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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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Below are the NEW Income Eligibility Guidelines effective July 1, 2010. If you are currently receiving Tier 2 rates and believe that your household meets the guidelines below, please contact our office for an Income Eligibility Application and information on how to apply for Tier 1 rates.

**INCOME ELIGIBILITY GUIDELINES
July 1, 2010 – June 30, 2011**

Household Size	Household Income				
	Annual	Monthly	Twice per Month	Every Two Weeks	Weekly
1	20,036	1,670	835	771	386
2	26,955	2,247	1,124	1,037	519
3	33,874	2,823	1,412	1,303	652
4	40,793	3,400	1,700	1,569	785
5	47,712	3,976	1,988	1,836	918
6	54,631	4,553	2,277	2,102	1,051
7	61,550	5,130	2,565	2,368	1,184
8	68,469	5,706	2,853	2,634	1,317
For each additional family member add:	6,919	577	289	267	134

**The Poverty Guidelines issued August 3, 2010 by the Department of Health and Human Services did not represent a change in the Income Eligibility Guidelines for Child Nutrition Programs. Therefore, the guidelines for fiscal year 2010/2011 are the same that were used for fiscal year 2009/2010.—USDA Memo, CACFP 16-2010*

Family Service
Child Care Food Program

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

September 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		

030095

Family Service CCFP will be CLOSED:

Monday, September 6, 2010
in observance of the Labor Day holiday.

Tuesday, September 14, 2010
for a staff training.

KEEP IN MIND

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

SEPTEMBER 22nd
Last day late **AUGUST** and **JULY**
claims will be accepted.

SEPTEMBER 20th
CCFP checks should be mailed.

SEPTEMBER 21st
Direct Deposit should be transferred.

Mark This Date

BUILDING TOMORROW CLASS SCHEDULE

DISCIPLINE & GUIDANCE

*(CC AREA: *Interacting with Children & Providing Guidance to Children*)

September 2, 2010 ■ 7:00 p.m. - 8:00 p.m.

Cost is \$5.00.

FREE to Family Service CCFP participants.

CPR/FIRST AID

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

September 18, 2010 ■ 8:30 a.m. - 4:30 p.m.

Cost is \$40.00.

Pre-registration is required.

PICKY EATERS: WHOSE PROBLEM IS IT?

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

September 23, 2010 ■ 7:00 p.m. - 8:30 p.m.

Cost is FREE.

FINANCIAL PLANNING FOR WOMEN

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

September 30, 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!

Becky Anchor of Hastings
Sarah Anderson of Blair
Melissa Armstrong of Gothenburg
Susan Biggs of Omaha
Ashley Clark of Superior
Contessia Clay of Omaha
Catharina Dorn of Crete
Jacqueline El Abidi of Lincoln
Lila Fiscus of South Sioux City
Jennifer Gorecki-Sonnenfeld of Scotia
Megan Harwager of North Platte
Jami Heiss of Lincoln
LaQuitta Jones of Omaha
Sandra Kaiser of Bloomfield

Jennifer Kucera Pester of Lincoln
Laura Lockard of Walton
Erica Martinez of Grand Island
Krista McClain of McCook
Jennifer McEwen of Lincoln
Jennifer Reynolds of Atkinson
Samantha Rutjens of Tilden
Sarah Shane of Lincoln
Rachel Slaughter of Omaha
Michelle Smith of Elwood
Rachel Wells of Pierce
Renae Wheeland of Nelson
Anquetta Whittington of Lincoln
Trisha Zumwalt of Hardy

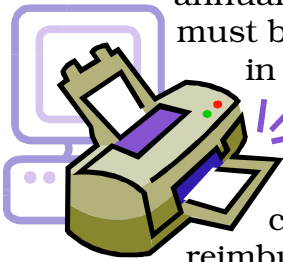
CCFP UPDATES & REMINDERS

Complete Ethnicity & Race:

We are receiving Child Enrollment Forms with the Ethnicity section blank. Make sure when you are enrolling a child that you have entered a selection for Ethnicity and Race. It is required that both categories be completed.

Printing WebKids Enrollments:

All *WebKids* Child Enrollment Forms and annual enrollment information must be printed on WHITE paper in BLACK ink . Child Enrollment Forms not meeting these guidelines will be returned and could cause a loss of reimbursement.



Holiday Care:

Please keep in mind that we no longer accept claims for meals served on holidays, such as Labor Day. If you claim meals served on Monday, September 6, 2010 you will receive an error message on your Claim Error Report.

