



Child Care OUTREACH

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Issue 10

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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

Attention WebKids Providers

Starting with our November 2010 issue of the *Child Care Outreach* newsletter, *WebKids* providers will begin receiving our monthly newsletter via email and no longer receive it via the postal mail. Keep in mind that our newsletter is also available online via our agency's web site: www.familyservicelincoln.org. Click on *Programs*, then *Child Care Food Program*; the list of newsletters available online are listed on the far right column towards the bottom of the screen. Just click on the month you'd like to view.

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

October 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 / ₃₁	25	26	27	28	29	30

Mark This Date

KEEP IN MIND

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

OCTOBER 25th
Last day late SEPTEMBER and AUGUST
claims will be accepted.

OCTOBER 20th
CCFP checks should be mailed.

OCTOBER 21st
Direct Deposit should be transferred.

Federal CACFP Regulations

It is important you are aware of all the Federal Regulations that pertain to you and your participation on CACFP, a Federal program that uses our tax dollars. The Federal Regulations can be viewed online at <http://www.education.ne.gov/NS/forms/cacfpforms/CACFPRegulations.pdf>.

BUILDING TOMORROW CLASS SCHEDULE

CPR/FIRST AID

**(CC AREA: Health, Safety, & Nutrition)*
October 9, 2010 ■ 8:30 a.m. - 4:30 p.m.
Cost is \$40.00.
Pre-registration is required.

STORY BAG MAKE & TAKE

**(CC AREA: Planning Learning Experiences/ Curriculum)*
October 14, 2010 ■ 7:00 p.m. - 8:30 p.m.
Cost is \$5.00 for supplies.

SELECTING & IMPLEMENTING PRESCHOOL CURRICULUM

**(CC AREA: Planning Learning Experiences/ Curriculum)*
October 28, 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!

Katherine Bombeck of Kearney
Corina Chadwick of Lincoln
Brandy Echeverria of Grand Island
Jennifer Hames of Bloomfield
Angie Harrington (Nnadozie) of Lincoln
Tarra Janzing of O'Neill
Colleen Jensen of Minden
Tasha Kackmeister of North Platte

Heather Manivong of Grand Island
Margaret Nelson of Blair
Jennifer Reynolds of Atkinson
Shara Schurmann of Minden
Amanda Seamann of Platte Center
Elizabeth Steinmeyer of Fremont
Kieyona Walker of Omaha
Jill Zabokrtsky of Beatrice

CCFP UPDATES & REMINDERS

Home Visits: Family Service, Nebraska Department of Education, and U.S. Department of Agriculture officials have the right to visit your child care home during your hours of operation per your signed agreement of participation on the CACFP. Anyone making such reviews must show photo identification that demonstrates that they are employed by one of those entities. If during the home visit review the provider's meal count and/or menu records are not current within 24 CLOCK hours of the time of the review, meals not properly recorded will be disallowed.



Prior Approval: If you contacted our office or your Consultant to notify us of a day your child care will be closed, but circumstances change and you are now open, you must notify us prior to the event in order for meals to be claimed for that day. Family Service must be able to conduct a Home Visit anytime your child care is operating, therefore, prior approval to changes to your hours of operation or meals served is required.

Submit Your Claims: We want your claims! Even claims for only one or two days of the month will be beneficial. Submitting your claims is just as important to us as it is to you. Without a claim no reimbursement can be given. If you miss the claim submission deadline of the 4th of each month by 5pm, please still submit your claim. Reimbursement will be delayed a month or more for claims received late, however you will still receive payment—late reimbursement is better than no reimbursement, right? See page 2 of our newsletter for the Late Claim deadline.

Menu Accuracy: Keep in mind the menus that you submit on your claims must match exactly to what is served and the children that were in attendance. This is also important when using our Master Menus or Menu Templates (*WebKids*); no substitutions are allowed.

Incomplete Child Enrollment Forms: All incomplete Child Enrollment Forms (CEF) received by our office will be returned to the provider. To avoid a lapse in your reimbursement please make sure your CEF's are complete before submitting them.

