

Volume XXV

January/February 2019

Issue 1

Look For Your Provider Number!

Felicia Calloway of Omaha found her provider number in our November/December 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.

070177



WELCOME NEW PROVIDERS

Janet Brammier of Lincoln,
Brittany Forney of Lincoln,
Sheradi Johnston of
Arapahoe, Frieda Lacy of
Cozad, Linsey Nicola of
North Platte, Patricia
Rodriguez of Lincoln, Jessica
Turk of Clay Center and
Tae'Viona Washington of
Omaha



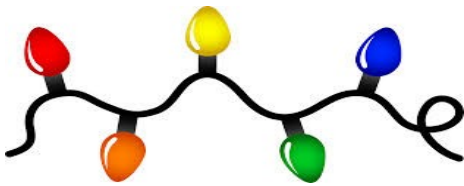
***“This program provides approximately
2 billion meals and snacks to over
4.4 million children Daily.”***

The primary goal of the Child and Adult Care Food Program (CACFP) is to serve nutritious meals to children attending child care homes and centers. Secondary goals are: 1. The establishment of positive eating habits at the earliest stages of development. 2. Reduction of future health care and education costs due to lack of proper early development. 3. Training and support of local child care personnel. Research also indicates that the CACFP is one important factor in providing quality child care.

Children that are cared for by providers participating in the CACFP benefit by being fed nutritious USDA regulated meals that ensure their proper development. These children gain from early nutrition education that helps them establish positive eating habits that will enrich the quality of their diet throughout their life.

Parents of children in child care are assured that their child(ren) receives high quality meals. With proper nutrition, the child is less likely to experience illness and fatigue and will develop at a normal physical and intellectual pace. Good nutrition is the recipe for an all-around happier child.

Set aside time during this week to celebrate your participation in the Child Care Food Program!



Mark This Date

KEEP IN MIND

January

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

17th-CCFP checks should be mailed

18th-Direct Deposit should be transferred

22nd-Last day LATE December and January claims will be accepted

February

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

19th-CCFP checks should be mailed

20th-Direct Deposit should be transferred

19th-Last day LATE January and February claims will be accepted

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

Inservices:

February 11, 2019 • Holdrege

Conferences:

February 2, 2019 • Grand Island

The Family Service CCFP Office will be closed:

Tuesday, January 1, 2019

Monday, January 21, 2019

BUILDING TOMORROW CLASS

SCHEDULE

CPR/FIRST AID

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

January 5, 2019 • 8:30 a.m. - 4:30 p.m.

February 9, 2019 • 8:30 a.m. - 4:30 p.m.

March 9, 2019 • 8:30 a.m. - 4:30 p.m.

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

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Safe with You: Safe Sleep for Infants and Abusive Head Trauma

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

January 17, 2019 • 6:30 p.m. - 8:30 p.m.

Cost is \$10/free for Family Service providers

Safe with You: Power to Protect

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

January 31, 2019 • 6:30 p.m. - 8:30 p.m.

Cost is \$10/free for Family Service providers

Early Learning Guidelines: Science

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

February 14, 2019 • 6:00 p.m. - 9:00 p.m.

AND

February 21, 2019 • 6:00 p.m. - 9:00 p.m.

Cost is \$25/free for Family Service providers

Path To Excellent Nutrition

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

February 28, 2019 • 6:30 p.m. - 8:30 p.m.

Cost is \$10/free for Family Service providers

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

TAX REPORTS

Family Service provides our providers that utilize the scannable menus/attendance forms a year-end total of your CACFP reimbursement for tax purposes. This report will be in your January mid-month mail. However, if you utilize KidKare, you will need to print your own Tax Report. If you use KidKare, you can find this report by going to Reports, then Claim Statements, and select Tax Report. The current year's detailed tax report will show meal totals, your taxable income and your tax deduction. Give this report to your tax preparer. Family Service does not issue W-2's, as we are not a provider's employer.

2018 Standard Meal Allowance Rate

Breakfast \$1.31

Lunch/Supper \$2.46

Snacks \$0.73

2018 Standard Mileage Rate: 54.5 cents



Reminder that Family Service is closed on Martin Luther King Jr Day, January 21, 2019. This day does not qualify for reimbursement through Family Service CCFP.

