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Child Care Outreach is published monthly by the Family Service Child Care Food Program, 501 South 7th Street, Lincoln, NE 68508 (402) 441-7924 or (800) 642-6481. <http://www.familyservicelincoln.org>

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**Family Service
Child Care Food Program**

Nebraska's Nutrition Education Program (NEP)

Nebraska's Nutrition Education Program (NEP) helps families on a limited budget improve the quality of their diet. NEP participants acquire the knowledge, skills, attitudes, and behavior changes necessary to improve their health. NEP is **free** to all participants who meet income guidelines or are receiving SNAP benefits.



In Nebraska, SNAP-Ed and EFNEP make up the program called NEP. Adult participants are taught a set number of lessons by an NEP assistant within their community. After completing the lessons, the participants will receive a free cookbook that includes many quick, easy, and healthy recipes.

Who can enroll?

- Adults with children
- Individuals using an EBT card
- Individuals receiving WIC vouchers
- Individuals whose children receive free or reduced price school lunch
- Pregnant women and teens
- Senior adults

NEP is available in 39 counties across the state of Nebraska. To get more information about NEP call 877.611.4710 or visit <http://food.unl.edu/web/nep/home>.

Even those who don't participate on the NEP can read their nutritional lessons (English and Spanish available) for informational purposes at <http://food.unl.edu/web/nep/lessons>.

October 2011						
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9	10	11	12	13	14	15
16	17	18	19	20	21	22
23 _{/30}	24 _{/31}	25	26	27	28	29

Mark This Date

BUILDING TOMORROW CLASS SCHEDULE

NeAEYC TRAINING SERIES (5 of 6)
 *(CC AREA: Social Emotional Competence and
 Infant & Toddler Positive Behavior Support)
 October 12, 2011 ■ 6:30 p.m. - 9:30 p.m.
 Cost is FREE.

*STRATEGIES FOR COMMUNICATING WITH
 TODDLERS & SCHOOL AGE CHILDREN*
 *(CC AREA: Interacting with Children & Providing Guidance)
 October 13, 2011 ■ 7:00 p.m. - 8:30 p.m.
 Cost is \$5.00.
 FREE to Family Service CCFP participants.

CPR/FIRST AID
 *(CC AREA: Health, Safety, & Nutrition)
 October 15, 2011 ■ 8:30 a.m. - 4:30 p.m.
 Cost is \$40.00.
 Pre-registration is required.

NeAEYC TRAINING SERIES (6 of 6)
 *(CC AREA: Social Emotional Competence and
 Infant & Toddler Positive Behavior Support)
 October 26, 2011 ■ 6:30 p.m. - 9:30 p.m.
 Cost is FREE.

NUTRITION KIDS CAN REALLY SWALLOW
 *(CC AREA: Health, Safety, and Nutrition)
 October 27, 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)*

KEEP IN MIND

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

OCTOBER 24th
 Last day late SEPTEMBER and AUGUST
 claims will be accepted.

OCTOBER 19th
 CCFP checks should be mailed.

OCTOBER 20th
 Direct Deposit should be transferred.

Nutrition Questions?



Our knowledgeable Nutritionist is available to answer nutrition questions and provide assistance. Contact Darlene Bantam, DTR by phone at 402.217.6030 or email, fsincne@aol.com.

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

Crystal Deeds of Grand Island
Christal Fehlhafer of Utica
Suzanne Holmes of Gothenburg
Julie Judy of Ashland
Jen Kaminski of Wahoo
Jose Leon of McCook

Michelle Martin of Harvard
Colleen Michaelis of McCook
Tammy Royle of Broken Bow
Michelle Sachtjen of Wallace
Pamela Schwab of Blue Hill
Judith VanVoorst of S. Sioux City

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CCFP UPDATES & REMINDERS

ATTENTION: Do NOT Code Flavored Milk

Effective October 1, 2011, all children 2 years of age and older must be served low-fat (1%) or fat-free (skim) milk. When claiming milk at meal times, please indicate the milk you are serving (skim or 1%) to children 2 years of age or older, even if you are serving flavored milk. We do not need to know if the milk you serve is flavored (chocolate, strawberry, etc.), but it is required that we know the fat content of the milk you are serving. If you code Flavored Milk #3, these meals will be disallowed. We are not stating that flavored milk cannot be served but for us to accurately reimburse according to these new regulations we need to eliminate flavored milk from our food chart.



