

**In this issue:**

- Page 2 Calendar of Events
- Page 3 CCFP Updates & Reminders
- Page 4 Food For Thought
- Page 5 Recipes & More
- Page 6 Administrative Review
- Page 7 A Week's Worth of Menu Ideas
- Page 8 Fitness for Kids

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

*Program Coordinator:* Megan Evenson

*Editor:* Darlene Bantam

*Assistant Editor:* Vicky Heyen

*In accordance with Federal law and U.S. Department of Agriculture policy, this institution is prohibited from discriminating on the basis of race, color, national origin, sex, age, or disability. To file a complaint of discrimination, write USDA, Director, Office of Civil Rights, 1400 Independence Avenue, SW, Washington, D.C. 20250-9410 or call (800) 795-3272 (voice) or (202) 720-6382 (TTY). USDA is an equal opportunity provider and employer.*

**The Benefits**

Family Service Child Care Food Program offers many extra benefits that are not offered by other food programs in Nebraska. Family Service offers multiple inservices across the state, nutrition education materials, a monthly newsletter, home study lessons, a yearly calendar, an administrative office staffed 8:00 a.m—5:00 p.m. Monday through Friday, and many other benefits throughout the year!

**Do you know how all these great benefits are paid for?** The Child Care Food Program is a federally funded program but the federal money is earned on a monthly basis from the number of paid claims we process each month. The Family Service Child Care Food Program does not receive the same amount of federal money each month in order to operate our program. If we receive 100 claims during the month of October we are only paid a specific dollar amount for each claim. This is why it is so important that each provider submit a claim monthly, no matter how big or small! The federal dollars we receive for your claim is what pays for the great program we are able to offer you!

Family Service  
Child Care Food Program

January 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 <sub>/30</sub>	24 <sub>/31</sub>	25	26	27	28	29

# Mark This Date

**Happy  
New  
Year!** 

## KEEP IN MIND

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

**JANUARY 25th**  
Last day late **DECEMBER** and **NOVEMBER**  
claims will be accepted.

**JANUARY 19th**  
CCFP checks should be mailed.

**JANUARY 20th**  
Direct Deposit should be transferred.

## *BUILDING TOMORROW CLASS SCHEDULE*

***READY OR NOT—HERE COMES WINTER***  
*\*(CC AREA: Planning Learning Experiences & Curriculum)*  
**January 6, 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)*

**January 8, 2011 ■ 8:30 a.m. - 4:30 p.m.**

**Cost is \$40.00.**

**Pre-registration is required.**

■■■

### ***NEBRASKA'S CORE COMPETENCIES FOR EARLY CHILDHOOD PROFESSIONALS***

*\*(CC AREA: Professional & Leadership)*

**January 20, 2011 ■ 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)*

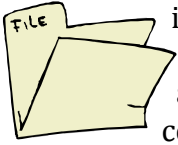
## WELCOME NEW PROVIDERS TO THE FAMILY SERVICE CHILD CARE FOOD PROGRAM!

*Shahba Abdulelah Abulmanem* of Lincoln, NE  
*Brenda Albright* of Lincoln, NE  
*Tamela Chasteen* of Norfolk, NE  
*Alice Claxton* of Omaha, NE  
*Jennifer Debord* of Kearney, NE  
*Sauna Drozd* of Osceola, NE  
*Rosey Fuller* of Omaha, NE  
*Teri Hobson* of Seward, NE  
*Amanda Hornbaker* of Papillion, NE  
*Nichole Husen* of Fremont, NE  
*Vanessa Johnson* of Omaha, NE

*Christina Kitt* of Ogallala, NE  
*Christina Kounovsky* of Omaha, NE  
*Rachel Kriete* of Hooper, NE  
*Melissa Langer* of Lincoln, NE  
*Felicia Pierson* of Benkelman, NE  
*Misti Pishna* of Burwell, NE  
*Rachel Poessnecker* of Atkinson, NE  
*Sara Reckling* of Louisville, NE  
*Sonja Rodriguez* of Grand Island, NE  
*JoAnne Royuk* of Fremont, NE  
*Jacklyn Sherrod* of Omaha, NE