Infant Age Reminder: Make sure you mark the infant's meal components in the appropriate age category (birth-3 months, 4-7 months, or 8-11 months) on the infant menus. When an infant's age puts them in the next age category, mark the meal components in the new category on the day their age changes. For example, if an infant was born June 10th, on October 10th you would begin coding them in the 4-7 month age category. (See the chart to the right for assistance.)

INFANT AGE CATEGORIES		
Birth Month	4-7 Months	8-11 Months
January	May	September
February	June	October
March	July	November
April	August	December
May	September	January
June	October	February
July	November	March
August	December	April
September	January	May
October	February	June
November	March	July
December	April	August

NEW WORKSHOP COMING YOUR WAY

070264

Journey Through CACFP

Do you want to maximize your CACFP reimbursement? Having a better understanding of the CACFP rules and regulations will save you time and money! Join us for a fun filled workshop where you can learn more about CACFP in a game format with fellow providers.

A postcard will be mailed to you when this workshop is available in your area. Continue to check our monthly newsletter for a list of locations. Our web site at www.familyserVICelincoln.org is also updated as workshops are scheduled.

Upcoming Inservices

“Journey Through CACFP”

Kearney, NE • October 4, 2010
David City, NE • October 5, 2010
Grand Island, NE • October 5, 2010
Hastings, NE • October 7, 2010

Upcoming Child Care Conferences

Broken Bow, NE • October 2, 2010
Hastings, NE • October 9, 2010
North Platte, NE • October 23, 2010

Watch your mail for more information on upcoming training opportunities.

IMPORTANT: Daily Record Keeping

USDA regulations require that menu and attendance must be maintained daily. When your Consultant, a representative from Nebraska Department of Education or USDA visits your home and your forms are more than 24 CLOCK hours behind, deductions will be made for the meals not in compliance as well as all Food Program Sponsors in Nebraska are required to declare providers seriously deficient if this regulation is not met.



Food For Thought

by Darlene Bantam, DTR

Fats & Oils in Foods: How Much for Kids?

Is ice cream okay for kids? How about fried chicken nuggets, or fries? You are smart to wonder about high-fat foods for kids. Here is the scoop.

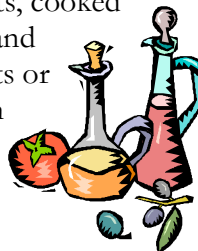
Children need some fats and oils from food.

Fats and oils are part of a healthful diet, but the type of fat makes a difference to heart health, and the total amount of fat consumed is also important. Get your oils from fish, nuts, avocados, and liquid oils such as corn oil, soybean oil, olive oil, and canola oil.

Trying to cut way back on fats and oils may seem like a good idea, but children need some fats and oils to be healthy:

- For energy to play, learn, and grow
- To grow properly
- To use vitamins from food
- To add flavor to foods

Most food energy should come from whole-wheat bread, pasta and rice, vegetables, fruits, low-fat and fat-free milk and milk products, cooked dry-beans, lean meat and poultry, fish, eggs, nuts or seeds. Be careful with nuts. They may cause choking in 2 to 3 year olds.



Eating less saturated fat, Trans fat, and cholesterol is good family advice.

Do you have an infant or toddler under age 2? If so, low-fat eating is not advised before age 2. Little ones need more fat for brain development.

Once a child turns 2, learning a habit of eating low-fat foods, especially low-fat or fat-free milk, is healthful. If most meals and snacks have less fat, then children will learn to eat that way.

Choose to limit foods with solid fats. Eating a lot of solid fat increases the chance of heart disease later in life. Solid fats are solid at room temperature. Butter, stick margarine, and fat in meat are examples.

Eating lots of fats and oils can add up to too many calories. Weight gain over time may lead to type 2 diabetes and other chronic diseases at an early age. Choose mostly lean and low-fat foods to help children and you maintain a healthy weight.

**Adapted from Nibbles for Health 22*

2010 Dietary Guidelines: Coming Soon!

An amazing body of scientists convene every 5 years to review scientific literature and set guidelines for the most optimal diet based on science for Americans. You can view all of their findings by visiting www.health.gov and searching on Dietary Guidelines. The document is over 600 pages printed!

