



Look For Your Provider Number!

Rubie Howard found her number in our May/June 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 next issue of the Child Care Outreach.



WELCOME NEW PROVIDERS

Toiyana Buckley of Omaha, Dama Claycamp of Edgar, Payton Nelson of Albion, Heather Nunnenkamp of Henderson, Margo Surridge of Overton, Holly Tomcak of Leigh, Reba Waskowiak of Leigh

Welcome



USDA Area Eligibility Waiver

All family daycare home providers, regardless of their location, will receive the Tier I reimbursement rate for all meals and snacks served from July 1, 2021 through June 30, 2022. Providers who have their own children enrolled and would like to claim them for reimbursement, must qualify by completing an Income Eligibility form. Please refer to the income guidelines below that are effective beginning July 1, 2021.

INCOME ELIGIBILITY GUIDELINES

JULY 1, 2021 - JUNE 30, 2022

Household Size	Household Income				
	Annual	Monthly	Twice per Month	Every Two Weeks	Weekly
1	23,828	1,986	993	917	459
2	32,227	2,686	1,343	1,240	620
3	40,626	3,386	1,693	1,563	782
4	49,025	4,086	2,043	1,886	943
5	57,424	4,786	2,393	2,209	1,105
6	65,823	5,486	2,743	2,532	1,266
7	74,222	6,186	3,093	2,855	1,428
8	82,621	6,886	3,443	3,178	1,589
For each additional family member add:	8,399	700	350	324	162

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

The office will be closed
Monday, July 5th, in
observance of
Independence Day.

Mark This Date

KEEP IN MIND

July

4th-CCFP claims due IN OUR OFFICE by 5:00PM

20th-CCFP checks should be mailed

21st-Direct Deposit should be transferred

19th-Last day LATE May and June claims will be accepted

August

4th-CCFP claims due IN OUR OFFICE by 5:00PM

23rd-CCFP checks should be mailed

24th-Direct Deposit should be transferred

20th-Last day LATE June and July claims will be accepted

***Keep in mind these pay dates are approximate*

The [Nebraska Early Childhood Professional Record System \(NECPRS\)](#) is a place for early childhood professionals to learn, organize, connect & grow.

Learn different ways to earn annual in-service hours!

Training Calendar

A searchable online calendar filled with a variety of approved early childhood training. Search by date, location or training title. View details and registration info.

Independent Study

In-service hours for training completed independently. Individuals can read a book, view a DVD/webinar, or complete a self-study to earn in-service hours.

Post-Secondary Coursework

Completed Coursework from an accredited college or university can be submitted for annual in-service hours.

Create your account today!

Visit [NECPRS.ne.gov](https://nebraska.gov/neceprs)

Click the sign up button

Start filling out your information

Already have an account? Just log in!

Contact us for more information or assistance:

nde.ectc@nebraska.gov

402-557-6880

Toll Free 1-800-892-4453



We love to hear from you! If you have something you would like to share or comments on how we can improve our program feel free to give us a call at 1-800-642-6481

or email us at:

cacfp@familyservicelincn.org



021790

BUILDING TOMORROW CLASS **SCHEDULE**

CPR/FIRST AID

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

July 17, 2021 • Blended training course
August 14, 2021 • Blended training course
Cost is \$55/\$50 for Family Service providers

Seeds to Trees Mini-Workshop via ZOOM

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

July 15, 2021 • 6:30-8:00PM

\$10 per person

Register online at: [NFS.UNL.EDU/WORKSHOPS](https://nfs.unl.edu/workshops)

Early Learning Guidelines: Social and Emotional Development via ZOOM

**(CC AREA: Planning Learning Experiences/Social and Emotional)*

August 19, 2021 • 6:30-9:30PM

August 26, 2021 • 6:30-9:30PM

\$30/\$20 for Family Service CCFP Participants

Zoom In-services:

Raising Heart Healthy Kids

July 8, 2021 • 6:30-7:30PM • Tonya Hytrek

July 27, 2021 • 6:30-7:30PM • Tonya Hytrek

August 26, 2021 • 1:00-2:00PM • Tonya Hytrek

Please contact the office at 800-642-6481 to register

CCFP UPDATES & REMINDERS



Back to School

Please make sure to update grade levels for any children in your care that will be entering Kindergarten or 1st grade for the Fall. Also make sure to indicate on your Claim Information Form or in your KidKare program the days the children are still out of school for August. Not updating this information can cause loss of reimbursement and overcapacity errors on claims. If you have children who will be remote learning, you must mark them as out of school each day to receive reimbursement.