Licensing Changes

Anytime you receive an update or revision to your license or alternate compliance, call our office or your Consultant as soon as possible.

Claiming Your Own Children

If you are eligible to claim your own children's meals, you may do so only when an enrolled, non-resident child care child is present and claimed for the same meal service.

Substitute Providing Care

If you have a substitute doing care, they must know where your records are kept and be able to access computer documents. If they are serving a meal, they must also understand the CACFP meal requirements. Any time your Consultant, the Nebraska Department of Education, or an USDA representative are unable to review your forms during a home visit, appropriate meals will be deducted.

Inactive Status

We allow for a three (3) month inactive period for those providers who do not submit claims but still want to participate. It is the provider's responsibility to inform the office and/or your Consultant in advance if you plan to be inactive (for example, maternity leave).



Household Contacts: Enrollment and meal service information may be verified by telephone calls or mailings to parents of children enrolled in your child care home. Household contacts may be done for any of the following reasons: high monthly reimbursement amounts, claiming meals in excess of your capacity, consistent claims with no attendance variation, concerns from parents, Family Service staff, or Department of Education, or by random selection.

Upcoming Inservices

"Leap Into Good Health"

- David City, NE • October 4, 2011
- Hastings, NE • October 6, 2011
- Grand Island, NE • October 10, 2011

Upcoming Child Care Conferences

- Broken Bow, NE • October 1, 2011
- North Platte, NE • October 1, 2011
- Hastings, NE • October 8, 2011

Watch your mail for more information on upcoming training opportunities.

Food For Thought

by Darlene Bantam, DTR

KITCHEN FIRE SAFETY

OCTOBER IS FIRE PREVENTION MONTH

Many families gather in the kitchen to spend time together, but it can be one of the most hazardous rooms in the house if you don't practice safe cooking behaviors. Cooking equipment, most often a range or stovetop, is the leading cause of reported home fires and home fire injuries in the United States. Cooking equipment is also the leading cause of unreported fires and associated injuries.

Safe Cooking Behaviors

It's a recipe for serious injury or even death to wear loose clothing (especially hanging sleeves), walk away from a cooking pot on the stove, or leave flammable materials, such as potholders or paper towels, around the stove. Whether you are cooking the family dinner or a snack for the children, practicing safe cooking behaviors will help keep you and your family safe.

Choose the Right Equipment and Use It Properly

- Always use cooking equipment tested and approved by a recognized testing facility.
- Follow manufacturers' instructions and code requirements when installing and operating cooking equipment.
- Plug microwave ovens and other cooking appliances directly into an outlet. Never use an extension cord for a cooking appliance, as it can overload the circuit and cause a fire.

Watch What You Heat

The leading cause of fires in the kitchen is unattended cooking. Stay in the kitchen when you are frying, grilling, or broiling food. If you leave the kitchen for even a short period of time, turn off the

stove. If you are simmering, baking, roasting, or boiling food, check it regularly, remain in the home while food is cooking, and use a timer to remind you that you're cooking.

Keep Things That Can Catch Fire and Heat Sources Apart

- Keep anything that can catch fire - potholders, oven mitts, wooden utensils, paper or plastic bags, food packaging, towels, or curtains - away from your stovetop.
- Keep the stovetop, burners, and oven clean.
- Keep pets off cooking surfaces and nearby countertops to prevent them from knocking things onto the burner. 023813
- Wear short, close-fitting or tightly rolled sleeves when cooking. Loose clothing can dangle onto stove burners and catch fire if it comes into contact with a gas flame or electric burner.



How & When to Fight Cooking Fires

When in doubt, just get out. When you leave, close the door behind you to help contain the fire. Call 9-1-1 or the local emergency number after you leave. If you do try to fight the fire, be sure

others are already getting out and you have a clear path to the exit.

Always keep an oven mitt and a lid nearby when you are cooking. If a small grease fire starts in a pan, smother the flames by carefully sliding the lid over the pan (make sure you are wearing the oven mitt). Turn off the burner. Do not move the pan. To keep the fire from restarting, leave the lid on until the pan is completely cool.

In case of an oven fire, turn off the heat and keep the door closed to prevent flames from burning you or your clothing. If you have a fire in your microwave oven, turn it off immediately and keep the door closed. Never open the door until the fire is completely out. Unplug the appliance if you can safely reach the outlet.

