



Child Care OUTREACH

Look For Your Provider Number!

Karen Border of Lincoln, Donna Eades of Omaha and Norma Yeutter of Cozad all found their provider numbers 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.



Household Size	Household Income				
	Annual	Monthly	Twice per Month	Every Two Weeks	Weekly
1	23,107	1,926	963	889	445
2	31,284	2,607	1,304	1,204	602
3	39,461	3,289	1,645	1,518	759
4	47,638	3,970	1,985	1,833	917
5	55,815	4,652	2,326	2,147	1,074
6	63,992	5,333	2,667	2,462	1,231
7	72,169	6,015	3,008	2,776	1,388
8	80,346	6,696	3,348	3,091	1,546
For each additional family member add:	8,177	682	341	315	158

WELCOME NEW PROVIDERS

Jason Ankrah of Lincoln, Allison Boersen of Grand Island, Pearl Gatto of Lincoln, Kyleen Hays of Norfolk, Shawne Holland of Omaha, Alisa Luker of Omaha, Jennifer Reimers of Kearney, Stacy Simmerman of Grand Island, Michele Stickley of Lexington, Dedra Walker of Omaha, Anna Wood of Newman Grove

Above are the **NEW** Income Eligibility Guidelines effective July 1, 2019. If you are currently receiving Tier 2 Rates and believe that your household meets the guidelines above, please contact our office for an Income Eligibility Application and information on how to apply for Tier 1 rates. All providers currently receiving Mixed Tier Rates will receive new Income Eligibility Applications for their families in June.



Our office will be closed
on May 27, 2019 for
Memorial Day.



Mark This Date

KEEP IN MIND

May

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

20th-CCFP checks should be mailed

21st-Direct Deposit should be transferred

21st-Last day LATE April and May claims will be accepted

June

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

18th-CCFP checks should be mailed

19th-Direct Deposit should be transferred

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

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

BUILDING TOMORROW CLASS

SCHEDULE

CPR/FIRST AID

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

May 18, 2019 • 8:30 a.m. - 4:30 p.m.

June 8, 2019 • 8:30 a.m. - 4:30 p.m.

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

Path To Excellent Nutrition

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

May 16, 2019 • 6:30 p.m. - 8:30 p.m.

\$7 (FREE to Family Service CCFP Participants)

Mealtime Sign and Sign

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

May 30, 2019 • 6:30 p.m. - 8:30 p.m.

\$7 (FREE to Family Service CCFP Participants)

Safe With You: Safe Sleep for Infants/ Abusive Head Trauma

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

June 13, 2019 • 6:30 p.m. - 8:30 p.m.

\$10 (FREE to Family Service CCFP Participants)

Safe With You: Power to Protect

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

June 20, 2019 • 6:30 p.m. - 8:30 p.m.

\$10 (FREE to Family Service CCFP Participants)

Inservices:

May 21 • York

June 4 • Grand Island

Conferences:

June 15, 2019 • Building Tomorrow Grand Island

180373

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



CCFP UPDATES & REMINDERS

ENROLLMENT RENEWALS

Thank you to all the providers who returned their completed Enrollment Renewal Worksheet by the April 30th 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@familyservicelincoln.org.

If you have children who were not renewed on the Enrollment Renewal Worksheet or your renewal was received by the deadline, children will need a new Child Enrollment Form if you wish to claim them again from May 1, 2019 or after. If you utilize scannable claiming please complete a new Child Enrollment Form with an enrollment date of May 1, 2019. If you utilize the KidKare program, it does not currently 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, 2019, therefore you should **NOT** use the child's original enrollment date. Use the enrollment date of May 1, 2019. Enrollment Forms for children who are being re-enrolled are due by June 4, 2019. 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.

School Out for Summer!

Please indicate on your Claim Information Form or KidKare Child Calendar when your school age children are out of school for the summer. You will need to complete this for each school age child for each month children are out for the summer!

School Out Time Span

There is an option in KidKare to enter a time span for children out of school! Follow these steps if children will be out of school for multiple days in a row, such as Summer Break.

- Calendar → Child
- Select a child
- Drag "No School" to the first date in the series
- Click on the event
- At the top right-hand corner select the "From" Calendar and the "To" Calendar to specify the first and last days out of school
- Select OK

Overnight Care

If you are providing overnight care you must be licensed for the overnight hours. Children may only be claimed for the first 24 hours they are in your care. If a child is still in care after 24 hours they are not eligible to be claimed unless there is an emergency. Children must leave with a parent/guardian before being eligible to be claimed again. Emergency/Temporary Care is only for situations where a parent is unable to pick up a child due to emergency purposes such as in the hospital, and then the child can only be claimed for 3 days. This must be reported to and approved by the office.