Parent Survey Contacts

Enrollment and meal service information may be verified by telephone and/or mailings to parents of children enrolled in your child care home. Surveys are conducted to ensure proper disbursement of Federal funds.

Survey contacts can be made for a variety of reasons such as high monthly reimbursement, no attendance variation, concerns from parents, Family Service staff, HHS, or NDE or just by random selection. Please make sure to always keep contact information up to date for all children enrolled in your care. If we are unable to contact the parent/guardian of children enrolled while your child care is undergoing a survey, meals will be disallowed for being unverifiable which could lead to serious deficiency. All providers who receive a parent survey receive a letter when the survey is complete detailing the findings and listing any actions that may be necessary.



Special Needs or Home School Children

If you have children enrolled over the age of 13 that are special needs or if you have a child enrolled who is home schooled, you will receive a letter from our office in August requesting the appropriate documentation required. All documentation is due in our office by September 30, 2021 in order to receive reimbursement for these children. If you have any questions on what you are required to send in or did not receive a letter and you have a special needs child over 13 or a home school child enrolled, please contact the office.

Summer Lunch Program

If you choose to participate in the summer lunch program through the schools, you are not eligible to claim lunches through CCFP. You may only choose to participate with one federal program at a time and cannot receive reimbursement for meals that you are not providing. Please contact the office or your Consultant if you have questions.



Meet our Consultant Kim Pearson!

Greetings! My name is Kim Pearson. I am very excited to be the new consultant for Southwest Nebraska. I wanted to take a moment to introduce myself. I was born and raised in the Beaver City area, my husband Dan and I live on our farm just south of Cambridge where we raised our two sons, Matt and Sam. I am a graduate of UNK with a degree in Nutrition Science. For the past 17 years I have been a nutritionist for the WIC program in McCook. I am anxious to get started with the Child Care Food Program and I am looking forward to meeting and working with each of you in the very near future!

A Summertime Favorite - Watermelon

Article written by Brenda Aufdenkamp (baufdenkamp1@unl.edu), Extension Educator

Watermelon is an American summertime favorite. Throughout the summer months, many cannot get enough of this sweet treat. There are more than 1,200 different varieties of watermelons. Watermelon provides a refreshing way to help us reach the MyPlate recommendation of 1-2 cups from the fruit group each day. One cup of watermelon is equal to 1 small slice (1 inch thick) or 1 cup diced. Watermelon is naturally low in fat, sodium and has no cholesterol. It provides a source of potassium, vitamin C, Vitamin A and folic acid.

All about Watermelon

Selecting the perfect watermelon – Choose a firm, symmetrical, fruit that is free of cracks, bruises, soft spots or mold. A ripe watermelon will have a dull sheen, dried stem, and a buttery yellow underside where it has touched the ground. Thump your watermelon, as it should sound dull and hollow. Lift them as well; they should be heavy for their size.

Storing your watermelon – An uncut watermelon can be kept for up to 2 weeks at room temperature. When ready to use, scrub with a clean vegetable brush under running water. Dry with a clean towel or paper towel. Once cut, store watermelon in a covered container in the refrigerator for up to 3 days without hurting flavor or texture.

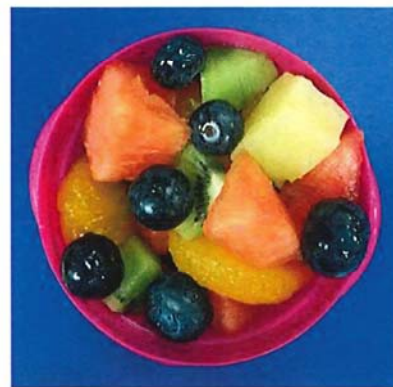
Some interesting facts about watermelon:

- A watermelon is 100% usable and compostable (70% flesh and 30% rind).
- Watermelon live up to their name, as they are 92% water.
- The rind of a watermelon is edible and can be used in stir-fries or salads.
- Hollow out the watermelon to make a compostable bowl for your delicious treat such as fruit salad or fruity dessert.