After a fire, both ovens and microwaves should be checked and/or serviced before being used again.

Nuisance Smoke Alarms

Move smoke alarms farther away from kitchens according to manufacturers' instructions and/or install a smoke alarm with a pause button. If a smoke alarm sounds during normal cooking, press the pause button if the smoke alarm has one. Open the door or window or fan the area with a towel to get the air moving. Do not disable the smoke alarm or take out the batteries.

Treat every smoke alarm activation as a likely fire and react quickly and safely to the alarm.

*Source: United States Fire Administration

Healthy Trick-or-Treats

Think outside the box when choosing treats for trick-or-treaters or party-goers. The calories in all those bite-size Halloween treats add up quickly. Four "bite size" chocolate bars contain approximately 320 calories, 25 jelly beans have 140 calories, and 20 pieces of candy corn add up to 100 calories.

There are other treats that are lower in fat and sugar but may provide vitamins, minerals and fiber. The possibilities for healthy food treats are endless. Set a good example for your children by passing out healthy treats like these instead of giving them candy.

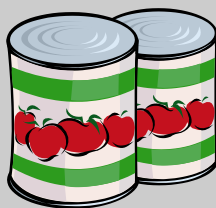
- cereal bars
- snack packets of dried fruit, baked pretzels, nut and seeds (i.e. peanuts, almonds, sunflower seeds or pumpkin seeds)
- trail mix
- packages of low-fat crackers with cheese or peanut butter filling
- animal crackers
- gold fish crackers
- graham crackers
- cracker jacks
- 100 calorie packs of various products
- beef or turkey jerky
- single serve boxes of ready-to-eat cereal
- fig cookies
- mini boxes of raisins
- individual 100% juice boxes
- snack pack pudding
- applesauce
- single-serve packets of microwave popcorn
- hot chocolate or apple cider packets



**Source: Clemson Cooperative Extension*

Creditable Note

Q. How much tomato paste, tomato puree, or tomato sauce would I need to equal 1/4 cup vegetable for each 3 to 5 year old at lunch/supper?



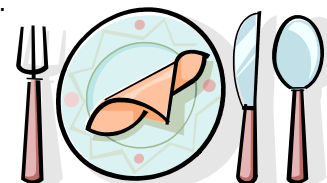
**A. Tomato Paste, 1 tablespoon = 1/4 cup vegetable
Tomato Puree, 2 tablespoons = 1/4 cup vegetable
Tomato Sauce, 4 tablespoons = 1/4 cup vegetable**

Glazed Sweets

- 1 lb. sweet potatoes, peeled and cut into 1/2-inch thick slices
- 1 T. cornstarch
- 1 T. brown sugar
- 1/2 C. orange juice
- 1/2 C. water

Place potato slices in a greased 1-quart baking dish. In a small bowl, combine cornstarch, brown sugar, orange juice, and water; stir well. Pour mixture over potato slices. Cover and bake at 425°F for 40 minutes or until potato slices are tender and glaze is thickened.

*Yield: 6 servings
Serving Size: 1/4 cup
Meal Component (MM#): 1/4 cup vegetable (225)*



Lunch/Supper Menu Suggestion: Turkey Roast, Brown Rice, Glazed Sweets, Pineapple Tidbits, and Milk

Sloppy Joe Meatloaf

- 3/4 C. onion, minced
- 1/2 C. celery, minced
- 1 (6 oz.) can tomato paste
- 1 (1.3 oz.) envelope sloppy joe seasoning mix
- 1 C. dry bread crumbs
- 1 egg, beaten
- 1 lb. lean ground beef

Line a baking sheet with aluminum foil. In a bowl, mix together onion, celery, tomato paste, sloppy joe mix, bread crumbs, and egg. Work in the ground beef lightly with your fingers until thoroughly combined. Shape mixture into a loaf shape, and place on the prepared baking sheet. Bake at 400°F for 30 minutes, then decrease temperature to 350°F. Bake until meatloaf's internal temperature reaches 165°F, about 30 more minutes. Use a bulb-baster to remove accumulating grease several times during baking. Allow to stand for 10 minutes before slicing. Cut into 8 equal-sized slices.

