

# Child Care OUTREACH

## ***Look For Your Provider Number!***

***Angela Castaneda found  
her number in our March/  
April 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**

Victoria Almonte of Papillion,  
Keana Coffey of Omaha, Barbara  
Faustman of Lincoln, Kaitlyn  
Gamble of Lincoln, Lucanica Gore  
of Omaha, Kirby Jensen of Scotia,  
Nakia Lockett of Omaha, Ashley  
Lozier of Omaha, Debra Morrow of  
Omaha, Kristie Oelrich of Pierce,  
Maria Ramirez of Omaha, Michelle  
Reyes of Grand Island, Lindsey  
Stumpf of Stapleton, Malisa  
Subdon of Omaha, Mexy Swift of  
Omaha, Kimberly Throener of  
Norfolk, Melanie Troutman-  
Cushing of Omaha, Olivia Wilson  
of O'Neill

## **Family Service is celebrating 130 years 1891-2021**

Family Service Association of Lincoln is turning 130 years in 2021! Dating back to 1891, the way the agency has supported families has evolved. Back then, the agency was called the Charity Organization Society. Our purpose was to coordinate relief funds as a third party between giver and receiver.

A few years later, the Society's constitution was changed to make direct relief giving an official function of the agency. Later, the Society's efforts emphasized casework activity, and in 1917, the agency's name was changed to Social Welfare Society.

For more than 50 years the agency was located at 228 South 10<sup>th</sup> St. In 1945 the agency name was changed to Family Service Association of Lincoln (our legal name today) and in 1959 purchased land to build a new office at 1133 H Street. In 1996, Family Service sold the "H" Street property and purchased space at our current location in the Mill Towne Building.

# Welcome

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

The office will be closed  
Monday, May 31st, in  
observance of Memorial  
Day.

# Mark This Date

## KEEP IN MIND

### May

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

19th-CCFP checks should be mailed

20th-Direct Deposit should be transferred

18th-Last day LATE March and April claims will be accepted

### June

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

21st-CCFP checks should be mailed

22nd-Direct Deposit should be transferred

21st-Last day LATE April and May 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 professional 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](mailto: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](mailto:cacfp@familyservicelincn.org)



## **BUILDING TOMORROW CLASS** **SCHEDULE**

### **CPR/FIRST AID**

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

May 15, 2021 • Blended training course

June 12, 2021 • Blended training course

Cost is \$55/\$50 for Family Service providers

### **Safe with You: Safe Sleep for Infants & Abusive Head Trauma via ZOOM**

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

June 17, 2021 • 6:30-8:30PM

\$10/\$5 for Family Service CCFP Participants

### **Safe with You: Power to Protect via ZOOM**

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

June 24, 2021 • 6:30-8:30PM

\$10/\$5 for Family Service CCFP Participants

## **Zoom In-services:**

### **Raising Heart Healthy Kids**

May 3, 2021 • 6:00-7:00PM • Jenny Schmitz

May 18, 2021 • 1:00-2:00PM • Jenny Schmitz

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

# CCFP UPDATES & REMINDERS

## ENROLLMENT RENEWALS

Thank you to all the providers who returned their completed Enrollment Renewal Worksheet by the April 30<sup>th</sup> deadline! If you did not keep a copy of your worksheet for your records, you may send an email request for a copy to [cacfp@family servicelincoln.org](mailto:cacfp@family servicelincoln.org).

If you have children who were not renewed on the Enrollment Renewal Worksheet or your renewal was not received by the deadline, children will need a new Child Enrollment Form if you wish to claim them again beginning May 1, 2021. If you utilize scannable claiming please complete a new Child Enrollment Form with an enrollment date of May 1, 2021. If you utilize the KidKare program, it does not allow children with the same name to be enrolled more than once. To enroll children again into the KidKare program you will need to add a random symbol next to the child's first or last name, which will change the child's name so that they can be enrolled. For example: John Smith\*.

Children who were withdrawn from the Enrollment Renewal Worksheet were removed effective April 30, 2021, therefore you should **NOT** use the child's original enrollment date. Use the enrollment date of May 1, 2021. Enrollment Forms for children who are being re-enrolled are due by June 4, 2021. Please contact your Consultant or our office if you have any questions on completing this process. If done incorrectly, it will cause a loss of reimbursement.

### Summer Closing

If you are planning to be closed or away from home over the summer, please contact your Consultant or the office to let us know. If you do not notify Family Service of any closings or changes to your operating hours, we will assume that you are open and operating as normal.