Back to School:

Please make changes regarding your kindergarten and school-aged children information on your **AUGUST** Claim Information Form before submitting your claim. If a child is entering kindergarten this fall, please place a "K" in the *School Level* column. If you have a child that is starting 1st grade, mark through the "K" in the *School Level* column and write "S" next to it. All other school-aged children should already have a "S" in the *School Level* column. Providers that utilize the *WebKids* program must also make the same changes as requested above under the *Child Schedule* tab. 140078



Upcoming Child Care Conferences

Fremont, NE • September 25, 2010

Kearney, NE • September 25, 2010

Watch your mail for more information on upcoming training opportunities.

NEW REIMBURSEMENT RATES

July 1, 2010 - June 30, 2011

	<u>Tier I</u>	<u>Tier II</u>
Breakfast	\$1.19	\$0.44
Lunch/Supper	\$2.22	\$1.34
Snack	\$0.66	\$0.18

Management Training Program

12 Module Series includes:

child care management, partnership with families, child development, health & safety, business practices, etc.

This great training opportunity meets the 2nd and 4th Tuesday of every month in Lincoln at Family Service (501 South 7th Street—Lower Level).

September 28, 2010—April 12, 2011

6:30 p.m.—10:00 p.m.

**Cost is \$195.

***You may be able to receive a reimbursement of \$150 from Health and Human Services if you meet the requirements.*

Contact Pam Dolberg
at (402) 423-6219 for more information.

Submitting Your Claim:

Please keep in mind that you cannot submit your claim to our office PRIOR to serving the last claimed meal on the last day claimed. Pre-coding meal attendance is considered falsification of claims, since true attendance might change due to illness or other circumstances. This applies to all providers, regardless if you utilize our scannable forms or *WebKids* to submit your claims.

Food For Thought

by Darlene Bantam, DTR

Cash In with Coupons

Did you know that 89% of shoppers say they use coupons at the supermarket? Coupon-clipping is becoming the new national pastime. The average American family saves from \$5 to \$9 a week with coupons. That's over \$400 a year. Even smartphones have latched onto the trend. Some sites allow you to load coupons onto your phone and simply show them to the cashier for instant savings. Facebook has also gotten into coupons. Almost every brand has a Facebook page; "like" them to get access to high-value coupons.

September is **National Coupon Month**, so check out some of the following web sites for valuable coupons:

- www.couponbugs.com
- www.coupondivas.com
- www.couponmom.com
- www.coupons.com
- www.couponsurfer.com
- www.hotcouponworld.com
- www.redplum.com
- www.smartsources.com

However, keep in mind that not all stores will honor Internet coupons, so call the stores you want to use them at ahead of time to make sure they will accept them. Other sources of coupons are Sunday newspapers, magazines, and the back side of receipts. To get even more savings find out which stores have double coupon days. Happy saving!

**Adapted from Taste of Home, August & September 2010*

Cereal in the Bottle—Not a Good Idea



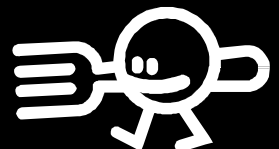
While the habit of adding cereal to an infant's bottle is one that has been around for a long time, there are several compelling reasons why you should not do so unless advised by a pediatrician.

- **Ready or Not.** A baby's digestive system is not going to be well prepared to process cereal until about 4 months of age. Once an infant is old enough to digest cereal, they should also be ready to eat it from a spoon.
- **Too Hard to Handle.** Offering cereal in a bottle (or even on a spoon) before babies are developmentally ready can bring with it an increase likelihood of gagging and/or inhaling the thickened mixture into their lungs. Unless there's a medical reason for giving it early, it's not worth jumping the gun.
- **Allergy Activation.** Early exposure to solid foods is thought to put babies at risk of developing food allergies in the future—a risk that can be minimized by simply waiting until the time is right.¹⁸⁰³¹⁶
- **Overfeeding.** Perhaps the biggest reason not to take the addition of cereal in a bottle too lightly relates to overfeeding. By instinct, babies know how much breast milk or formula to drink based on volume, not calories. While it is difficult to overfeed a baby when you're talking about breast milk or formula alone, as soon as cereal gets added in, things get a little murky—so murky, in fact, that putting cereal in the bottle is considered by some to be a form of force-feeding that can easily cause babies to "overdose" on calories.