*Yield: 8 servings
Serving Size: 1 slice
Meal Component (MM#): 1 1/2 oz. meat/meat alternate (02), 1/4 cup vegetable (227)*

Lunch/Supper Menu Suggestion: Sloppy Joe Meatloaf, Bread Stuffing, Green Beans, and Milk

THIS, THAT, & MORE!

Did you know THIS about Quinoa?

Often referred to as a "wonder food," quinoa (pronounced **keen-wah**) is a versatile and healthy addition to your table. It's most often treated like a grain (in fact, it's a seed), but, unlike grains or rice, it's a complete protein, making it a smart choice for any meal.



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Quinoa in its natural state has a coating of bitter-tasting saponins, making it unpalatable. Most quinoa sold commercially in North America has been processed to remove this coating, therefore, eliminating the bitter taste.

SELECTION TIPS:

Quinoa can usually be purchased in the "international foods" section where they may also sell different varieties of rice or grains. Health food stores often also sell quinoa. If you can buy quinoa in bulk, this often helps reduce its cost.

NUTRIENTS: Quinoa's protein content is very high (12%–18%). Unlike wheat or rice, and like oats, quinoa contains a balanced set of essential amino acids for humans, making it a complete protein source, unusual among plant foods. It is a good source of dietary fiber and phosphorus and is high in magnesium and iron. Quinoa is gluten-free and considered easy to digest.

SERVING TIPS: Quinoa has a light, fluffy texture when cooked, and its mild, slightly

nutty flavor makes it an alternative to white rice or couscous.

Most boxed/pre-packaged quinoa has already been pre-rinsed for convenience, and cooking instructions therefore suggest only a brief rinse before cooking, if at all. If quinoa has not been pre-rinsed, the first step is to remove the saponins, a process that requires either soaking the grain in water for a few hours, then changing the water and re-soaking, or rinsing the quinoa in ample running water for several minutes in either a fine strainer or a cheesecloth. Removal of the saponin helps with digestion; the soapy nature of the compound makes it act as a laxative.

One cooking method is to treat quinoa much like rice, bringing two cups (or less) of water to a boil with one cup of grain, covering at a low simmer and cooking for 10 - 15 minutes or until the germ separates from the seed.

The cooked germ looks like a tiny curl and should have a slight bite to it (like al dente pasta). As an alternative, one can use a rice cooker to prepare quinoa, treating it just like white rice (for both cooking cycle and water amounts).

Vegetables and seasonings can also be added to make a wide range of dishes. Chicken or vegetable stock can be substituted for water during cooking, adding flavor.

Quinoa can serve as a high-protein breakfast food mixed with honey, almonds, or berries; it is also sold as a dry product, much like corn flakes. Quinoa flour can be used in wheat-based and gluten-free baking.

Claiming Quinoa

Quinoa has been added to our Food Chart. When serving quinoa code it as #100 under the grain/bread component.

A Week's Worth of Meal Ideas

MEALS	Monday	Tuesday	Wednesday	Thursday	Friday
BREAK-FAST	* Quinoa (100)	Bagel (01)	Pancakes (58)	Wheat Bread (30)	Muffins (104)
	Banana (04)	Apples (01)	Hash Browns (180)	Grapes (18)	Pears (28)
	Milk	Milk	Milk	Milk	Milk
AM SNACK	Pretzels (68)	Grapes (18)	Mozzarella Cheese (81)	Carrots (163)	Peanut Butter (103)
	Orange Juice (63)	Milk	English Muffin (10)	Milk	Apples (01)
LUNCH	Chicken White Meat (22)	Beef Sausage (17)	Spare Ribs (51)	Black Beans (120)	Ham (44)
	Flat Bread (11)	French Toast (13)	Macaroni Noodles (62)	* Quinoa (100)	Wheat Bread (30)
	Mixed Vegetables (186)	Potatoes (221)	Baked Beans (154)	Corn (167)	Tomato Soup (243)
	Pears (28)	Oranges (25)	Cauliflower (164)	Peaches (27)	Banana (04)
	Milk	Milk	Milk	Milk	Milk
PM SNACK	Pumpkin Seeds (105)	Yogurt (104)	Applesauce (02)	Egg (102)	Cookies (34)
	Milkshakes (2)	Graham Crackers (35)	Granola Bars (53)	Flour Tortillas (87)	Milk

Breakfast Quinoa

- 1 C. uncooked quinoa
- 2 C. water
- 2 C. apple juice
- 1 C. raisins
- 2 T. lemon juice
- 1 tsp. ground cinnamon
- salt to taste
- 2 tsp. vanilla extract

Place quinoa in a sieve and rinse thoroughly. Allow to drain, then place quinoa in a medium saucepan with water. Bring to a boil over high heat. Cover pan with lid, lower heat, and allow to simmer until all water is absorbed and quinoa is tender, about 15 minutes. Mix in apple juice, raisins, lemon juice, cinnamon, and salt. Cover pan and allow to simmer for 15 minutes longer. Stir in vanilla extract. Serve warm.