### New USDA Waivers

New waivers were issued by USDA on April 20, 2021. These waivers both extended current waiver policies, and additionally added some new items. When more information is received, we will pass along any new requirements or items that may affect you as a provider. One major milestone that was approved in the waiver for Nationwide Area Eligibility is that all daycare homes will be eligible to receive Tier I reimbursement rates from July 1, 2021– June 30, 2022! As we receive more information we will let providers know!



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### Meet our Consultant Jenny Schmitz!

Hey All! My name is Jenny Schmitz. I am the consultant for the Southeast territory. I currently live in Lincoln, NE; but have spent most of my years in central Nebraska as I am originally from Kearney. I am married to my husband Aaron and we have two children Darek (10) and Emlynn (7). I love spending time with my family who are in every area we serve across the state of Nebraska. From East to West and North to South you could find me anywhere. I enjoy playing games with my kids, reading, golfing, shopping, watching my children's activities, and spending lazy days anywhere water can be found during the warm summer months. I was born a Husker Fan with football and volleyball being my favorite sports. During the Fall you can find me at one of these sports although this year looks a little different. Fall is my favorite time of the year! I love watching the colors change and being able to grab a cup of coffee or cider and enjoy the cool mornings.

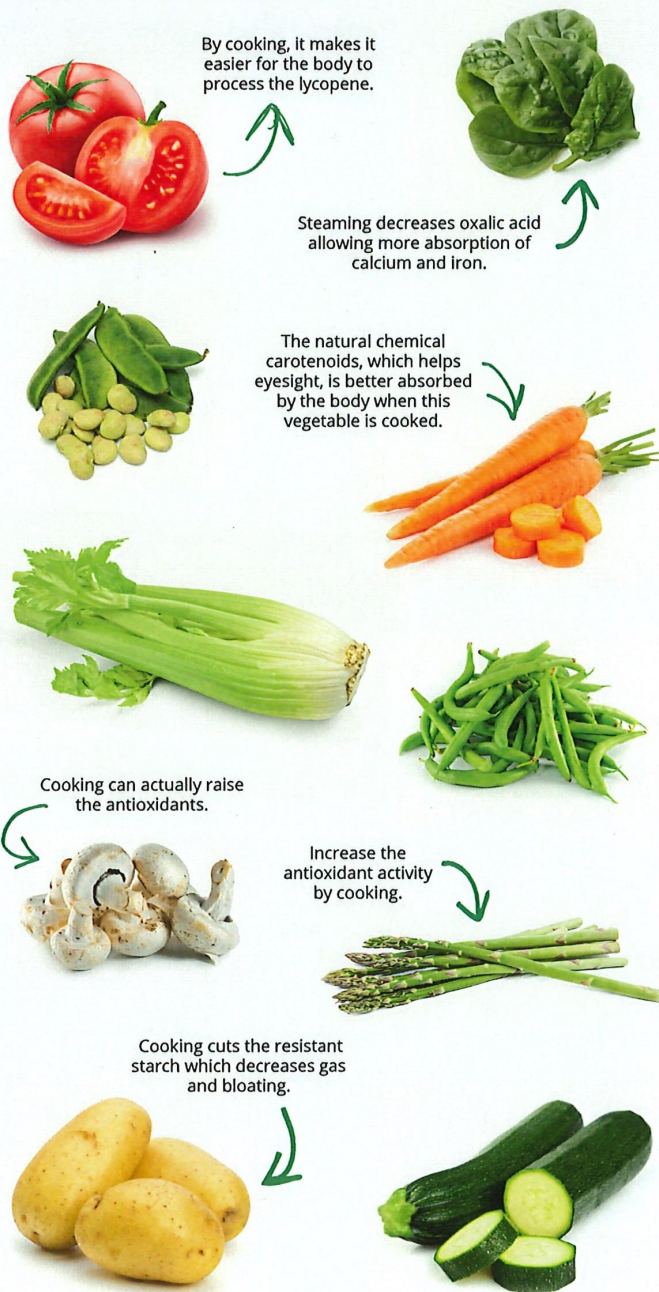


# Serving Vegetables: Raw vs. Cooked

How we prepare our food can make a big nutritional impact. We often think eating food raw is best, but that may not always be the case. It is true that when we cook veggies we can lose some nutrients, but others become available in their place.

