to drinking large volumes of fruit punch, juice or soda, changing to just plain water will be a big adjustment. But flavored waters are a step to the calorie-free side while providing the flavors and tastes that might satisfy their taste buds while not giving them nearly as many calories.



It's Roasting Time!

240054

Want a new, easy, and tasty way to cook fresh vegetables? Try roasting them! As veggies roast at a high temperature (425°F-450°F), they release moisture and natural sugars caramelize, sweetening and intensifying their flavors. Kids are sure to like them with their hint of sweetness. Here are some tips to remember when roasting veggies:



- Root vegetables and squash, such as sweet potatoes, carrots, parsnips, onions, butternut squash, etc. are especially tasty when roasted.
- The key to roasting several types of veggies at once is to cut them into uniform pieces so they cook evenly. Cut denser vegetables (carrots and potatoes) into smaller pieces so everything gets done at the same time.
- Roast veggies in a foil-lined, heavy, shallow-sided roasting pan, like a jelly roll pan. If the pan's too small, veggies will steam, and when roasting you want them to be crisp.
- Coat foil with cooking spray to keep vegetables from sticking. Then spread the veggies out. They will roast best when they are in a single layer; not crowded.
- Coat veggies with a little Italian salad dressing, butter, or olive oil, and let your creativity take over by trying different herbs or spices. Before baking give them a quick toss. Just be sure to keep the seasoning simple and let the vegetables provide most of the flavor.
- Promote uniform browning by stirring them once halfway through cooking.
- Vegetables are done when they are tender and easily pierced with a fork or knife.

**Adapted from Today's Dietitian, August 2011*

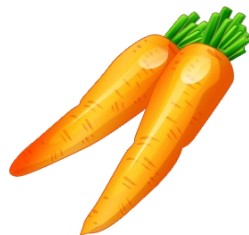
A Week's Worth of Meal Ideas

MEALS	Monday	Tuesday	Wednesday	Thursday	Friday
BREAK-FAST	Wheat Bread (30)	Farina (57)	Coffee Cake (45)	Pancakes (58)	Cold Cereal (32)
	Oranges (25)	Grape Juice (60)	Peaches (27)	Blueberries (06)	Grapes (18)
	Milk	Milk	Milk	Milk	Milk
AM SNACK	Peanut Butter (103)	Granola Bar (53)	Peanuts (111)	Cottage Cheese (77)	Wheat Bread (30)
	Bananas (04)	Milk	Apple Cider (51)	Pears (28)	Milk
LUNCH	Roast Beef (15)	Tuna (42)	Chicken White Meat (22)	* Ham (44)	Egg (102)
	Muffins (104)	Croissants (07)	Brown Rice (72)	Noodles/Pasta (64)	Biscuits (02)
	* Carrots (163)	Broccoli (158)	Bok Choy (150)	Mixed Vegetables (186)	Hash Browns (180)
	Pears (28)	Pineapple (30)	Mixed Fruit/Salad (15)	Apples (01)	Oranges (25)
	Milk	Milk	Milk	Milk	Milk
PM SNACK	Applesauce (02)	Refried Beans (71)	Yogurt (104)	Carrots (163)	Tortilla Chips (112)
	Milk	Flour Tortilla (87)	Pretzels (68)	Milk	Salsa (244)

Oven-Roasted Carrots

* See recipes below.

- 2 lb. baby carrots
- 2 small onions, sliced (1/3 lb.)
- 6 garlic cloves, peeled
- 2 T. olive oil
- 2 tsp. white wine vinegar
- 1 tsp. dried thyme
- 1/2 tsp. salt
- 1/8 tsp. ground black pepper



Place carrots, onions and garlic on two foil-lined greased 15x10x1-inch baking pans. Drizzle with oil and vinegar. Sprinkle with thyme, salt, and pepper; gently toss to coat. Cover and bake at 450°F for 20 minutes; stir. Bake, uncovered, for 10 minutes; stir again. Bake 10 minutes longer or until carrots are crisp-tender.

Yield: 26 servings
Serving Size: 1/4 cup
Meal Component (MM#): 1/4 cup vegetable (163)

Lunch/Supper Menu Suggestion: Roast Beef, Muffins, Oven-Roasted Carrots, Pears, and Milk

Creditable Note

Q. Can nut or seed meal/flour be used to meet the grains/bread requirement for a meal?

A. No. Nuts and seeds are not grains and there are no standards of enrichment for these foods.

Hammy Mac-N-Cheese Soup

- 4 C. chicken broth
- 6 oz. uncooked pasta shells
- 1 (16 oz.) bag frozen broccoli, cauliflower, and carrot blend
- 1 1/2 C. milk
- 2 T. flour
- 1 1/2 C. (6 oz.) shredded cheddar cheese
- 8 oz. diced ham

In a large saucepan, bring broth to a boil over high heat; add pasta. Return to a boil. Reduce heat and let simmer, uncovered, for 5 minutes. Add vegetables. Cook until pasta and vegetables are tender, about 5 minutes more. Combine milk and flour in a resealable container; shake well to combine. Gradually stir into pasta mixture. Cook and stir until thickened and bubbly. Gradually add cheese, stirring until cheese melts. Stir in ham and heat through.

Yield: 9 servings
Serving Size: 1 1/3 cup
Meal Component (MM#): 1 1/2 oz. meat/meat alternative (44), grain/bread (64), 1/4 cup vegetable (186)

Lunch/Supper Menu Suggestion: Hammy Mac-N-Cheese Soup, Apple Slices, and Milk



Family Service Association of Lincoln
501 South 7th Street
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Autumn Activities



Fall Feely Box

Feely Box Objects: leaves, acorns, pine cones, nuts, apples, etc.

Learning different textures and identifying them is fun for children during this activity. You'll need a box the children can fit their hands into without seeing inside, such as a large shoe box with a hole cut in the top. Without the children seeing you, place the objects into the box. During circle time have the children take turns feeling inside the box. Ask each child to describe what he or she feels and what they think it is. Feely Boxes are also a fun way to introduce new fruits and vegetables to children.



Squirrel/Nut Collage

Materials Needed: brown construction paper, squirrel shape to trace, peanut shells, glue, and scissors

Cut a squirrel shape out of brown construction paper. Provide roasted peanuts for snack the day before and save the shells to glue onto the squirrel shape. Children will have fun gluing and learning that squirrels eat nuts too.

Mr. Pumpkin Head

Materials Needed: a pumpkin and Mr. Potato head pieces

Using a medium sized pumpkin, poke some holes where the eyes, nose and mouth should be (include hat and ears). Let the children decorate "Mr. Pumpkin Head" using Mr. Potato Head pieces.

Congratulations

Sara Nelson of Verdigre, NE for submitting your October claim before November 4th. Submit your claim before the 4th of the month to be eligible to receive a prize!

300103

CONGRATULATIONS!

Unfortunately no one found their provider number in the **September** 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 **January** issue of the *Child Care Outreach*.