# CCFP UPDATES & REMINDERS

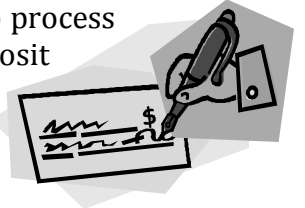
**Save Those Checks or Direct Deposit Slips:** Your CCFP Check Stubs or Direct Deposit Slips are vital tax documents. It is very important that you save these documents each month because Family Service does not provide you a year end total of your reimbursement. CCFP reimbursement is considered income and must be reported when you are filing your taxes. If you are ever audited by the IRS, they will want to see each individual month's check stubs or direct deposit information. Start a file NOW for your 2011 check stubs or direct deposit slips. For additional record keeping tips contact your Consultant or our Lincoln office. 070395



**Hominy:** Although hominy is a corn product, it is NOT creditable on the CACFP. During its processing many vitamins are removed and has a very low nutrient density.

**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 on non-school days this month. Please list the ID number of each child, the reason (i.e., Winter Break) and the date(s). *WebKids* providers must indicate the same information under the *Manage Child Calendar*.

**Direct Deposit:** Direct Deposit is available as an alternative to receiving a monthly claim check in the mail. Direct Deposit dates are published each month in this newsletter. If you are interested in Direct Deposit, please call the Lincoln office for an application form. Please allow 30 days to process and set up your Direct Deposit account or to make changes to your Direct Deposit information. If you would like to change from Direct Deposit to a check, we will need the request in writing. Please allow 30 days to process and change your payment to check. **If you change or close your account, please let us know immediately.**



2010 TAX WORKBOOK	2010 TAX Companion
<i>This workbook is the most complete and valuable resource that every family child care provider needs.</i>	<i>Make your tax preparer's job easier and prevent errors on your return. Includes tax law changes, current record keeping and tax tips, and worksheets.</i>
\$17.95	\$17.95
- 10% CCFP Discount	- 10% CCFP Discount
\$16.16	\$16.16
+ 2.77 Shipping	+ 1.90 Shipping
\$18.93	\$18.06
+ 7% Tax	+ 7% Tax
<b>\$ 20.25 Total</b>	<b>\$19.32 Total</b>

**Order Yours TODAY!**

Name: \_\_\_\_\_


Address: \_\_\_\_\_

City: \_\_\_\_\_ State: NE Zip: \_\_\_\_\_

Phone: (     ) \_\_\_\_\_

**Please make checks payable to: Family Service.**

**2011 Calendar:** Family Service CCFP provides all of our participating providers with a yearly calendar which includes menu suggestions, recipes, program ideas, as well as forms to use for recordkeeping. If you don't receive our calendar by January 2011, contact your Consultant or our office.



**CPR/First Aid Opportunity**

Valentine, NE • January 11, 2011  
Cost is \$40.00.

*Contact Tonya Hytrek at (402) 925-2521  
to register for this training or for more information.*

**Upcoming Inservice**  
***"Journey Through CACFP"***  
 Atkinson, NE • January 25, 2011

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

# Food For Thought

by Darlene Bantam, DTR

## Nutritional Reasons for Failure to Thrive in Infants

Children whose weight or rate of weight gain is significantly below that of other children of similar age and gender are considered to be failing to thrive. It could be due to medical reasons and a physician should be consulted; however 80% of cases are due to diet and errors in preparing formula. If not caught early, failure to thrive may lead to loss of muscle mass, impaired respiratory and heart function, and a weakened immune system. If caught early, however, delayed growth can be resolved with diet. The main reasons for failure to thrive in infants include:

- Being fed over-diluted or improperly prepared formula.
- Being given fat-free or reduced-fat milk instead of full-fat whole milk between 12 and 24 months of age.
- Inappropriate feeding practice for children, such as the consumption of 12 ounces or more of fruit juice/drink every day.
- Being fed foods low in nutrients and high in calories instead of age-appropriate nutrient-dense foods between 12 and 24 months of age.
- Being fed pureed or liquid food at a stage when ready to eat solid food.



\*Source:  
Nutrition for Life

## Soup-er Bowl

Super Bowl Sunday is just around the corner. Why not make it a soup-er bowl by cooking up a hearty soup, chock-full of great tasting good-for-you ingredients?