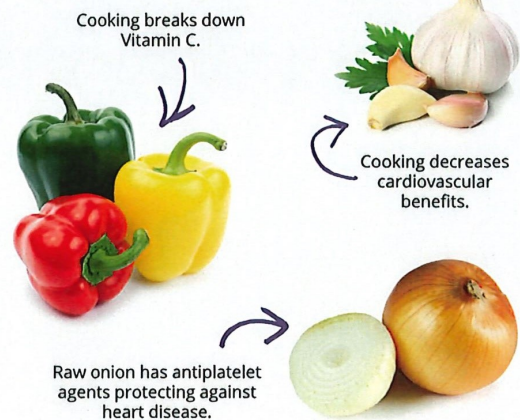
## Cooked

Cooking vegetables helps your body absorb antioxidants like lutein for eyesight and lycopene for your heart. It can also release more calcium!



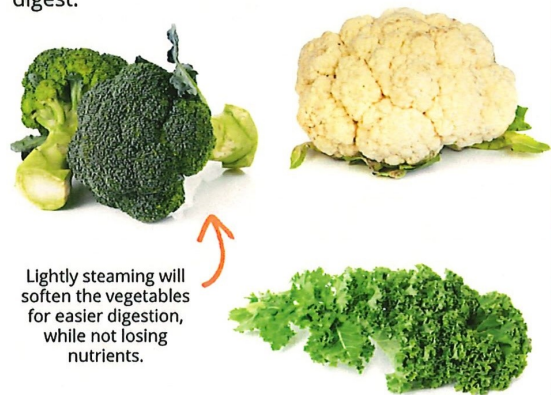
## Raw

Raw vegetables are packed with fiber, vitamins and antioxidants.



## Both

Cruciferous vegetables, like broccoli, kale and cauliflower, eaten raw can be hard to digest.



## Cooking Methods

- Stir frying and sautéing vegetables can help preserve more vitamins and nutrients vs. boiling.
- Avoid overcooking. Try steaming vegetables instead of boiling and in both cases, use as little water as possible, cooking until tender.
- Add a splash of lemon, lime, orange, or grapefruit juice while cooking vegetables full of iron. The Vitamin C makes it easier for the body to absorb the nutrients.

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### Broccoli Cheddar Frittata

1 package (10oz) frozen chopped broccoli  
1/4 cup water  
8 eggs  
1/4 cup nonfat or low fat milk  
2 tsp mustard  
1 tsp seasoned salt  
1/8 tsp pepper  
3/4 cup shredded reduced fat cheddar cheese  
1 T chopped green onion  
1 small carrot, diced  
Nonstick cooking spray

Combine broccoli, carrot and water in a 10" nonstick skillet. Cook over medium heat until tender, stirring occasionally to break up broccoli, about 10 minutes; drain well. Beat eggs, milk, salt and pepper in a large bowl until blended. Add broccoli mixture, cheese, and green onion; mix well. Coat same skillet with cooking spray; heat over medium heat until eggs are almost set, 8-10 minutes. Remove from heat. Cover and let stand until eggs are completely set and no visible liquid egg remains, 8-10 minutes. Cut into wedges.

Serving Size: One wedge

Yield: 6 wedges

Meal Components (MM#) Egg (102), Broccoli (158)

[www.myplate.gov/recipes/myplate-cnpp/broccoli-cheddar-frittata](http://www.myplate.gov/recipes/myplate-cnpp/broccoli-cheddar-frittata)

### Orange & Sweet Potato Pork Chops

#### Ingredients:

2 pork loin chops  
1 sweet potato; cleaned, peeled, sliced  
1/2 orange; cleaned, sliced  
1 dash cinnamon  
1 dash salt (optional)  
1 dash black pepper (optional)

#### Directions:

Wash hands with soap and water. Preheat oven to 350 degrees. Place meat and sweet potato slices in a baking dish coated with cooking spray. Top with orange slices and sprinkle with seasonings. Cover and bake for 1 hour until meat is tender. Pork is safely cooked when it has been heated to 145 degrees F.