Make sure to notify the office or your Consultant if you will not be home during your licensed hours. Consultants can conduct visits at any time during your licensed days and hours.

Infant Readiness Forms

Please make sure you have an Introduction to Solids Form complete and on file for each infant that is in your care. This form is to be completed by the parent as the infant is developmentally ready to add foods. Infant feeding is parent/child directed and what you are serving to infants should match what is indicated on your Solids Form. This form will be reviewed by your Consultant during home visits. If you have questions on how to complete this form or what needs to be indicated on it, please contact your Consultant or the office.

Save the Date:

Plan to attend the
Family Service Building Tomorrow 8th
Annual

Conference for Child Care
Professionals

St Paul's Lutheran Church

1515 S Harrison St.

Grand Island, NE

June 15, 2018

Planting Seeds For Success



- 8:30am—3:15pm
- Lunch provided
- Approved for 6 hours of in-service training
- Breakout sessions to include 4 hours of nutrition training or 4 hours of early childhood care training
- Registration forms will be mailed in late March
- Check your calendar



Child Care Food Program

501 S. 7th Street, Lincoln, NE 68508



GROCERY GOODIES



Seasonality:

Avocados are available year-round.

Health Benefits of Avocados:

- More than 75% of the fat in avocados is considered “good” fats, and can help manage blood pressure, increase absorption of essential vitamins and lower cholesterol.
- Avocados contain nearly 20 essential vitamins and minerals, including Vitamin K, folate, Vitamin C and potassium.
- Avocados are high in fiber.

How to Select Avocados:

- Gently squeeze an avocado. If it yields to pressure, it’s ripe and ready to eat. If it does not, it will take a few days to ripen.

How to Store Avocados:

- Store ripe avocados whole in the refrigeration for up to 2-3 days.
- Unripe avocados can take up to 5 days to ripen. Store unripen avocados at room temperature until ripe.
- To speed up the ripening process, place unripe avocados in a paper bag along with an apple or banana for up to 2-3 days, or until ripe.
- To store cut avocados, sprinkle with lemon or lime juice and place in air-tight container in refrigerator for up to 1 day.

How to Prepare Avocados:

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- Always wash avocados before cutting.
- To cut, grip the avocado gently. Use a large, sharp knife to cut the avocado length wise around the seed. Twist to open the two halves to expose and remove the pit.
- Slice avocado by either removing the peel and slicing, or slice while in the peel and use a spoon to scoop out the flesh.



Fun Facts:

- Avocados do not ripen on the tree. They ripen after they have been harvested.
- Avocados originated in Mexico 10,000 years ago.
- Avocados From Mexico account for over 80% of the US market for Hass avocados.
- Per capita use of avocados tripled since the beginning of the 2000’s and now totals over 7 pounds per per-

Avocado Toast

- 1/2 yellow bell pepper, diced
- 1/2 small tomato, diced
- 1/4 small red onion, diced
- 1 lime, juiced
- 2 slices whole wheat bread
- 1/2 cup guacamole



Mix pepper, tomato, onion and lime juice in small bowl. Season with salt and pepper, to taste. Toast bread. Top with guacamole and salsa.

Lemony Green Beans

- 1lb green beans, trimmed, cut into 2-inch pieces
- 1 1/2 tsp. lemon juice
- 1/8 tsp. pepper
- 1 tsp. olive oil
- 1/4 tsp. salt

1. Cook green beans by steaming for 5 minutes.
2. Drain and return to pan.
3. Add juice, oil, salt, and pepper. Stir gently to coat.