Here are some ways to celebrate *National Soup Month* this month:

- *Double up for more flavor and nutrition.* Experiment—combine two hearty convenience soups (canned or frozen) to create your own recipe, perhaps chunky minestrone plus beef barley soup. Look for convenience soups with less sodium.
- *Serve in a bread bowl.* Hollow out individual round loaves (try whole-wheat). Fill with chunky vegetable soup or your favorite chili.
- *Make it heartier.* Add cooked dried beans or canned legumes (beans, peas, lentils) and other veggies to convenience soups to step up the flavor, visual appeal—and the vitamins, minerals, and fiber, too.
- *Make it creamier with milk.* Prepare condensed cream soups with milk (perhaps evaporated fat-free milk), not water. Any way, milk's calcium rich!
- *Garnish for flavor and more.* Use shredded cheese for more bone-building calcium or chopped sun-dried tomato for a bit of beta carotene and lycopene.

**Milk Maintenance:** You may have heard through the parenting rumor mill that you should refrain from giving children milk when they are sick, presumably because it can cause an increase in mucus or make it thicker, and/or worsen any diarrhea. In fact, recent studies suggest that fewer than 2 out of every 10 children with viral illnesses experience any sort of problems with milk, while most benefit from the calories and nutrients that milk provides.



## Banana Pancake Snowmen

1 C. complete buttermilk pancake mix  
3/4 C. water  
1/3 C. mashed ripe banana  
14 pretzel sticks  
chocolate chips, raisins and/or dried cranberries  
powdered sugar

In a small bowl, combine pancake mix, water, and banana just until moistened. Using a 1/4-cup measuring cup, drop batter in three graduated sizes (3 different sized pancakes, small, medium, and large) onto a greased hot griddle. Turn when bubbles form on top of batter. Cook until the second side is golden brown. Arrange graduating sizes of pancakes on plates to create snowmen. For arms, push pretzels into bodies of snowmen. Add eyes, noses, and buttons as desired using the chocolate chips, raisins, and/or dried cranberries. Sprinkle lightly with powdered sugar and serve.

*Yield:* 7 servings  
*Serving Size:* 1 snowman  
*Meal Component (MM#):* grain/bread (58)

*Breakfast Menu Suggestion:* Banana Pancake Snowmen, Fruit Cocktail, and Milk



## Hamburger Vegetable Soup

1 lb. ground beef  
3/4 C. onion, chopped  
1/2 C. green pepper, diced  
4 garlic cloves, minced  
8 C. beef broth  
2 (14.5 oz.) cans Italian stewed tomatoes  
1 (9 oz.) pkg. frozen cut green beans  
1 (8 oz.) can tomato sauce  
1 C. whole-wheat small pasta  
1 T. Worcestershire sauce  
2 tsp. dried oregano  
1 tsp. dried basil  
1/2 tsp. pepper

In a large soup pot, brown the ground beef, onion, and green pepper over medium heat until meat is no longer pink. Add garlic; cook 1 minute longer and then drain any grease. Stir in the remaining ingredients. Bring to a boil. Reduce heat; cover and simmer for 30 minutes or until vegetables and pasta are tender.

*Yield:* 27 servings  
*Serving Size:* 2/3 cup  
*Meal Component (MM#):* 1/4 cup vegetable (240)

*Lunch/Supper Menu Suggestion:* Grilled Cheese Sandwiches on Wheat Bread, Hamburger Vegetable Soup, Grapes, and Milk

## ...Creditable Note...

Most commercially prepared soups contain insufficient meat/meat alternate content per serving, except bean or pea soup. You may need to supplement most soups with an additional meat/meat alternate food item, such as shredded cheese or diced ham, to ensure each serving contains the minimum required amount of meat/meat alternate.



## Vitamin Zzzzzzzzzz

Dieters lose more fat and less muscle if they get enough sleep, says a smaller, provocative new study.

Researchers put 10 sedentary overweight middle-aged men and women on a lower-calorie diet. For two weeks, roughly half were allowed to sleep for 5 1/2 hours a night, while the other half got to sleep for 8 1/2 hours. After a three-month break, they switched.

Sleep had no impact on how many pounds the participants lost. But when they were sleep-deprived, they lost 55 percent less fat and 60 percent more lean body mass (mostly muscle) than when they were allowed to sleep for 8 1/2 hours a night.