**Credit: Food Fights, by Laura A. Jana, MD, FAAP*

Creditable Note

Two forms of the same fruit or vegetable served at the same meal cannot both be counted toward the requirements to serve two or more fruits and/or vegetables. (Examples: sliced apples, applesauce or tomato soup, fresh tomatoes). This requirement is intended to provide the variety of fruits and vegetables needed for



Using Cycle Menus to Control Food Costs

A cycle menu is a series of menus that is repeated over a specific period of time, such as 4 weeks. The menu is different each day during the cycle. At the end of the cycle, the menu is repeated. Using cycle menus in child care has many advantages. Cycle menus save time and allow providers to offer a variety of menu selections. Cycle menus can control food costs in a number of ways.

Cycle menus save time and labor costs.

- Cycle menus save time in gathering information, planning menus, and calculating your food cost.
- A standard grocery list for a cycle menu helps prevent extra trips to the store, saving you time and gas.
- As menu items are repeated, you become more familiar with the recipes and more efficient in making them.
- The time you save by using cycle menus can be used for nutrition education and training.

Cycle menus can help control food costs.

- It is easier to project the right amount of food to purchase when you have previous records of your menus and attendance.
- Cycle menus make it easier to buy regularly used items in bulk.
- Cycle menus can take advantage of seasonal foods.

Cycle menus reduce storage costs.

- Since cycle menus help project the right amount of food to purchase, they help keep stocked foods at appropriate levels.

Cycle menus reduce food waste.

- As menus are prepared repeatedly, it is easier to project how much of each menu item you will need to make.



*Source: NFMSI, Mealtime Memo for Child Care, No. 3, 2009

Steps to Planning Cycle Menus

1. Gather menu planning resources, such as recipes and the CACFP Meal Pattern requirements.
2. Decide on the length of the cycle. The cycle menu should be at least 3 weeks to promote variety.
3. Plan the main dishes first.
 - Try to include a different main dish for each day of the cycle.
 - Vary the meat/meat alternate from day to day. For example, serve Vegetable Beef Soup on Monday, Fish Fillets on Tuesday, and Chicken & Rice on Wednesday.
4. Add foods to go with the main dish. Check the CACFP Meal Pattern requirements to be sure all requirements have been met.
5. Plan breakfast and snack menus.
6. Remember basic meal planning guidelines.
 - Include a variety of foods.
 - Include familiar foods as well as foods that may be new to children.
 - Include different shapes, colors, textures, and temperatures of food.
 - Balance higher-cost and lower-cost foods throughout the week.
 - Use familiar recipes and try some new recipes.
7. Remember that cycle menus can be flexible to allow variations for holidays, seasonal fruits and vegetables, special items, and the use of unexpected leftovers.

Slow Cooker Beef Tips

- 1 lb. beef sirloin tips or stew meat, cubed
- 1 (10.75 oz.) can condensed cream of mushroom soup
- 1 (1.25 oz.) pkg. dry onion soup mix
- 1 (4.5 oz.) can sliced mushrooms, drained
- 1 C. water

Combine all ingredients in a greased slow cooker. Cook on high for 3-4 hours or low for 6-8 hours or until beef is tender. Serve over cooked egg noodles, rice, or mashed potatoes.

Yield: 7 servings

Serving Size: 3/4 cup

Meal Component (MM#): 1 1/2 oz. meat/meat alternate (18)

Lunch/Supper Menu Suggestion: Slow Cooker Beef Tips, Egg Noodles, Green Beans, Sliced Peaches, and Milk

Jam Biscuits

- 2 C. all-purpose flour
- 2 T. sugar
- 1 T. baking powder
- 1/2 tsp. salt
- 1/2 C. butter, chilled
- 1 egg
- 1/2 C. cold milk
- 1/4 C. fruit jam, any flavor

In a large bowl, whisk together flour, sugar, baking powder, and salt. Cut in butter until crumbly. Make a well in the center of mixture. Beat egg until light and frothy, and mix in milk; pour all at once into well. Stir lightly to form a soft dough. Turn dough out onto a floured surface, and knead 8 to 10 times. Pat or roll out to 3/4-inch thickness. Using a round cookie/biscuit cutter, push straight down to cut out 16 biscuits. Arrange biscuits on greased baking sheets. Make a deep hollow in the center of each biscuit. Drop a small spoonful of jam into each hollow. Bake at 450°F for 12 to 15 minutes. Serve hot.

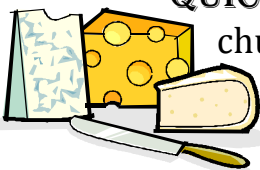
Yield: 16 servings

Serving Size: 1 biscuit

Meal Component (MM#): grain/bread (02)

Snack Menu Suggestion: Jam Biscuits and Milk

QUICK TIP: Store your opened chunks of cheese in aluminum foil NOT plastic. It will stay fresh much longer and not mold.