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Summer Closing

★ If you will be closing your child care for ★
★ summer vacation, you are required to contact ★
★ your Consultant or our office in advance per ★
★ USDA regulations. Also, if you will have any ★
★ changes to your hours of operation or meal ★
★ times for the summer please let us know. This ★
★ helps our Consultants plan their Home Visits ★
★ more effectively! Also, if you have children ★
★ participating in the summer lunch program ★
★ through the schools, you are not eligible to ★
★ claims those meals through CCFP. ★

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CELIAC DISEASE

Celiac disease is an autoimmune condition that affects roughly one out of 100 people in the world. Children with this condition are negatively affected by the consumption of gluten, a protein that is found in wheat, barley, and rye. When a child with celiac disease consumes gluten, they can have a range of symptoms from tummy troubles to long-term health effects like nutrient deficiencies.

In the small intestines there are finger-like projections called villi that line the inside. These villi have the important job of creating more surface area to absorb nutrients. However, when someone with celiac disease eats gluten, these villi are damaged and become flat and make it harder for the body to absorb nutrients.

Having celiac disease puts a child at risk for developing other autoimmune conditions. In order to treat celiac disease, a complete elimination of gluten from the diet is needed.

SPOTTING CELIAC DISEASE IN CHILDREN

Celiac disease is a hereditary condition, and there is a one in 10 chance of developing celiac disease if an immediate family member suffers from it. Blood screening for celiac disease can be done by a physician, and a diagnosis is confirmed through a biopsy of the small intestine showing damage.

Symptoms:

- Vomiting
- Diarrhea
- Constipation
- Iron-deficiency anemia
- Failure to thrive
- Abnormal stools
- Weight loss
- Irritability
- Abdominal bloating and cramping



ACD field monitor, Megan Roberts, is very familiar with celiac disease because she lives with it every day and practices a gluten-free diet. See below for a list of tips she has for managing celiac disease in the child care setting!

- Try to find things that are naturally gluten-free. Specialty gluten-free items often come with a costly price tag (and are not always creditable), so serving things that are naturally gluten-free keeps costs down.
 - For example, instead of purchasing an expensive cereal made to be gluten free, Corn Chex (which also happens to be gluten-free) can be purchased.
- Try to adapt gluten-free meals served in the household/daycare whenever possible. It will be easier than cooking two meals and will help prevent cross contamination.
 - For example, purchase gluten-free pasta such as brown rice pasta (whole grain) and serve it to everyone instead of making two different pastas. Or make your own chicken nuggets for a cost efficient gluten-free chicken nugget.
- Focus on things that are already gluten-free; fruits, vegetables, meats, cheese, yogurt, etc. but be mindful of processed items that may have gluten.
- Most everything can be made gluten free! We now live a time with access to many recipes and products, there's no reason to miss out on tasty treats. Almost everything can be made into a gluten-free version, it just may take a little more work or planning to create.
- Be mindful of cross-contamination. Toasters and other household items can contaminate gluten free foods where gluten has touched. Wash hands in between touching gluten items, don't use same knives between cutting, etc.

If a child you care for has celiac disease, make sure to have a medical statement on file if serving food outside of meal pattern requirements.

Raisin Apple Mini Pizzas

Ingredients

- 2 baked mini pizza crusts
- 3 Tablespoons apricot spreadable fruit or preserves
- 1/2 Cup finely chopped apple
- 1/2 Cup California raisins
- 1/2 Cup shredded Monterey Jack cheese

Heat toaster oven or regular oven to 375°F. Place pizza crusts on small tray for toaster oven. Spread with spreadable fruit. Sprinkle with apples, raisins and cheese. Bake at 375°F for 10 minutes or until thoroughly heated and cheese is melted. Cut each into 4 slices and serve.

