

**A Happy Birthday to the
August Birthdays!**



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Staff Position Extension

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Molly Manley, CACFP Coordinator 228

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**DAY NURSERY
HOME VIEWS**

August 2011



CACFP Reminders

- 1. The USDA has issued new milk requirements for the CACFP, You should have received an email about this and also you will receive the information on your third visit. The requirements are any child over the age of two may only have 1% or skim milk, any child between the ages of 1 and 2 may have 2% or whole milk. Any provider with toddlers and preschoolers will need to buy two different types of milk. Please begin to implement this immediately into your program.**
- 2. My Pyramid has changed to My Plate. Please check out the my plate website at www.choosemyplate.gov for resources and information.**

LET'S MOVE! Child Care

Today's kids are more likely to be overweight or obese. Three times more children are obese today than just 30 years ago. Now, nearly a third of kids in America are overweight or obese. The rate skyrockets to almost 40% in African American and Hispanic communities. Plus, more and more children are being diagnosed with obesity-related conditions that were traditionally only seen in adults— like type 2 diabetes and high blood pressure. Even more disheartening, many of these kids will experience serious conditions like heart disease, cancer, and stroke as adults.

You can be a child care champion for healthy choices.

Because you've dedicated your career to taking care of young children, you have the opportunity to help turn these frightening statistics around. As kids' bodies and brains develop, they can form unhealthy food preferences and habits that are hard to break. That's why the First Lady, Michelle Obama, is launching Let's Move! Child Care— a nationwide call-to-action that empowers child care providers, like you, to make positive health changes in children, early on, that could last a lifetime.

For more information and resources on the program go to:
<http://www.healthykidshealthyfuture.org>



Minute Menu
Minute Menu
Minute

Review your claim monthly.

After your claim has been processed it is your responsibility to review your claim for errors. A child's enrollment form may have been overlooked or not mailed in. Claim errors can be corrected up to 55 days after the claim due date, but not after. Due to State regulations claims cannot be altered after 60 days.

If you turn in your claim late please call our office!

No matter how late the claim is.

Enrollment Renewal Time is Coming!

In previous years you had to fill out a new enrollment for each child. With Minute Menu you will receive a renewal worksheet that each parent will have to sign. Children whose status is still "Pending" will not be renewed until an enrollment form has been received in our office. More details will follow soon.

Let's Move Child Care Goals



- **Physical Activity: Provide 1-2 hours of physical activity throughout the day, including outside play when possible.**
- **Screen Time: No screen time for children under 2 years. For children age 2 and older, strive to limit screen time to no more than 30 minutes per week during child care, and work with parents and caregivers to ensure children have no more than 1-2 hours of quality screen time per day (as recommended by the American Academy of Pediatrics).**
- **Food: Serve fruits or vegetables at every meal, eat meals family-style and avoid fried foods whenever possible.**
- **Beverages: Provide access to water throughout the day, and don't serve sugar-sweetened drinks.**
- **Infant Feeding: For mothers who want to continue breastfeeding provide their milk to their infants and welcome them to breastfeed during the childcare day. Support all new-parent decisions about infant feeding.**