Serving Size: 1 pork chop

Yield: 2

Meal Components: (MM#) Pork Chop (45), Sweet Potato (225)

*UNL Extension*

### Peppy Quinoa

1/8 cup pepitas/pumpkin seeds  
1 1/4 cups Quinoa, dry  
1 T low sodium chicken base  
1/2 cup fresh onion, peeled, diced  
1/2 cup canned diced green chiles  
2 1/4 tsp fresh garlic, minced  
1/2 cup fresh cilantro, chopped  
1/2 cup fresh green onions, diced  
2-4 T fresh lime juice (optional)

Preheat oven to 350 degrees. Toast pepitas in oven for 10 minutes or until light brown and aromatic. Set aside. Rinse quinoa in a fine mesh strainer until water runs clear, not cloudy. Combine quinoa, 2 1/2 cups water and chicken base in a small pot. Cover and bring to a boil. Turn heat down to low and simmer until water is completely absorbed, about 10-15 minutes. When done, quinoa will be soft and a white ring will pop out of the kernel. The white ring will appear only when it is fully cooked. Fluff with a fork. Set aside. Mix quinoa, onions, green chiles, and garlic in a 8x8 nonstick baking pan sprayed with nonstick cooking spray. Cover and bake at 350 degrees for 40 minutes. Toss in cilantro, green onions, pepitas, and optional lime juice to taste. Serve hot.

Serving Size: 1/2 cup

Yield: 6 servings

Meal Components (MM#) Quinoa (100)

[Teamnutrition.usda.gov](http://Teamnutrition.usda.gov)

### Crunchy Hawaiian Chicken Wrap

1/4 c light mayonnaise  
1/8 c white vinegar  
1/4 c sugar  
1 tsp poppy seeds  
1 1/2 tsp garlic powder  
1 1/2 tsp onion powder  
1 1/2 tsp chili powder  
2 c fresh broccoli, shredded  
1 1/2 c fresh carrots, peeled, shredded  
1/4 c canned crushed pineapple in 100% juice, drained  
1 c fresh baby spinach, chopped  
3 c cooked diced chicken, 1/2" pieces  
6 whole wheat tortillas

In a small mixing bowl, combine mayonnaise, vinegar, sugar, poppy seeds, garlic powder, onion powder and chili powder for the dressing. Mix well. Cover and refrigerate. Combine broccoli, carrots, pineapple, and spinach in a large bowl. Stir in dressing and chicken. Mix well. Serve immediately or cover and refrigerate. For each wrap, place 2/3 cup filling on the bottom half of the tortilla and roll in the form of a burrito. Place seam side down. Cut diagonally. Serve immediately.

Serving Size: 1 wrap

Yield: 6 wraps

Meal Components (MM#) Flour Tortillas (87), Chicken White

Meat (22), Broccoli (158)

[Teamnutrition.usda.gov](http://Teamnutrition.usda.gov)

# Gear Up For Gardening



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Research shows that cultivating plants is beneficial for us. Gardening has been associated with improvements in attitudes toward health and nutrition, better school performance for kids, and community spirit. Every April communities, groups, and individuals celebrate National Garden Month. Gardening can be a great way to enjoy being outside, get exercise, and grow fruits and vegetables.

## Benefits of Gardening and Safety Tips:

- **Fruits and vegetables - more matters.** Gardens can motivate children to try new fruits and vegetables, and kids are eager to taste the 'fruits' of their labor. Fruits and vegetables are an important source of vitamins and minerals, provide fiber, color and texture, and may reduce disease risk, but few children or adults eat recommended amounts. Gardening with your kids will get them excited about the plants on their plate.
- **Increase physical activity.** Light gardening/yard work is considered moderate physical activity. The Centers for Disease Control and Prevention (CDC) suggest gardening as a way to get some of the 2 ½ hours of recommended weekly activity. If you have been inactive, start out gradually each day, building up time and intensity. Vary your gardening activities to keep it fun and broaden the benefits.
- **Grow a successful garden.** According to the National Gardening Association, the best way to launch a successful garden is to start small and choose varieties that do well in your area. You might start with vegetables your children already enjoy, or try selecting plants around a theme such as a rainbow garden to increase their interest.
- **Gear up for gardening with safety.** Wear safety goggles, sturdy shoes, and long pants when using lawn mowers or other machinery. Wear gloves to lower the risk for skin irritations, cuts, and certain contaminants and protect your hearing when using loud machinery. Lower your risk for sunburn by wearing long sleeves, wide-brimmed hats, sun shades, and sunscreen.
- **Stay hydrated.** As the gardening season progresses, it's important to be smart about staying hydrated when temperatures are on the rise. Drink plenty of water throughout the day to replace lost fluids. Sipping throughout the day is better than saving up for meals or breaks.
- **Take breaks.** Take breaks often and rest in shaded areas. Stop working if you experience breathlessness or muscle soreness. Signs of heat-related illness include extremely high body temperature, headache, rapid pulse, dizziness, nausea, confusion, or unconsciousness.

