



Child Care OUTREACH

Volume XXX

September/October

Issue 5

Look For Your Provider Number!

***Brenda Deahn of Lincoln,
found her provider number
in our July/August
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

Sarah Emme of O'Neill, Joshua
Hollins of Omaha, Regina
Kapustka of Falls City, Ciara
Lampmann of Grant, Courtney
Livingston of Norfolk, Leanna
Munter of Wausa, Maggie Novak
of Omaha, Cindy Petersen of
Crofton, Britney Schweitzer of
Henderson, Kaylee Stapleton of
Allen, Kati Suarez of Atkinson,
Laura Taylor of Burwell, Frankie
Williams of Lincoln

Welcome

Program Updates

Record Keeping:

Family Service will be changing our record keeping policy beginning October 1, 2020. At this time all KidKare providers will be required to enter meals and attendance daily by 11:59PM CST. Due to changes in reviews due to COVID-19, and to maintain consistency among Nebraska CACFP Sponsors, this process will change at the previously mentioned date. If you do not get meals and attendance or new enrollments entered by the required time each day, you will no longer have access to the previous days records. If you experience any technical related issues with the KidKare program or computer/internet service that prevent you from accessing the program, you must contact the office or your Consultant before 11:59PM CST. Voicemail and emails after office hours are acceptable. Please contact your Consultant with any questions you may have.

070428

Remote Learning:

School aged children in your care who are opting for remote learning will need to be marked as "out of school" in your KidKare program or on your Claim Information Form. If they are not indicated as not in school, any AM Snack or Lunch claimed for a Kindergarten or School Age child will be disallowed.

Home Visits:

The monitoring waiver issued by USDA for sponsors has been extended. At this time we will continue to complete all of our home visits with our providers via telephone to maintain the safety of our staff and providers. We will re-evaluate in January 2021 if this process can be safely changed to in person reviews.



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

The office will be closed
Monday, September 7th in
observance of Labor Day.



080750

Mark This Date

KEEP IN MIND

September

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 July and August claims will be accepted

October

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 August and September 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)*

September 19, 2020 • 8:30 a.m. - 4:30 p.m.

Cost is \$55/\$50 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@familyservicelincoln.org



Provider Survey

Due to these unprecedented times, we are extending the deadline for our provider surveys from June 30, 2020 to September 30, 2020. Please use the following link to complete the survey through Google. If you are not able to access the survey online please contact your Consultant.

<https://forms.gle/GHB5MjiU6BNEJSct7>

Nebraska is the 2019 Mountain Plains Region Crunch Off CHAMPION!

2020

Nebraska Crunch Off

REGISTER TODAY!

October 22, 2020

Join in celebrating October Farm to School Month and the seasonally-available produce offered locally by biting into a local apple, or other crunchy fruit or vegetable!

www.education.ne.gov/ns/farm-to-school/mountain-plains-crunch

CCFP UPDATES & REMINDERS

The following dates are check and direct deposit payment dates for each claim month from August 2020-June 2021. These dates are approximate and are not guaranteed to be exact as NDE does not release exact dates to sponsors. Payment dates could be later than scheduled, but never any earlier. If funds from NDE are not received on time, these dates will be delayed. Please use this chart as a guideline for payments to be issued.

Claim Month	Check Release	Direct Deposit
Aug 2020	Sep 21, 2020	Sep 22, 2020
Sep 2020	Oct 20, 2020	Oct 21, 2020
Oct 2020	Nov 19, 2020	Nov 20, 2020
Nov 2020	Dec 21, 2020	Dec 22, 2020
Dec 2020	Jan 20, 2021	Jan 21, 2021
Jan 2021	Feb 18, 2021	Feb 19, 2021
Feb 2021	Mar 18, 2021	Mar 19, 2021
Mar 2021	Apr 20, 2021	Apr 21, 2021
Apr 2021	May 19, 2021	May 20, 2021
May 2021	June 21, 2021	June 22, 2021
June 2021	July 20, 2021	July 21, 2021

Reimbursement rates for 2020-2021

Reimbursement Rates July 1, 2020-June 30, 2021		
	Tier 1	Tier II
Breakfast	1.39	0.50
Lunch/Supper	2.61	1.58
Snacks	0.78	0.21



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 should have received a letter from our office in August requesting the appropriate documentation required. All documentation is due in our office by September 30, 2020 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.