THIS, THAT, & MORE!

by Vicky Heyen

Did you Know THIS about Brussels Sprouts?

Brussels sprouts grow in bunches of 20 to 40 on the stem of a plant that grows from two to three feet tall.



Description

Brussels sprouts are members of the *Brassica* family and therefore kin to broccoli and cabbage. They resemble miniature cabbages, with diameters of about 1-inch. They are oftentimes sold separately but can sometimes be found in stores still attached to the stem. Perfectly cooked Brussels sprouts have a crisp, dense texture and a slightly sweet, bright and "green" taste.

Nutrition Information

Brussels sprouts have the same cancer-inhibiting potential as cabbage and other Cruciferous vegetables (such as broccoli and cauliflower) because they contain the nitrogen compounds called indoles and a significant amount of vitamin C. This vitamin acts as an antioxidant to fight off the free radicals, as well as an immune booster. Brussels sprouts also supply good amounts of folate (folic acid), potassium, vitamin K, and a small amount of beta-carotene (precursor to vitamin A).

How to Select and Store

Good quality Brussels sprouts are firm, compact and vivid green. They should be free of yellowed or wilted leaves and should not be puffy or soft in texture.

Avoid those that have perforations in their leaves as this may indicate that they have aphids residing within.

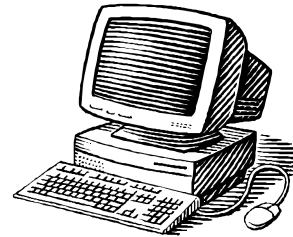
If Brussels sprouts are sold individually, choose those of equal size to ensure that they will cook evenly.

Brussels sprouts are available year round, but their peak growing period is from autumn until early spring.

Keep unwashed and untrimmed Brussels sprouts in the vegetable compartment of the refrigerator. Stored in a plastic bag; they can be kept for 10 days. If you want to freeze Brussels sprouts, blanch them first for about three to five minutes. They will keep in the freezer for up to one year.

Did you know **THAT** in *WebKIDS* when you enroll a child you must print three copies? All three copies must be signed and dated by the parent/guardian. One copy is for the parent. One copy is to be returned to Family Service CCFP. The third copy is for your records. Remember you will need to keep your copy the entire time the child is attending your child care plus three additional years after the child has left your care.

REMINDER: Always print Child Enrollment Forms on **WHITE** paper using **BLACK** ink.



MORE ABOUT BRUSSELS SPROUTS!

Tips for preparing Brussels sprouts:

Before washing Brussels sprouts, remove stems and any yellow or discolored leaves. Wash them well under running water or soak them in a bowl of water to remove any insects that may reside in the inner leaves.

Brussels sprouts are usually cooked whole. To allow the heat to permeate throughout all of the leaves and better ensure an even texture, cut an "X" in the bottom of the stem before cooking. While Brussels sprouts are usually served as a side dish, they also make a nice addition to cold salads.

330070

A Week's Worth of Meal Ideas

MEALS	Monday	Tuesday	Wednesday	Thursday	Friday
BREAK-FAST	Muffins (104)	Whole Wheat Bread (30)	French Toast (12)	Cold Cereal (32)	Granola Bars (53)
	Cantaloupe (08)	Peaches (27)	Blueberries (06)	Bananas (04)	Apples (01)
	Milk	Milk	Milk	Milk	Milk
AM SNACK	Yogurt (104)	Pretzels (68)	Wheat Crackers (38)	Graham Crackers (35)	Yogurt (104)
	Bagel (01)	Apple Juice (52)	Peaches (27)	Orange Juice (63)	Strawberries (37)
LUNCH	Pork Chops (45)	Beef Lunchmeat (04)	Chicken White Meat (22)	Pork Sausage (48)	Tuna ((42)
	Dinner Roll (25)	Flour Tortilla (87)	Pie Crust (41)	Waffles (58)	Egg Noodles (60)
	* Brussels Sprouts (161)	Lettuce (183)	Mixed Vegetables (186)	Hash Browns (180)	* Brussels Sprouts (161)
	Applesauce (02)	Fresh Tomatoes (174)	Kiwi (22)	Watermelon (41)	Grapes (18)
	Milk	Milk	Milk	Milk	Milk
PM SNACK	Cottage Cheese (77)	Cookies (34)	Tortilla Chips (112)	Muffins (104)	Wheat Crackers (38)
	Pears (28)	Milk	Cheddar Cheese (74)	Milk	Pineapple (30)

* See recipes below.