Gardening can have a positive impact on eating habits, physical activity level, and overall well-being. Whether you are a beginner or expert gardener, health and safety are always important. Nebraska Extension has lots of resources on gardening from the Nebraska Master Gardener Program, growing local foods, Backyard Farmer, and how to cook with fresh herbs. For more information and resources related to gardening, check out the following from Nebraska Extension for the home, community, and greenhouse at <http://food.unl.edu/gardening>.

1. Centers for Disease Control and Prevention (CDC). Department of Health and Human Services. Gardening Health and Safety Tips. 2015. <https://www.cdc.gov/family/gardening/index.htm>  
2. United States Department of Agriculture (USDA). ChooseMyPlate.gov. Seasonal Resources: Spring. <https://www.choosemyplate.gov/resources/seasonal/seasonal-spring>  
3. National Gardening Association. About National Garden Month. 2020. <https://www.nationalgardenmonth.org/about/>  
4. Academy of Nutrition and Dietetics. Kids in the Garden: Nutritious and Fun. 2018. <https://www.eatright.org/food/nutrition/eating-as-a-family/kids-in-the-garden-nutritious-and-fun>



## A Weeks Worth of Meal Ideas

MEALS	Monday	Tuesday	Wednesday	Thursday	Friday
BREAKFAST	<b>Cheerios (130)</b>	Broccoli Cheddar Frittata* (102)	Ham (44)	Bagel (01)	Rice Krispies (152)
	Banana (04)	Broccoli (158)	Hash Browns (180)	Blueberries (06)	Apple Juice (52)
	Milk	Milk	Milk	Milk	Milk
AM SNACK	Avocado (153)	Sweet Crackers (35)	Muffins (104)	Cucumbers (168)	Cottage Cheese (77)
	Tortilla Chips (112)	Kiwi (22)	Orange Juice (63)	Bread Sticks (03)	Peaches (27)
LUNCH	Orange & Sweet Potato Pork Chop* (45)	Turkey Breast (52)	Roast Beef (15)	Egg (102)	Crunchy Hawaiian Chicken Wrap* (22)
	Croissant (07)	<b>Brown Rice (72)</b>	French Bread (12)	<b>Wheat Bread (30)</b>	<b>Flour Tortillas (87)</b>
	Sweet Potato (225)	Peas & Carrots (207)	Baked Beans (154)	Tater Tots (226)	Broccoli (158)
	Grapes (18)	Mixed Fruit (15)	Lettuce (183)	Strawberries (37)	Mandarin Oranges (21)
	Milk	Milk	Milk	Milk	Milk
PM SNACK	<b>Wheat Crackers (38)</b>	Pizza Crust (42)	<b>Peppy Quinoa* (100)</b>	<b>Pancakes/Waffles (58)</b>	Banana Bread (103)
	Watermelon (41)	Tomato Sauce (230)	String Cheese (84)	Pears (28)	Milk

**Bold** = Whole Grain Component

\* = Recipe found in newsletter





Family Service Association of Lincoln

501 South 7th Street

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### How to Create a Sidewalk Chalk Obstacle Course

All ages can enjoy this family-friendly outdoor activity. Create your own chalk obstacle course by using your sidewalk, driveway, or other type of pavement.

#### Supplies:

- Sidewalk, driveway, or other type of pavement
- Sidewalk chalk

List of fitness activities for sidewalk

#### Directions:

1. Determine where you are going to create your chalk obstacle course (e.g. sidewalk, driveway, or other type of pavement).
2. Use sidewalk chalk to create your own chalk obstacle course.
3. Design your obstacle course with a variety of fitness activities or see below for an example. Here is a list of activities that you could use:

- |                                 |                                    |
|---------------------------------|------------------------------------|
| • Balance along a squiggly line | • Run to the next activity         |
| • Spin around 2 times           | • Jump to each circle, line or box |
| • Dance in the rain             | • Follow the zig zag               |
| • Skip to the next activity     | • 5 squats                         |
| • 10 toe touches                | • Jump like a frog                 |
| • Pop the bubbles               | • Hopscotch                        |
| • 5 jumping jacks               | • Walk like a penguin              |
| • Hop like a bunny              | • 5 jumps to the sky               |
| • Follow the line               |                                    |

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*Child Care Outreach* is published bimonthly by the Family Service Child Care Food Program, 501 South 7th Street, Lincoln, NE 68508

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