We learned that Americans have a lot to do for better health. If anything, the rules are more strict because the scientific evidence for a healthy diet is getting stronger over time. Here are some of the findings:

- Fiber, whole grains, legumes, fruits and vegetables are the most important types of foods to include in your diet each day and like everyone else you probably don't get enough because you eat processed foods on the go.
- Fiber is under-consumed and the best sources are whole grains, cooked dry beans and peas, vegetables, fruits and nuts.
- Most people eat too many grain foods but not enough whole grains.
- Fruits and vegetables can help you lower the risk for many chronic diseases but only if you eat enough and base your diet on them.
- A more vegetarian diet will help lower the incidence of cancer, BMI and blood pressure.



The new 2010 Dietary Guidelines are scheduled to be released this fall!

5 Tips to Eat Well & Spend Less

1. Eat Vegetarian a Few Nights a Week.

Try to include a couple of vegetarian meals in your menu for the week. Skipping meat, even once or twice a week, can help save money, since meat is usually the most expensive part of a meal. And you will have a lighter impact on the environment—almost one-fifth of the world's manmade greenhouse-gas emissions are generated by the meat industry, according to the United Nations.

2. Minimize Waste.

One of the easiest ways to save money is to make sure you're not wasting food. According to the Environmental Protection Agency, Americans throw out more than 25% of the food we prepare. And a study at the University of Arizona that tracked food use and waste from production to the table to the landfill estimated that the average American family of four, throws out \$590 worth of food each year. So we need to do a better job of using leftovers and learn what to do with food before its' past its peak.

3. Plug in the Slow Cooker.

If you don't have hours to be in the kitchen, then try a slow cooker. You can plug it in, leave for the day, and have a cooked meal without all the hassle. Inexpensive cuts of meat work wonderfully in the slow cooker, including chicken thighs, pork shoulder, beef chuck, and brisket.

4. Discover Great Ways to Use Canned Fish.

Just like their fresh counterparts, canned salmon and tuna provide omega-3 fats, which help keep your heart healthy by lowering triglycerides and blood pressure. The difference: canned fish is significantly cheaper.



5. Don't Order a Pizza. Make One at Home.

Ordering pizza seems like a cheap and quick solution for dinner. But a typical pie costs more than \$15. You can make your own at home for a lot less and in about the same time delivery takes.

**Adapted from Eating Well, September/October 2010*

Breakfast Mexi Melt

- 2 T. refried beans
- 1 slice whole wheat toast
- 1 T. salsa
- 1 T. shredded Mexican blend cheese

Spread refried beans on toast. Top with salsa and cheese. Microwave on high until cheese is melted and beans are hot, about 45 seconds. Cut in half to serve.

Yield: 2 servings

Serving Size: 1/2 Breakfast Mexi Melt

Meal Component (MM#): grain/bread (30)

Breakfast Menu Suggestion: Breakfast Mexi Melt, Applesauce, and Milk

...CREDITABLE NOTE...

Commercial fish sticks, other commercial breaded or battered fish or seafood products, canned fish with bones, hot dogs and sausages are not creditable as a meat/meat alternate for INFANTS on the CACFP meal pattern because these foods are not designed for consumption by infants less than 12 months of age. Infants may choke on these food items ad there



Slow Cooker Chicken Taco Soup

- 1 C. onion, chopped
- 1 (16 oz.) can chili beans
- 1 (15 oz.) can black beans
- 1 (15 oz.) can whole kernel corn, drained
- 1 (8 oz.) can tomato sauce
- 1 1/2 C. chicken broth
- 2 (10 oz.) cans diced tomatoes with green chilies, undrained
- 1 (1.25 oz.) pkg. dry taco seasoning
- 1 lb. skinless, boneless chicken breasts, cubed

Combine all ingredients in a greased slow cooker. Cook on low for at least 6 hours before serving. Serve topped with shredded cheese, a dollop of sour cream, and crushed tortilla chips, if desired.

Yield: 13 servings

Serving Size: 1 cup

Meal Component (MM#): 1 1/2 oz. meat/meat alternate (22), 1/4 cup vegetable (224)

Lunch/Supper Menu Suggestion: Slow Cooker Chicken Taco Soup, Tortilla Chips, Pears, and Milk



THIS, THAT, & MORE!

by Vicky Heyen

Did you Know THIS about Pears?