Yield: 4 Servings
Serving Size : 2 slices
Meal Component (MM#) pizza crust (42)
Calraisins.org

Turkey Taco Meat

- 1 lb. ground turkey
- 1 C. diced onion
- 1 T. minced garlic
- 2 T. salt free taco seasoning
- 1/4 C. water
- Salt to taste
- 2 tsp. vegetable oil



In a large skillet, heat vegetable oil over medium high heat. Add diced onion and cook, stirring frequently until the onion is slightly browned, about 3-5 minutes. Add garlic and continue cooking for a minute. Add ground turkey. Brown the meat over medium high heat until it reaches an internal temperature of 165 degrees (about 7-8 minutes). Add the taco seasoning and water and reduce the heat to medium. Simmer for 3-5 minutes until sauce has thickened slightly. Season with salt to taste.

Yield: 10 Servings
Serving Size 1/3 cup
Meal Component (MM#) Ground Turkey (54)
Potpourri Magazine

170161

Super Strawberry Oatmeal Muffins

- 1/3 C. vegetable oil
- 1/2 C. brown sugar
- 1 C. strawberry applesauce (no added sugar)
- 1 egg
- 1 C. white whole wheat flour
- 1 tsp. baking powder
- 1/2 tsp. baking soda
- 1/4 tsp. salt
- 1/2 C. chopped fresh strawberries
- 1 C. quick-cooking oatmeal

Pre-heat oven to 350° F. Mix together oil, brown sugar, applesauce and egg. In a separate bowl combine flour, baking powder, baking soda and salt. Add oil mixture to dry ingredients and mix until moistened. Carefully blend in strawberries and oatmeal. Spoon into 12 muffin cups sprayed with cooking oil or use paper muffin liners. Bake at 350° F for about 20 minutes or until golden brown.



Serving Size 1muffin
Meal Component (MM#) muffin (104)
[UNL Extension](#)

Salt-Free Taco Seasoning

- 1/4 C. chili powder
- 2 T. cumin
- 2 tsp. onion powder
- 2 tsp. garlic granulated
- 1 tsp. oregano
- 1/2 tsp. ground black pepper



Combine and store in airtight container.

Cucumber and Spreadable Cheese Toast Topper

- Toast, preferably whole grain
- Thinly sliced cucumber
- Spreadable cheese (any type)



For each piece of toast: Spread bread with cheese. Pat cucumber slices dry on a clean paper towel and place on bread. Enjoy!

Serving Size 1/2 slice bread
Meal Component (MM#) wheat bread (30)
[UNL Extension](#)

9 Bites To Better Tasting Fruit and Veggies!

Bite 1. Prevent cut fruit from turning brown.

Keep cut fruits, such as apples, pears, bananas and peaches, from turning brown by coating them with an acidic juice such as lemon, orange or pineapple juice. Or use a commercial anti-darkening preparation with fruits, such as Fruit-Fresh®, and follow the manufacturer's directions.

Another method to prevent browning is to mix them with acidic fruits like oranges, tangerines, grapefruit and other citrus fruit or pineapple. Prepare the acidic fruit(s) first. Then, cut the other fruits, mixing them with in the acidic fruit(s) as you prepare them. Cut fruits as close to serving time as possible. Cover and refrigerate cut fruit until ready to serve. Refrigerate peeled/cut fruits and vegetables so they are at room temperature no longer than 2 hours, TOTAL time.

Bite 2. Make the most of your melon baller.

Melon ballers, those little kitchen gadgets with a scoop at each end of a handle about 6 inches long, can save valuable time in preparing fruits and veggies. Even if you never make melon balls, use a melon baller to:

- Core apples and pears.
- Cut away the inner membrane from peppers.
- Scoop out the inside of a cherry tomato and make tiny stuffed appetizers. Try stuffing the tomatoes with your favorite tuna salad sandwich mixture.
- Remove seeds and surrounding pulp from fruits and veggies like cucumbers, tomatoes, zucchini papaya and kiwi.

Scoop out the insides of potatoes for twice-baked potatoes



Bite 3. Take a salad spinner for a spin!

Salad dressing slides off damp salad greens and collects in the bottom of the salad bowl. You'll get more flavor with less dressing (and fewer calories!) if salad greens are washed and dried before tossing your salad with dressing. The easiest and **quickest** way to dry salad greens is in a salad spinner. A salad spinner uses centrifugal force to remove water from freshly washed salad greens and herbs. Your wet greens are placed in a perforated basket that fits in a larger outer bowl. The bowl is covered with a lid that has a gear-operated handle, pull-cord or knob that you pump to turn the inner basket and spin the water off into the outer bowl. Pack greens lightly to avoid overcrowding and bruising them. After spinning, pat off any remaining moisture with clean paper towels.