Yields: 4 servings

Serving Size: 1/4 cup

Meal Component (MM#): Vegetable (177) [University of Nebraska-Lincoln Extension](#)

Butternut Squash Mac and Cheese

- 2 c. uncooked whole wheat pasta (macaroni or rotini)
- 1 small butternut squash OR
- 1/2 large butternut squash
- 1 1/2 T. olive oil, divided
- 1/4 cup white onion, chopped
- 1 tsp. black pepper
- 1 tsp. garlic powder
- 1/2 tsp. salt (optional)
- 1/2 tsp. dried mustard (optional)
- 1/2 tsp. paprika (optional)
- 3/4 c. low-fat milk
- 1 c. cheddar cheese, shredded
- 1/2 c. Mozzarella cheese, shredded



1. Preheat oven to 350°F.
2. Cut squash in half and remove skin and seeds.
3. Cut flesh into small cubes and place on sheet pan sprayed with non-stick cooking spray.
4. Brush squash with 1 tablespoon olive oil and sprinkle evenly with pepper and garlic powder. Roast for about 25 minutes or until soft.
5. While the squash is roasting, cook pasta according to package directions. Drain and set aside.
6. In a small skillet, heat 1/2 tablespoon olive oil on medium heat. Add onion and saute until soft.
7. Place squash, onion, salt, dried mustard, paprika, and milk into a blender and puree until smooth.
8. Pour puree over noodles and mix evenly.
9. Stir in shredded cheese. Add water to adjust consistency if desired.

Yield: 6 Servings

Serving Size 3/4 cup

Meal Component (MM#) vegetable (162) Grains (64)

[University of Nebraska-Lincoln Extension](#)

Zoats

Ingredients

- 1 c. rolled or quick oats
- 2 c. low-fat milk *or* water
- 1 small zucchini
- 1/2 tsp. cinnamon
- 1/2 tsp. vanilla extract
- 1 T. peanut butter (optional)
- 1 small banana (optional)
- 1 T. chocolate chips (optional)

Directions

1. Finely shred or grate zucchini into a microwavable bowl.
 2. Add in oats, cinnamon, vanilla extract, and water or milk and mix together.
 3. Microwave for 1:30.
 4. Stir contents.
 5. Microwave another 1:00.
- Stir in peanut butter and top with chopped banana and chocolate chips.

Yield: 4 Servings

Serving Size 3/4 cup

Meal Component (MM#) Oats (56)

[University of Nebraska-Lincoln Extension](#)



Homemade Pizza Crust

- 1 1/4 c. whole wheat flour
- 1 1/4 c. all-purpose flour
- 2 3/4 tsp. baking powder
- 1 tsp. salt
- 1 T. vegetable oil
- 3/4 c. water
- 1/2 c. pizza sauce

1. Preheat oven to 400°F.
2. Spray a large baking sheet or pizza pan with non-stick cooking spray. Set aside.
3. In a medium bowl, combine flour, baking powder, and salt.
4. Add oil and water. Stir until it forms a ball. If dough is stiff add up to 1/4 c. more water.
5. Knead dough on a floured surface for 3-4 minutes.
6. Press/roll dough out on a prepared pan.
7. Spoon pizza sauce on dough.
8. Arrange desired toppings over sauce. Sprinkle on cheese. Bake for 15-25 minutes.

Yield 8 Servings

Meal Component (MM#)
Bread (42)



Infant Developmental Readiness & the CACFP Meal Pattern

What does DEVELOPMENTALLY READY really mean?

Around 6 months of age infants begin to show signs that they are ready for solid foods. Signs that can help determine that an infant is ready for solid foods might be:

- Sits in a chair with good head control
- Opens his/her mouth for food
- Can move food from a spoon into his/her throat
- Doubled his/her birthweight and weighs at least 13 pounds



As a provider, constant communication with the parent regarding when and what solid foods should be introduced is key.

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Once a child is developmentally ready, do they need all the components at all meals?

No, not right away. Often parents start with one food type (vegetables for example) at one meal. The infant may simply eat vegetables for lunch only for a week or two before adding vegetables to breakfast. During this period the infant may also start iron fortified infant cereal (IFIC). For a couple weeks the infant might have vegetables and IFIC at breakfast and lunch with their breastmilk/ iron fortified infant formula. Once an infant is tolerating vegetables/fruits consistently at breakfast and lunch then vegetables/ fruits become required at snack. Most infants are tolerating most foods around 7-8 months of age.

Keep in mind the vegetable/ fruit serving size at snack is only 1-2 tablespoons.

Isn't that a lot of food for an infant at snack?