The participants also had a lower metabolic rate, felt more hungry, and had higher ghrelin levels when they were sleep-deprived. Ghrelin is a hormone that stimulates appetite.



**What to do:** Shoot for eight hours of sleep each night. Although these results need to be confirmed, other studies have found that people who sleep less are more likely to be overweight or obese.

\*Credit: Nutrition Action Healthletter, November 2010

## **Administrative Review (Termination Appeal Procedure)**

All day care homes that have been given notice of intent to terminate for cause have the right to request an administrative review. An administrative review is a process by which an impartial Hearing Officer reviews information provided by the sponsor and the day care home to determine if the sponsor procedures were followed and within the Federal and State laws, regulations, policies and procedures governing the CACFP. The procedure for administrative review follows:

1. FSCCFP shall notify the provider in writing of its intent to terminate the provider's participation along with a summary of the basis for the action. FSCCFP shall send termination notices to the provider by certified mail.
2. If this notice is undeliverable, it is considered to be received by the day care home five days after being sent to the addressee's last known mailing address.
3. If the provider wishes to appeal the proposed termination, he/she shall have no more than seven (7) calendar days from the date of the termination notice to submit a written request for an administrative review, day 1 being the date of this notice.

Review of the record shall mean the provider has the opportunity to refute the proposed termination in writing. The provider submits written information to the Hearing Officer. The Hearing Officer then reviews the written records.

4. Failure to submit a review request within the allotted time or failure to respond to the notice shall result in FSCCFP terminating the provider. The effective date of the termination would then be the date the opportunity to request an administrative review expired (day 7). Any provider seeking to voluntarily terminate their agreement after the notice of intent to terminate has been received will be terminated for cause and placed on the National Disqualified list.
5. If the provider makes a timely request for an administrative review, FSCCFP shall notify the provider of the date and time for the review of the record. The review of the record shall be no more than twenty-eight (28) calendar days following receipt of the request unless both parties agree to an extension.
6. The provider may continue to participate and receive reimbursement for valid and eligible meals served until their administrative review is concluded. If FSCCFP has determined that continued participation in the program would pose an imminent danger to the health or welfare of children, the provider would not be allowed to continue his/her participation and will be so notified.023533
7. FSCCFP shall appoint a person to conduct the record review. This person shall be known as the Hearing Officer. The Hearing Officer shall not be a staff member of the Child and Adult Care Food Program, but may be an employee of Family Service. He/She must not have been involved in the action that is the subject of the administrative review or have a direct personal or financial interest in the outcome of the administrative review.
8. A provider may retain legal counsel, or may be represented by another person.
9. **REVIEW OF THE RECORD Format:** The provider shall furnish the Hearing Officer any written documentation they wish to have included in the review of the record at least fourteen (14) calendar days before the record review. FSCCFP shall furnish the Hearing Officer with all the written documentation for review at least fourteen (14) calendar days before the record review. The Hearing Officer has the discretion to exclude from evidence any documentation not submitted prior to the designated date.
10. The Hearing Officer shall make the final determination regarding the proposed termination. The Hearing Officer shall state such determination in a written report, which is mailed to the provider. This determination shall be no more than seven (7) calendar days following the hearing or record review date. The report shall contain a summary of the review of the record. The report shall also contain a summary of the arguments made both for and against termination. If the Hearing Officer upholds the proposed termination, the effective date of the termination shall be immediate and coincide with the date of the final report.