Home school children are not the same as children enrolled in remote learning.

SCHOOL'S OUT/UPDATES

Please remember to mark any Kindergarten or School Age child out of school any days that you wish to claim them for reimbursement. If it is not indicated on the child's KidKare calendar or on your Claim Information Form, any Am Snack or Lunch will be disallowed from your claim. Also make sure that grade levels are listed appropriately for school children. Email the office at cacfp@familyservicelincoln.org or contact your Consultant to have grade level information updated.



for
**healthier
children**

This institution is an equal opportunity provider.

HEALTHY EATING FUELS US

You would never put junky gas into your car and expect it to run properly and the same is true with our bodies. Bodies are awesome machines! Proteins, carbohydrates, fat, vitamins, minerals and water all work together to make all of our bodily systems function correctly. Proteins build muscles, organs, and glands. Carbohydrates give us energy. Fat can protect our organs and water is in our blood that delivers food to all parts of our body.

Heart Healthy

Ask your children to put their hand on their chest and find their heart beat. Start them at a slow and steady hop while repeating the phrase, "An apple a day keeps the doctor away." After a minute have them gradually increase the height or speed of their hopping. Point out how breathing becomes deeper and talking becomes more difficult and explain how these changes are due to an increase in heart rate. Ask them to place a hand on their chest to find their heartbeat and feel the change! Mention that we need to care for our heart by eating healthy, nutritious foods as part of a healthy diet.

CACFP is an indicator of quality child care.
www.cacfp.org

Oatmeal in Apple Bowls

- 6 apples
- 2 cups 100% apple juice
- 2 cups water
- 1 teaspoon cinnamon
- 1 teaspoon nutmeg
- 2 cups uncooked, quick cooking rolled oats

Slice the tops off the apples. Using a melon baller, remove the inside of each apple to create six bowls. Remove the seeds and dice apple chunks. In a pot, combine the diced apples, juice, water, and seasonings. Bring to a boil. Turn heat off, cover, and let stand several minutes before serving in apple bowls.

Apple Art

Cut the sides of a paper plate in an inward curve. Paint the pieces cut off green. Glue them to the top of the plate, sandwiching your green pieces to make leaves. Then have your kids paint their plates like an apple core.



NATIONAL
CACFP SPONSORS
ASSOCIATION

Porcupine Sliders

- 1/8 cup Brown rice, long-grain, regular, dry
- 1 tsp Canola oil
- 1 1/2 Tbsp Fresh onion, peeled, diced
- 1/4 cup Fresh celery, diced
- 1 1/2 tsp Fresh garlic, minced
- 1 lb Raw ground turkey, lean
- 1 Egg, beaten
- 5 Tbsp Dried cranberries, chopped
- 3/4 cup Fresh baby spinach, chopped
- 1 tsp Worcestershire sauce
- 1/2 tsp Salt
- 1/2 tsp Ground black pepper
- 1 dash Ground white pepper
- 6 (1 oz each) Mini whole-wheat rolls (small dinner roll size)



1. Preheat oven to 350°F.
2. Combine brown rice and 1/2 cup water in a small pot and bring to a boil. Turn heat down to low. Cover and cook until water is absorbed, about 30-40 minutes. Fluff with a fork. Cover and refrigerate until completely cooled. A rice cooker may be used with the same quantity of brown rice and water.
3. Heat canola oil in a small skillet. Add onions, celery, and garlic. Cook over medium heat for 5 minutes or until tender. Remove from heat. Cover and refrigerate until completely cooled.
4. In a medium mixing bowl, combine turkey, egg, cranberries, spinach, Worcestershire sauce, salt, peppers, brown rice, and sautéed vegetables. Mix well. Shape into 6 patties.
5. Line a large baking sheet with parchment paper and lightly coat with nonstick cooking spray. Place patties evenly spaced on baking sheet.
6. Bake uncovered for 20-25 minutes at 350°F to an internal temperature of 165°F or higher for at least 15 seconds (use a food thermometer to check the internal temperature). Do not overcook. Remove from oven and serve on a mini whole-wheat roll. Serve immediately.
7. May be served with onion, lettuce, tomatoes, ketchup, and mustard.

