

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



Kimberly Shultz

Teri Kopetsky

Freddy Marino

RoShaunda Harden-  
Holmes

Maria Price

Champale Brown



Day Nursery / Child Care Answers  
615 N. Alabama Street Suite 300  
Indianapolis, IN 46204

Phone: 317-636-5727

Fax: 317-687-6248

***Day Nursery CACFP Staff Extensions***

**Staff Position Extension**

Marsha Hearn-Lindsey, Director of Operations 226

Mindy Bennett, Director of Programs 224

Molly Manley, CACFP Coordinator 228

Larry Gist, Database Manager 249

**DAY NURSERY  
HOME VIEWS**

June 2011



**CACFP Reminders**

1. If you did not attend a 2 hour training class with Molly, you will need to complete a makeup training. We will contact you when we are ready for you to complete the make up.
2. If you have not attended a Minute Menu training with Larry there are still classes available so make sure you get signed up.
3. Please remember to call our office if you will not be serving a meal for any reason, not contacting us could result in you receiving a warning letter.
4. Meals must be marked in Minute Menu or recorded on attendance worksheet at point of service or end of business day if you have less than 12 enrolled. Meals will be disallowed if you do not have them documented.

## Healthier Alternatives for Parties

Parties are fun and a great tool to help children socialize, but they can also encourage unhealthy food choices. Here are a few ideas to help you offer healthier alternatives for parties.

- Make kabobs by putting cubes of low-fat cheese and fruit on pretzel sticks
- Create a parfait by layering vanilla yogurt and mandarin oranges or blueberries in a tall glass
- Trail/cereal mix (whole-grain, low-sugar cereals mixed with dried fruit, pretzels, etc.)
- Let the children create their own miniature pizzas by allowing them to select their fruits and vegetables and low-fat cheese to top it.
- Vegetable trays with low-fat dip
- Serve fun seasonal beverages (such as warm cider in fall or a fruit slushy in summer)
- Fill a waffle cone with cut-up fruit and top with low-fat vanilla yogurt.
- Add some adventure by serving and teaching about a less common fruit or vegetable (such as edamame, coconut, cactus, or loquats)
- Frozen bananas, but before freezing-dip it in yogurt and roll it in crushed cereal.
- Whole grain crackers with cheese or hummus dip



Minute Menu  
Minute Menu  
Minute Menu

**I have been getting phone calls from providers who are checking their claim status and are concerned about the amount of the claim and errors on the claim. If you are checking your claim information BEFORE it is marked as submitted to the state, then that claim amount is still subject to change. I process the claims several times after making changes to ensure that any errors on my part have been corrected. For instance your license may have expired at the end of March. I would not be made aware of this until I see the error report that lets me know. I will then send you a message in Minute Menu asking you to send me a copy of your current license, then extend your expiration 30 more days. Or I may not have entered all of your enrollment forms. All of these errors I will correct BEFORE I submit it to the state. So remember that what you may be seeing on your report is subject to change until I submit it.**

**That being said, if you see an error that you are concerned about on your error report, you MUST report that error to me within 10 days for it to be corrected on the next claim. Claims can only be adjusted for 60 days in the state DOE website. Anything that falls outside of the 60 days is not able to be corrected. Since we require your claims to be submitted on the 5th of the month, that leaves us 55 days to make corrections to any claim.**

Are You Providing a VARIETY of meals and snacks for the children?

It can be hard for a 2-5 year old child to get all of the nutrients they need in three meals. Snacks can help provide these important nutrients. A wide variety of foods should be offered to assure your child is getting the important nutrients they need. Four nutrients that are especially important, and sometimes lacking, for this age group are vitamin C, vitamin A, iron and calcium.



- Good sources of vitamin C include *fresh fruits* and juices.
- Good sources of vitamin A include dark green and deep yellow vegetables such as sweet potatoes and spinach.
- Foods from the milk group provide an excellent source of calcium.
- Good sources of iron include red meats and iron fortified cereal.

Between meals, offer healthy choices such as cereal with milk, dried or fresh fruit, and raw vegetables with dip, cheese and whole grain crackers/pita chips or yogurt with fruit.

Offer a TASTY TUESDAY'S at your center once or twice a month. On this day you will serve small bits of new foods to your children, discuss the benefits of that food, and provide hands on activity for them. Then begin to integrate this food into your menu. Remember: a child may have to have a food more than 12 times before they know if they like it or not.