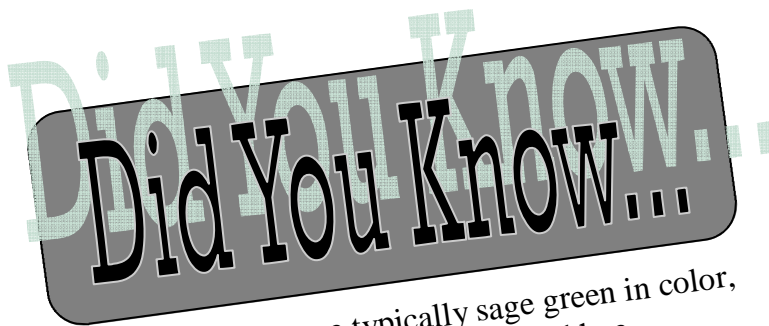
Roasted Brussels Sprouts

- 1 1/2 lb. Brussels sprouts, ends trimmed
- 3 T. olive oil
- 1 tsp. salt
- 1/2 tsp. ground black pepper

Place Brussels sprouts, oil, salt, and pepper in a large resealable plastic bag. Seal tightly, and shake to coat. Pour onto a greased baking sheet, and place on center oven rack. Roast in oven at 400°F for 30 to 45 minutes, shaking pan every 5 to 7 minutes for even browning. Reduce heat when necessary to prevent burning. Brussels sprouts should be nicely browned when done.

Yield: 13 servings
Serving Size: 1/4 cup
Meal Component (MM#): 1/4 cup vegetable (161)

Lunch/Supper Menu Suggestion: Pork Chops, Dinner Rolls, Roasted Brussels Sprouts, Applesauce, and Milk



Brussels sprouts are typically sage green in color, although some varieties feature a red hue.

Brussels Sprouts & Carrots

- 3/4 lb. Brussels sprouts, ends trimmed
- 1 1/2 C. fresh carrots, sliced
- 1 tsp. salt
- 4 T. butter, melted
- 4 T. grated Parmesan cheese
- 4 T. dried bread crumbs
- 1/4 tsp. garlic powder
- 1/4 tsp. ground black pepper
- 1/4 tsp. seasoning salt



In a medium-sized pot, place sprouts and carrots. Cover with water; add 1 teaspoon salt and bring to a boil. Cover and simmer for 6 minutes or until tender; drain. Place sprouts and carrots in a greased 8x8-inch baking dish. Sprinkle with 2 tablespoons of melted butter; mix well to coat. Combine cheese, bread crumbs, garlic, pepper, seasoning salt and remaining butter; sprinkle over sprouts and carrots. Place dish under broiler (about 4-inches away from heat) for about 5 minutes or until crumb mixture is lightly browned and serve.

Yield: 11 servings
Serving Size: 1/3 cup
Meal Component (MM#): 1/4 cup vegetable (161)

Lunch/Supper Menu Suggestion: Tuna, Egg Noodles, Brussels Sprouts & Carrots, Grapes, and Milk



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

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Developing Physical Skills

Rhythm and Timing

Select a movement pattern and rhythm for children to follow. For example: slap knees, pat stomach, clap, clap. Repeat.

Chants help children's rhythm and timing. Do the movements with the words to this body part chant.

2 little hands go clap, clap, clap.

2 little feet go tap, tap, tap.

2 little legs go jump, jump, jump.

1 little body turns around and around.

1 little child sits quietly down.



Stork Stand

- What is a stork? (Explain if children do not know.)
- Can you stand on one foot like a stork?
- Stand on one foot and see if you can count to 5 (increase the number of seconds by the age of the child) before you put your other foot down.
- Can you close your eyes and stand very still on one foot like a stork?



Walking

Make walking fun with different patterns. Add music for even more fun.

Walk fast, walk with hands behind your back,
Walk with tiny steps, walk on tiptoes,
Walk backwards, walk very slow,
Walk with hands on your hips, walk with giant steps,
Walk on heels, walk like a robot, and so on.
Think of new ways to walk around the room.

Congratulations

Beth Barrett of Stromsburg, NE
for submitting your July claim before
August 4th. Submit your claim before
the 4th of the month to be eligible to
receive a prize!

CONGRATULATIONS!

Congratulations to Barb Ahlschwede of Lincoln and Shelia Morse of Kearney for finding their provider numbers in the **July** 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 **November** issue of the *Child Care Outreach*.