Sources:

1. All about the Fruit Group, ChooseMyPlate from USDA:
<https://bit.ly/2bSyJPn>
2. How to Pick a Watermelon, National Watermelon Board:
<https://bit.ly/2Z8O5GH>

For more information, check out more Food Fun for Young Children Newsletters:
<http://go.unl.edu/chi>



Simply Summer Fruit Salad

- 1 cup diced watermelon, scrubbed with clean vegetable brush under running water
 - 1 cup blueberries, gently washed
 - 1 cup diced kiwi, gently rubbed under cold running water
 - 1 cup canned mandarin oranges, drained
 - 1 cup pineapple chunks, fresh, frozen or canned
1. Wash hands with soap and water.
 2. Stir fruit together in a medium sized bowl.
 3. Serve immediately or cover and store in the refrigerator.

Makes 5 servings. Each serving contains 78 calories, 0.4 g fat, 19.4 grams carbohydrate, 14.8 grams total sugar, 4 mg sodium.

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Microwave Denver Scramble Slider

- 2 T chopped red or green bell peppers
- 1 T chopped onion
- 1 egg
- 1 thin slice ham (chopped)
- 1 T water
- 1 slider bun or whole wheat English muffin (split and toasted)



Place peppers and onions in an 8 oz ramekin or custard cup, or in a small bowl. Microwave on high for 30 seconds; stir. Add egg, ham and water, beat until egg is blended. Microwave on high for 30 seconds; stir. Microwave until egg is almost set, 30-45 seconds longer. Season with salt and pepper, if desired. Serve on bun or English muffin.

Don't overcook. Scrambled eggs will continue to cook and firm up after removed from the microwave. Microwave ovens vary. Cook time may need to be adjusted.

Serving Size: 1 Slider

Yield: 1 Slider

Meal Components (MM#) Egg (102), English Muffin (10)

Myplate.gov/recipes

Rainbow Coleslaw

- 1/2 red cabbage
- 1/2 white cabbage
- 1 large carrot
- 2 spring onions
- 1/2 yellow pepper
- 1/2 red pepper
- Black pepper to taste
- 3/4 cup Greek Yogurt
- 1/2 cup light mayonnaise



Prepare the vegetables. Remove the core from the cabbages and thinly slice. Peel carrot and cut into thin strips. Slice the spring onions into thin strips. Core the peppers and slice into thin strips. Add black pepper to taste. In a small bowl, mix Greek yogurt and mayonnaise together, then add to the vegetables. Serve immediately or store in fridge for up to 2 days.

Serving Size: 1/2 cup

Yield: 8

Meal Components: (MM#) Cabbage (217)

Eatsamazing.co.uk

Watermelon Gazpacho

- 4 cups cubed, seeded watermelon (divided)
- 1 cucumber (peeled, coarsely chopped, divided)
- 1 clove garlic (minced)
- 2 T chopped onion
- 2 tsp lime juice
- 1 tsp olive oil
- 1 T chopped fresh basil
- 1/8 tsp ground black pepper
- 1/2 jalapeno pepper, seeded and chopped (optional)

1. In a small bowl, mix 1 cup of cubed watermelon and 1/2 of chopped cucumber; set aside.
2. Process remaining ingredients in a food processor or blender until pureed.
3. Transfer all ingredients to a large bowl and stir.
4. Refrigerate until ready to serve.

Serving Size: 1/4 of recipe

Yield: 4 servings

Meal Components (MM#)

Watermelon (41), Cucumber (168)

Myplate.gov/recipes



Chicken Caesar Pita Sandwich

- 9 oz cooked chicken, diced
- 1/4 cup Caesar salad dressing
- 3/4 cup lettuce, shredded
- 3/4 cup fresh tomatoes, diced
- 3 whole wheat pita bread rounds, at least 1 1/2 ounces each

1. In a mixing bowl, toss chicken with salad dressing.
2. Slice each pita round in half and open the pockets.
3. Stuff each pita pocket with 1 1/2 ounces chicken and 1/8 cup each of tomato and lettuce.

Serving Size: 1/2 pita sandwich

Yield: 6 pita sandwiches

Meal Components (MM#) Pita Bread (22), Chicken White Meat (22), Lettuce (183)

Look & Cook Partners in Nutrition and the Chef Marshall O'Brien Group





Top Five Tips

for Picky Eaters

Every kid is a picky eater at some point or another. It's not only a challenge for parents at home but it's also a struggle for child care providers. While we can't promise your kids will be jumping at the chance to try brussel sprouts or liver and onions, we can offer some strategies that may help.