The flesh of a pear contains stone cells (also called "grit").

Pick a Pear and Storage

Pears are one of the few fruits that are actually much better when picked before they're ripe. Mature pears that are picked while still green ripen slowly: starches convert to sugars and the texture turns from dry and gritty to juicy and buttery-smooth. If you need ripe pears for a specific occasion, it's best to plan ahead several days.

- Buy firm pears at the grocery store and place them in a paper bag. Putting a banana or an apple in the bag will speed up the process.
- Pears ripen from the inside out, so as soon as the stem end has a slight give to it when gently pressed, the fruit is ripe.
- "Check the Neck" for ripeness daily by applying gentle pressure to the stem end of the pear with your thumb. When it yields to the pressure, it's ready to eat.
- Refrigerate ripe pears to slow further ripening; where they have a shelf life of 2 to 3 days. 160121

Nutrition Benefits

Fat free; saturated fat free; sodium free; cholesterol free; excellent source of dietary fiber; good source of vitamin C. Most of the fiber is insoluble, making pears a good laxative. The gritty fiber content may cut down on the number of cancerous colon polyps. Most of the vitamin C, as well as the dietary fiber, is contained within the skin of the fruit.

Interesting Tidbit

Pears are less allergenic **than** many other fruits, and pear juice is therefore sometimes used as the first juice introduced to infants.

Did you know **THAT** Family Service has an agency web site with access to information and resources for the Family Service Child Care Food Program? Here you can find information about classes/in-services offered, home study lessons, income eligibility applications, the Child Care Outreach, links to resources and forms; www.familyservicelincoln.org. Click on *Programs* and then *Child Care Food Program* to see all we have to offer.

MORE ABOUT PEARS

There are many types of pears but the most popular are; *Anjou*, *Bartlett*, *Bosc* and *Comice*.

Anjou

Anjou pears are the most commonly found pear in the U.S., available in late October to mid-winter. Anjou pears are bell-shaped, with pale green skin that may develop a reddish blush. Anjou pears are delicious raw or cooked.

Bartlett

Bartlett pears are large bell-shaped pears, like Anjous. They're yellow-green in color and may develop a red blush as they ripen. This is the most common variety for canning, and Bartletts are also sweet and juicy fresh or cooked.

Bosc

Bosc pears have a distinctive, elegant shape: a long, slender neck and yellow-brown skin. They are the best pears for poaching, as they keep their shape when cooked. Boscs are sweet and tangy, delicious raw or cooked.

Comice

Comice pears are the sweetest, most aromatic of all the commonly available varieties. Comice are large, round fruits. They are yellow-green or yellow with a red blush. Because of their juicy, melt-in-the-mouth texture and delicate fragrance, Comice pears are best enjoyed raw.

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A Week's Worth of Meal Ideas

MEALS	Monday	Tuesday	Wednesday	Thursday	Friday
BREAK-FAST	Hot Cereal (33)	Cold Cereal (32)	French Toast (12)	Wheat Bread (30)	Bagel (01)
	Strawberries (37)	Orange Juice (63)	Pears (28)	Peaches (27)	Grapes (18)
	Milk	Milk	Milk	Milk	Milk
AM SNACK	Muffins (104)	Graham Crackers (35)	Peanut Butter (103)	Snack Crackers (43)	* Apple Bread (101)
	Bananas (04)	Applesauce (02)	Apples (01)	Strawberries (37)	Milk
LUNCH	Pinto Beans (67)	Turkey Breasts (52)	Fish Sticks (38)	Ricotta Cheese (83)	Beef Sausage (17)
	White Rice (78)	Oatmeal Bread (20)	Brown Rice (72)	Lasagna Noodles (61)	Pizza Crust (42)
	Stewed Tomatoes (224)	Carrots (163)	Cucumbers (168)	Tomato Sauce (230)	Tomato Sauce (230)
	* Pears (28)	Grapes (18)	Bananas (04)	Blueberries (06)	Peaches (27)
	Milk	Milk	Milk	Milk	Milk
PM SNACK	Snack Crackers (43)	Croissants (07)	American Cheese (73)	Cookies (34)	Bread Sticks (03)
	Orange Juice (63)	Strawberries (37)	English Muffin (10)	Milk	Apples (01)

* See recipes below.