Serving Size: 1 slider

Yield: 6 sliders

Meal Components (MM#) Ground Turkey (54), Dinner Rolls (25)

[Recipes for Healthy Kids Cookbook for Homes TeamNutrition.usda.gov](#)

Easy Mango Salsa

- 1 mango (peeled and chopped)
- 1/4 cup chopped green bell pepper
- 1 green onion, chopped
- 1 lime, juiced (1-2 Tablespoons)



1. Peel and chop the mango, be sure to remove the seed.
2. Cut the pepper and onion into small pieces.
3. Mix all the ingredients together.

Serving Size; 1/4 cup

Yield: 4 servings

Meal Components (MM#) Mangos (23)

Iowa Department of Public Health. [Iowa Nutrition Network](#)

Perfectly Pumpkin Whole Wheat Pancakes

- 2 eggs
- 2 T Vegetable oil
- 1 1/2 c low fat milk
- 3/4 c canned pumpkin or pumpkin puree (not pie filling)
- 2 T brown sugar
- 1 c all purpose flour
- 1 c white whole wheat flour
- 2 T baking powder
- 1/2 tsp pumpkin pie spice
- 1 tsp cinnamon

1. Wash hands with soap and water.
2. Break eggs into a clean, medium bowl and beat with a fork. Wash hands with soap and water after cracking raw eggs.
3. Add the oil, milk, pumpkin and brown sugar to the bowl with the eggs. Combine all purpose flour, whole wheat flour, baking powder and spices in a small bowl.
4. Add dry ingredients to pumpkin mixture. Stir until combined. Pour 1/4 cup of batter for each pancake on a lightly oiled and heated griddle or skillet.
5. Cook until pancakes are full of bubbles and the under surface is lightly browned. Use a spatula and flip. Lightly brown the other side. Refrigerate leftovers.

Serving Size: 1 pancake

Yield: 10-12 pancakes

Meal Components (MM#) Pancakes (58)

[Nebraska Extension](#)



Asparagus with Mustard Vinaigrette

- 1.5 pounds Asparagus, gently rubbed under cold water and trimmed
- 2 T vinegar (apple cider, red wine, or balsamic)
- 1 T Vegetable Oil
- 1 T Mustard (Dijon or other)
- 1 tsp garlic powder
- 1/2 tsp dried basil
- 1/2 tsp dried oregano
- 1/8 tsp nutmeg (optional)

Wash hands with soap and water. Rinse produce. In a large saucepan, bring 8 cups of water to a boil and cook asparagus for 3-4 minutes or until tender. Strain asparagus and place in a bowl of cold water. Mix vinegar, oil, mustard, garlic powder, basil, oregano and nutmeg together in a separate bowl. Strain asparagus again once cool and coat in the mustard vinaigrette dressing. Serve.

Serving Size: 1/4 cup

Yield: 12 servings

Meal Components (MM#) Asparagus (152)

[Nebraska Extension: Adapted from Maine SNAP-Ed](#)



Apple

Apples come in all shades of red, green and yellow. Apple varieties range in size from a little bigger than a cherry, to as large as a grapefruit. The peel is good to eat and has many nutrients. Apples have five seed pockets. Do not eat the seeds.

Apples are fruit which grow on trees.

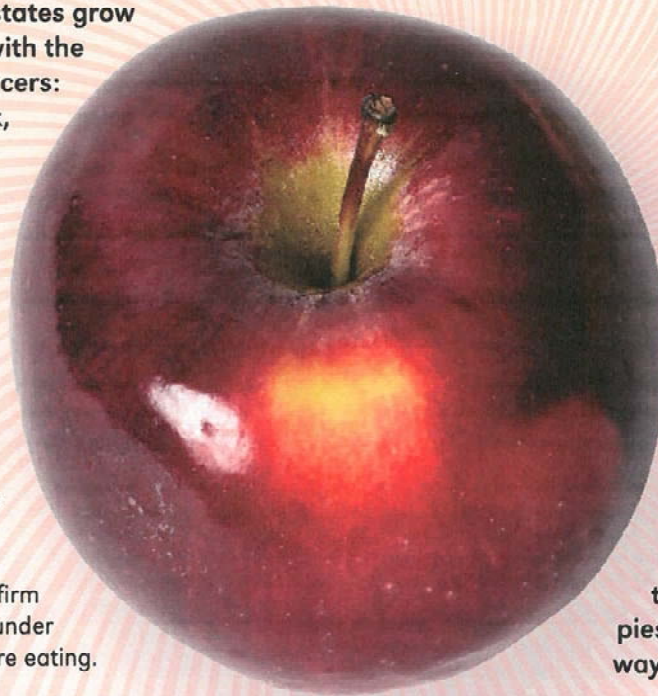
The apple can be traced back to the Romans and Egyptians who introduced them to Britain. The pilgrims planted the first apple trees in North America in the Massachusetts Bay Colony. Americans eat about 120 apples apiece each year.