Bite 4. Do this with radishes before refrigeration.

If the leafy radish tops are attached, remove them before storing. Radishes don't keep as well if their tops are left on. Store unwashed radishes in an open or perforated plastic bag in a refrigerator crisper drawer that is separate from the one in which you store fruits. Wash radishes and trim their roots just before using.



Bite 6. Separate fruits and vegetables from these foods.

"Keep fruits and vegetables that will be eaten raw separate from other foods such as raw meat, poultry or seafood - and from kitchen utensils used for those products," advises the Food and Drug Administration (FDA). FDA gives these additional recommendations: Wash cutting boards, dishes, utensils and counter tops with soap and hot water between the preparation of raw meat, poultry and seafood products and the preparation of produce that will not be cooked. If you use plastic or other non-porous cutting boards, run them through the dishwasher after use.

Bite 7. Keep fruits and vegetables separate in the refrigerator.

Store fruits in a refrigerator crisper drawer separate from the one in which you store vegetables. Fruits give off ethylene gas which can shorten the storage life of vegetables. Some vegetables give off odors that can be absorbed by fruits and affect their quality.

Bite 8. Know which fruits ripen after they're picked.

Apricots, bananas, cantaloupe, kiwi, nectarines, peaches, pears, plantains and plums continue to ripen after they're picked. The tomato, which is actually a fruit, also continues to ripen after picking. Fruits that you should pick or buy ripe and ready-to-eat include: apples, cherries, grapefruit, grapes, oranges, pineapple, strawberries, tangerines and watermelon.

To speed the ripening of fruits such as peaches, pears, and plums, put them in a ripening bowl or in a loosely closed brown paper bag at room temperature. Plastic bags don't work for ripening.

Bite 9: Refrigerate fruits and vegetables in perforated plastic bags.

This helps maintain moisture yet provides for air flow. Unperforated plastic bags can lead to the growth of mold or bacteria. If you don't have access to commercial, food-grade, perforated bags, use a sharp object to make several small holes in a food-grade plastic bag.

A Weeks Worth of Meal Ideas

MEALS	Monday	Tuesday	Wednesday	Thursday	Friday
BREAKFAST	English Muffin (10)	Oatmeal (166)	Cottage Cheese (77)	Super Strawberry Oatmeal Muffins (104)*	Pancakes (58)
	Orange Juice (63)	Apple (01)	Mandarin Oranges (21)	Bananas (04)	Applesauce (02)
	Milk	Milk	Milk	Milk	Milk
AM SNCK	Grapes (18)	Cucumber (168)	Muffin (104)	Snack Crackers (43)	Banana Bread (103)
	Yogurt (104)	Ham (44)	Milk	Milk	Milk
LUNCH	Grilled Chicken (22)	Turkey Taco Meat (54)*	Pork Chops (45)	Tuna (42)	Ground Beef (02)
	Croissants (07)	Taco Shell (88)	Dinner Roll (25)	Wheat Bread (30)	Noodles/Pasta (64)
	Sweet Potato (225)	Lettuce (183)	Mashed Potatoes (221)	French Fries (173)	Tomato Sauce (230)
	Mixed Fruit (15)	Corn (167)	Broccoli (158)	Carrots (163)	Pears (28)
	Milk	Milk	Milk	Milk	Milk
PM SNACK	Cucumber and Spreadable Cheese Topper (30)*	Sweet Crackers (35)	Raisin Apple Mini Pizzas (42)*	Flour Tortilla (87)	Cinnamon Chex (131)
	Milk	Milk	Milk	American Cheese (73)	Milk

Bold = Whole Grain Component

030020

* = Recipe found in newsletter





Family Service Association of Lincoln

501 South 7th Street

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JUMP JUMP JUMP

1. Begin with one row of tape. Allow the child to jump over it.
2. Add another piece of tape.
3. Allow the child to jump over the two pieces.
4. Continue to add tape until you reach a stopping point.

Ready for more? Try a different jump this time. Demonstrate bending your knees and swinging your arms forward. Or try one below:

- Two foot takeoff, two foot landing
- Two foot takeoff, one foot landing
- One foot take off, same foot landing (hop)
- One foot take off, other foot landing (leap)
- One foot take off, two feet landing



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

Phone: (402) 441-7924 or (800) 642-6481

Fax: (402) 441-4889

Email: cacfp@familyservicelincn.org

Executive Director: Dennis Hoffman

Program Coordinator: Megan Evenson

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