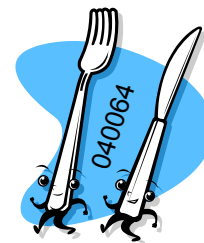
Yield: 10 servings • Serving Size: 1/2 cup
Meal Component (MM#): grain/bread (100)

Breakfast Menu Suggestion: Breakfast Quinoa, Banana, and Milk

Quinoa & Black Beans

* See recipes below.

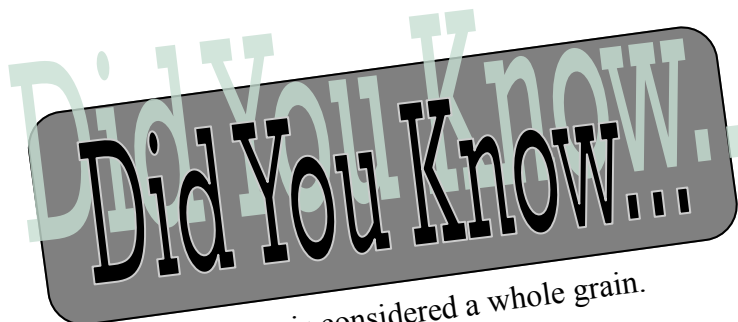
- 1 tsp. vegetable oil
- 1 C. onion, chopped
- 3 cloves garlic, peeled and chopped
- 3/4 C. uncooked quinoa
- 1 1/2 C. chicken broth
- 1 tsp. ground cumin
- 1/4 tsp. chili pepper
- salt and pepper to taste
- 1 C. corn
- 2 (15 oz.) cans black beans, rinsed and drained
- 1/2 C. chopped fresh cilantro



Heat oil in a medium saucepan over medium heat. Stir in onion and garlic, and sauté until lightly browned. Mix quinoa into saucepan and cover with broth. Season with cumin, chili powder, salt, and pepper. Bring mixture to a boil. Cover, reduce heat, and simmer 20 minutes. Stir in corn and continue to simmer about 5 minutes until heated through. Mix in black beans and cilantro; serve.

Yield: 7 servings • Serving Size: 1 cup
Meal Component (MM#): 1 1/2 oz. meat/meat alternate (120), grain/bread (100), 1/4 cup vegetable (167)

Lunch/Supper Menu Suggestion: Quinoa & Black Beans, Peaches, and Milk





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

Non-Profit
Organization
U.S. Postage
Paid
Lincoln, NE
Permit #596

P is for...

Pizza Mummies

Ingredients Needed: English muffins, Pizza sauce, Black olives, Red or green pepper, Cheese sticks or slices

Heat the oven to 350° F. For each mummy, spread a tablespoon of pizza sauce onto half of an English muffin (toast it first, if you like). Set olive slices in place for eyes and add bits of red or green pepper for pupils. Lay strips of cheese across the muffin for the mummy's wrappings. Bake for about 10 minutes or until the cheese is melted and the muffin is toasty.


Pumpkin Lacing

Cut pumpkin shapes out of orange construction (or thicker) paper. Using a hole puncher, punch holes along the edge of the pumpkin (leave some spacing in between). Tape a long string of yarn to the pumpkin and let the children practice lacing.



Congratulations

Flo Kovar of Fremont, NE
for submitting your August claim
before September 4th. Submit your
claim before the 4th of the month to be
eligible to receive a prize!

 **Pretzel Writing:** This is one time you can encourage your children to play with their food! During snack time encourage your children to write as many words and numbers as they can using their pretzel sticks.

CONGRATULATIONS!

Congratulations to Rosa Dornan of Wilbur for finding her provider number in the **August** 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 **December** issue of the *Child Care Outreach*.