1 Try & try again. Introducing new foods takes a lot of patience with picky eaters. Don't try to force it. Implement the, "one bite to be polite" rule. It's okay for children to not like certain foods but they won't know unless they try it first. They just might surprise themselves and find a new favorite.

2 Get them involved. Children are more likely to try something they are involved in creating. Have your kids help with the meal planning. Create new, fun names for classic dishes such as Monster Meatloaf. Then have them help with meal preparation. Give each child a job that is age appropriate such as washing vegetables, cutting fruit with plastic knives or stirring noodles.

3 Explain the why. Talk to picky eaters as you offer healthy choices. Ask them, "Why are you eating carrots?" Teaching children about the food they're eating and where it came from, encourages them to try it.

4 Ask parents for help. Parents know their children best. Ask them what their children's favorite foods are and what tricks may work at home? Working together, you can conquer the walls of a picky eater. Give parents a copy of your weekly menu to help them avoid serving the same dish at home.

5 Make it fun. Mealtime should be a fun and engaging experience. Add color to foods. Who doesn't like to eat green eggs and ham on Dr. Seuss Day? Cut sandwiches into shapes, make up imaginative names for fruits and vegetables, and introduce different ways to eat food, like using chopsticks.

Kitchen Helpers Age Appropriate Tasks

2 YEAR OLDS

- ✓ scrub, wash & clean vegetables & fruit
- ✓ carry unbreakable items to the table
- ✓ wash and tear lettuce & salad greens
- ✓ break bread into pieces

3 YEAR OLDS

- ✓ pour pre-measured liquids into batter
- ✓ knead dough
- ✓ mix dry ingredients
- ✓ spread butters or spreads
- ✓ serve food, clear table & care for trash

4 YEAR OLDS

- ✓ peel, mash, scrub fruit & vegetables
- ✓ crack open/beat eggs
- ✓ cut soft foods with plastic knife
- ✓ set and clear table
- ✓ measure dry ingredients
- ✓ clean up after cooking



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A Weeks Worth of Meal Ideas

MEALS	Monday	Tuesday	Wednesday	Thursday	Friday
BREAKFAST	Yogurt (104)	Muffins (104)	Kix (145)	Denver Scramble Slider* (102)	Wheat Bread (30)
	Strawberries (37)	Applesauce (02)	Apple Juice (52)	Cantaloupe (08)	Avocado (153)
	Milk	Milk	Milk	Milk	Milk
AM SNACK	Soy Butter (121)	Cherries (10)	Tuna (42)	Flour Tortilla (87)	Ham (44)
	Rice Cakes (76)	Milk	Celery (165)	Peanut Butter (103)	Lettuce (183)
LUNCH	Chicken Caesar Pita Sandwich* (22)	Ground Beef (02)	Pork Chop (45)	Turkey Breast (52)	Hummus (175)
	Pita Bread (22)	Noodles/Pasta (64)	Dinner Roll (25)	Rye Bread (26)	Wheat Crackers (38)
	Lettuce (183)	Tomatoes (174)	Rainbow Coleslaw* (217)	Beets (156)	Watermelon Gazpacho* (41)
	Plums (31)	Corn (167)	Mandarin Oranges (21)	Sweet Potato (225)	Cucumber (168)
	Milk	Milk	Milk	Milk	Milk
PM SNACK	Sweet Crackers (35)	Banana (04)	Cottage Cheese (77)	Noodles/Pasta (64)	Cream of Wheat Instant
	Grape Juice (60)	White Bread (31)	Carrots (163)	Cheddar Cheese (74)	Milk

Bold = Whole Grain Component

* = Recipe found in newsletter





Family Service Association of Lincoln

501 South 7th Street

Non-Profit

Organization

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Rainbow Road Activity

You need:

Chalk

Dice

Using different colored chalk, draw a road or pathway with letters of the alphabet drawn in each square. Start with "A" and end with "Z".

Draw a rainbow at the end of the road (after the letter "Z").

Have players line up in front of the letter "A".

Players take turns rolling dice and moving accordingly. When they land on a letter challenge them to name a vegetable that starts with that letter. If they are younger, you can ask them to name the letter instead.

Players continue rolling and moving along the road until a player reaches the rainbow at the end of the road. The first one to reach the rainbow wins!



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