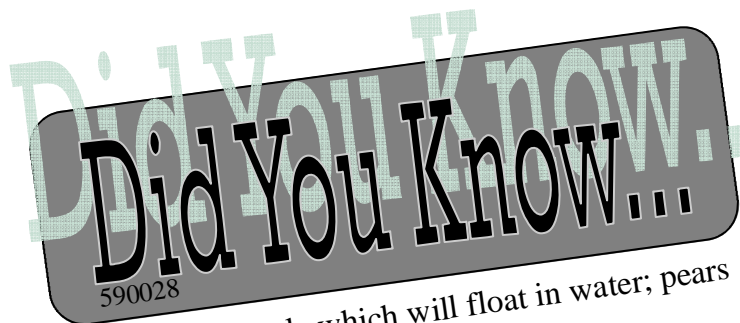
Blushing Pears

- 1 (29 oz.) can pear halves, drained
- 1 (16 oz.) can whole berry cranberry sauce
- 1/4 C. sugar
- 2 T. lemon juice
- 1/4 tsp. ground cinnamon

Place pears cut side up in a greased 8-inch square baking dish. In a saucepan, combine the cranberry sauce, sugar, lemon juice and cinnamon. Cook and stir until sugar is dissolved and mixture is heated through. Spoon sauce over pears. Bake, uncovered, at 350°F for 25-30 minutes or until heated through.

Yield: 21 servings
Serving Size: 1/4 cup
Meal Component (MM#): 1/4 cup fruit (28)

Lunch/Supper Menu Suggestion: Pinto Beans, White Rice, Stewed Tomatoes, Blushing Pears, and Milk



...unlike an apple which will float in water, pears will sink?

Pear Bread

- 3 eggs
- 1 1/2 C. sugar
- 3/4 C. vegetable oil
- 1 tsp. vanilla extract
- 3 C. all-purpose flour
- 2 tsp. baking powder
- 2 tsp. ground cinnamon
- 1 tsp. baking soda
- 1 tsp. salt
- 4 C. peeled, cored and finely chopped pears
- 1 tsp. lemon juice



In a mixing bowl, combine eggs, sugar, oil and vanilla; mix well. Combine flour, baking powder, cinnamon, baking soda and salt; stir into egg mixture just until moistened. Toss pears with lemon juice. Stir pears into the batter (batter will be thick). Spoon into two greased loaf pans. Bake at 350°F for 55-60 minutes or until a toothpick inserted near the center comes out clean. Cool for 10 minutes before removing from pans to wire racks. Cut each loaf into 12 equal-sized slices.

Yield: 24 servings
Serving Size: 1 slice
Meal Component (MM#): grain/bread (101)

Snack Menu Suggestion: Pear Bread and Milk



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

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

10 Best Toys to Get Kids Moving

023676

1. Chiffon Scarves

They're great for visual tracking, throwing, and catching (use with adult supervision).

2. Hula Hoops

Not just for shimmying; your kids can jump in and out of it, or roll it around.

3. Jump Rope

Besides the obvious, use it for tug-of-war or as the goal line in relay races.

4. A Set of Wheels

Think ride-on toys and tricycles.

5. Sidewalk Chalk

Yes, decorating the driveway is a good workout, but you can also draw a hopscotch pattern and jump to it.

6. Junior Jungle Gym

A climbing apparatus is irresistible and can be used indoors and out.

7. Outdoor Sprinkler

Nothing gets a kid moving faster than a fountain of water on a hot day.

8. Balls, Balls, Balls

Soft foam balls or those with a knobby texture are easy for little hands to get a grip on; 4- and 5-year olds can start kicking soccer balls.

9. Wagon

For pulling, pushing, and filling up with all kinds of stuff.

10. Mini-Sports Toys

Junior-size basketball hoops, T-ball, or bowling sets are perfect when you're cooped up on a rainy day or to haul out into the yard.

by: Maura Rhodes, Parenting



Congratulations

Becky Mosteck of Pender, 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!

CONGRATULATIONS!

Congratulations to Linda Morton of Fremont 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*.