Take a look at the portions you are offering to your infants and compare that to the minimum portion sizes that are required. ***Keep in mind three things:***



1) **The required portion sizes are tiny**, especially at snack. Up to 2 Tablespoons of vegetables/ fruit are required (2 slices of banana, a couple berries, left over vegetables from lunch or a few frozen peas would count). The same is true for the grain (2 crackers, 1-4 Tablespoons of Cheerios/Kix/Life Cereals or ½ slice of bread).

2) **Snack time is a great opportunity for the infant to practice finger foods** and feeding themselves. This is a great activity to keep the infant engaged.

3) **Infant snack is not required to be at the same time as everyone else's snack.** Infants do not eat on a schedule nor do all components need to be served at the same time. An infant may have their bottle before nap and their fruit/vegetable and grain after nap or vice versa. Infants dictate their own feeding schedule.



Keep in mind – the provider must always follow the parent's wishes. Whatever the parent wants is what needs to be followed. A parent can choose what is or what is not given to the child.

Documentation – Once you begin offering solid foods (vegetables, fruits, iron fortified infant cereal, etc.) it must be documented on the menu.

The purpose of vegetable/ fruit at snack is to increase fruit and vegetable exposure/consumption to infants because most children, including infants do not consume enough vegetables and fruit.

A Weeks Worth of Meal Ideas

WhMEALS	Monday	Tuesday	Wednesday	Thursday	Friday
BREAKFAST	Cherrios (130)	Zoats* (56)	Yogurt (104)	Avocado Toast* (30)	Eggs (102)
	Bananas (04)	Peaches (27)	Strawberries (37)	Avocado (153)	Hash Browns (180)
	Milk	Milk	Milk	Milk	Milk
AM SNCK	Raisins	Muffins (104)	Cantaloupe (08)	Rice Cakes (76)	English Muffin (10)
	Milk	Apple Juice (52)	Milk	Applesauce (02)	Milk
LUNCH	American Cheese (73)	Cheddar Cheese (74)	Roast Beef (15)	Ground Beef (02)	Ham (44)
	Wheat Bread (30)	Dinner Rolls (25)	Wheat Bread (30)	Pizza Crust (42)	Biscuits (02)
	Potato Soup (241)	Butternut Squash Mac and Cheese *(162)	Lemony Green Beans* (177)	Tomato Sauce (230)	Scalloped Potatoes (233)
	Carrots (163)	Grapes (18)	Potatoes (221)	Corn (167)	Peas (222)
	Milk	Milk	Milk	Milk	Milk
PM SNACK 560052	Tortilla Chips (112)	Sweet Crackers (35)	Banana Bread (103)	Apples (01)	Kix (145)
	Salsa (244)	Milk	Milk	Cheddar Cheese (74)	Milk

Bold = Whole Grain Component

* = Recipe found in newsletter

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Hot Lava Game

Get Moving!

The hot lava game is seriously amazing. You can use whatever you want for the "land" (pillows are always a hit). Spread them out on the floor and have your kids jump from pillow to pillow, trying to avoid the floor that's covered in hot lava.

Have a Dress-Up Parade

My kids love having dress up parades. They make me stay in the living room while they get dressed up, then they walk through the house like they are in a parade.

Laser Chase



If you have a laser of some kind, get comfy on the couch and shine the laser on the floor and have your kids chase it and try to "catch" it.



Family Service Association of Lincoln

501 South 7th Street

Non-Profit

Organization

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Winter Fun!

Melting Snowman




Materials:

- 3 large balloons
- 1 large bowl
- 1 medium bowl
- 1 small bowl
- salt
- water table or large plastic container
- accessories for snowman (hat, scarf)
- felt cut into shapes for eyes, nose, mouth and buttons

Directions:

Fill the balloons with water so each one will fit into the bowls. Freeze until solid. (takes 12-24 hours) Remove the balloon pieces and take the solid ice balls and place them one on top of the other by placing the largest one inside the water table and the other two balls on top. Use salt on the bottom of the table and in between the ice balls to help them fuse together. Now add the felt pieces (they stick right on the ice) as well as the other accessories. This makes an adorable little snowman that the children can watch melt."



Activity from Our Daily Bread of Tennessee

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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