Apples are the most popular fruit in the United States. 36 states grow apples commercially with the following as top producers: Washington, New York, Michigan, California, Pennsylvania and Virginia.

VARIETIES

There are about 2,500 varieties grown in the United States. Golden Delicious, Red Delicious, Fuji and Granny Smith are available year round.

Choose apples which are firm with no soft spots. Wash under clean, running water before eating.



NUTRITION FACTS

- Fat free
- Cholesterol free
- Sodium free
- Good source of fiber
- Good source of vitamin C

USES

Apples can be eaten raw or cooked. They are great to eat as a quick snack. Chop and add to fruit salads. Bake in cakes, pies and cookies. Other popular ways to enjoy are as applesauce or 100% juice.

Many apples are grown in Nebraska.



A Weeks Worth of Meal Ideas

MEALS	Monday	Tuesday	Wednesday	Thursday	Friday
BREAKFAST	Egg (102)	Frosted Mini Wheats (134)	Yogurt (104)	Perfectly Pumpkin Pancakes* (58)	Bagel (01)
	Peppers (178)	Kiwi (22)	Blueberries (06)	Blackberries (05)	Honeydew Melon (20)
	Milk	Milk	Milk	Milk	Milk
AM SNACK	Cucumbers (168)	English Muffin (10)	Cottage Cheese (77)	Saltine Crackers (37)	Wheat Crackers (38)
	String Cheese (84)	Peanut Butter (103)	Peaches (27)	Cheddar Cheese (74)	Apple Juice (52)
LUNCH	American Cheese (73)	Porcupine Sliders* (54)	Beef Ground (02)	Tuna (42)	Pork Chop (45)
	Wheat Bread (30)	Dinner Rolls (25)	Flour Tortillas (87)	Noodles/Pasta (64)	Brown Rice (72)
	Tomato Soup (243)	Mixed Vegetables (186)	Refried Beans (218)	Carrots (163)	Asparagus w/ Vinaigrette* (152)
	Tater Tots (226)	Cantaloupe (08)	Salsa (244)	Watermelon (41)	Grapes (18)
	Milk	Milk	Milk	Milk	Milk
PM SNACK	Mango Salsa* (23)	Cornbread (05)	Corn Chex (132)	Avocado (153)	Bananas (04)
	Pita Bread (22)	Baked Beans (60)	Milk	Flat Bread (11)	Milk

Bold = Whole Grain Component

* = Recipe found in newsletter

HOW TO TALK

@kids.eat.in.color

<p>MAY NOT HELP</p> <p>"Apples are good for you."</p> 	<p>MAY HELP A LOT</p> <p>"Red food gives you a strong heart."</p>
<p>"Carrots will turn you into a bunny."</p> 	<p>"Orange food helps you see in the dark."</p>
<p>"This food will help you grow."</p> 	<p>"Yellow food helps your body heal cuts."</p>

<p>"Salad is healthy."</p> 	<p>"Green food helps you fight off sickness."</p>
<p>"Blueberries have antioxidants in them."</p> 	<p>"Blue & purple foods give you a strong brain."</p>
<p>"White food isn't good for you."</p> 	<p>"White foods give you energy."</p>



023659

TOO LITTLE?
TOO MUCH?
JUST RIGHT!

LET'S PAINT WITH WATER
Give me a little bucket of water
and a paintbrush. Have me
"paint" the sidewalk, bricks, or
rocks. Watch with me.

MY OUTDOOR PAINTING
PROVIDES A GREAT
OPPORTUNITY FOR
CREATIVITY. MY BRAIN
BENEFITS WHEN I AM NOT
RESTRICTED.

For more information visit:
Child.unl.edu
www.BrainInsightsonline.com



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