## A Week's Worth of Meal Ideas

MEALS	Monday	Tuesday	Wednesday	Thursday	Friday
BREAK-FAST	Cold Cereal (32)	French Toast (13)	Hot Cereal (33)	Toaster Pastries (48)	Raisin Bread (110)
	100% Orange Juice (63)	Apricots (03)	Raisins (34)	Fruit Cocktail (14)	Applesauce (02)
	Milk	Milk	Milk	Milk	Milk
AM SNACK	Graham Crackers (35)	Banana Bread (103)	String Cheese (84)	Cottage Cheese (77)	Bananas (04)
	Applesauce (02)	Milk	Snack Crackers (43)	Peaches (27)	Milk
LUNCH	Chicken White Meat (22)	Ground Turkey (54)	Fish Fillets (37)	Ground Beef (02)	American Cheese (73)
	Brown Rice (72)	Raviolis, canned (66)	Dinner Rolls (25)	Spaghetti Noodles (65)	Wheat Bread (30)
	Corn (167)	Green Beans (177)	Sweet Potatoes (225)	Tomato Sauce (230)	Tomato Soup (243)
	Bananas (04)	Pineapple (30)	Mandarin Oranges (21)	Pears (28)	Fruit Cocktail (14)
	Milk	Milk	Milk	Milk	Milk
PM SNACK	* Garbanzo Beans/ Chick Peas (62)	Granola Bars (53)	* Wheat Bread (30)	Yogurt (104)	Peanut Butter (103)
	Carrots (163)	Milk	Milk	100% Blended Juice (62)	Apples (01)

\* See recipes below.

### Easy Hummus Dip

1 (15 oz.) can garbanzo beans (chick peas), drained, liquid reserved

1 clove garlic, crushed

2 tsp. ground cumin

1/2 tsp. salt

1 T. olive oil

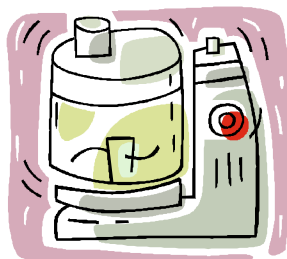
Place beans with a small amount of their liquid in a microwave safe container; microwave on high for 3-5 minutes to soften bean. In a blender or food processor combine softened beans, garlic, cumin, salt, and olive oil. Blend on low speed, gradually adding reserved bean liquid, until desired consistency is achieved. Refrigerate for at least 1 hour before serving.

*Yield:* 13 servings at snack

*Serving Size:* 3 tablespoons at snack

*Meal Component (MM#):* 1/2 oz. meat/meat (62) at snack

*Snack Menu Suggestion:* Easy Hummus Dip and Carrot Sticks



### PB & Bacon Applewiches

1/2 C. peanut butter  
 6 slices cooked crisp bacon, crumbled  
 8 slices whole wheat bread, toasted  
 1 large apple, cored and thinly sliced  
 1 T. lemon juice

In small bowl, combine peanut butter and bacon; spread mixture on all bread slices. In a separate small bowl, toss apple slices with lemon juice. Top half the bread slices with apple slices; cover with remaining bread slices. Cut sandwiches into four equal-sized pieces (quartered).

*Yield:* 16 servings  
*Serving Size:* 1/4 sandwich  
*Meal Component (MM#):* grains/breads (30)

*Snack Menu Suggestion:* PB & Bacon Applewiches 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

## A Blizzard of Fun

090152

### A Blizzard of Snowballs

The weather outside may be frightful, but this movement activity is delightful. Lay a large white sheet in the middle of a carpeted area. Invite students to sit around the edge of the sheet. To begin the activity call out a direction; such as “brown-haired children, roll like snowballs.” Have those children tuck themselves into a ball, roll around on the sheet, and then go back to their seats. Continue the activity in this manner, grouping your little ones in a variety of ways; “Four-year-olds, roll like snowballs.”

### Skating Spree

Have children remove their shoes and stand in a circle in an uncarpeted area. (If you have carpet, give children two inexpensive paper plates to stand on.) Begin playing some lively music and invite them to skate around the circle. Periodically stop the music and direct the skaters to stop and take a bow. Resume playing the music and instruct the children to continue skating in the opposite direction. Continue the activity with other instructions and different tempo music.

### Winter Movements

Ask the children to:

- Lie down inside on the floor and pretend to make snow angels in the snow.
- Pretend to melt like snowmen. Sink as slowly as you can to the floor.
- Pretend to roll big balls for a snowman. Lift them carefully.
- Stretch to put each ball on top of the other. Stretch very tall to put a hat way up on top.
- Pretend to make snowballs and throw them overhand and underhand.

### Congratulations

Melisa Jones of Sutton, NE  
for submitting your November claim  
before December 4th. Submit your  
claim before the 4th of the month to be  
eligible to receive a prize!

## CONGRATULATIONS!

Congratulations to Shannon Borgman of Denton and Amy Franzen of Grand Island for finding their provider numbers in the **November** 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 **March** issue of the *Child Care Outreach*.