



October 2009
Volume 1, Issue 09

CACFP NEWS & TIPS

News For You

1. While looking at the meal pattern requirement chart, it says for lunch and supper you must serve 2 separate servings of vegetable and/or fruit to **TOTAL** 1/4 cup for 1-2 year olds, 1/2 cup for 3-5 year olds and 3/4 cup for 6 and up. For example 1/8 cup of fruit and 1/8 cup of vegetable would **TOTAL** the required serving amount for a 1-2 year old for lunch and supper.
2. If you are claiming infants the infant ob form must state that the parents accept the meals and/or formula that you provide. If they decline, then you are not able to claim them.
3. If you are claiming nights, weekends, and/or holidays, you are still required to call and let us know if you will not be there. We are required to do visits on these days/times.
4. We are still receiving claims without signatures. Please double check before you submit your claim that all pages (including all menus) have your signature on them.

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October 1, 2009 begins the new contract year!!!

Providers make sure all of your GREEN 2009-2010 ENROLLMENT FORMS are complete and submitted into our office before this date. Any child claimed in October that does not have a green enrollment form completed, will have their meals disallowed.

At the training all providers were asked to return: 2009-2010 CONTRACT, CHANGE OF HOURS FORM, RACIAL/ETHNIC SUMMARY FORM and MANAGEMENT PLAN back page signed. If you have not yet submitted all of these forms we can not renew your contract until we receive these in our office.

If you are a provider that submits your claim online, we are going to begin emailing you your paperwork each month. This will allow you to receive your information sooner, so you can get any questions back to us sooner as well. You will get your Claim Status Report, Claim Worksheet, Monthly MSRs and your newsletter via email. Please make sure we have your valid email address on file.

Activity Ideas

Apple "Sense"

It is easier for children to learn when they use all their senses. Here is a way to provide a nutritious snack that will involve learning more about apples.



- Give each child a small apple.
- Ask the children the following questions about their apple:
 - * "What does it look like?"
 - * "What does it feel like?"
 - * "How does it smell?"
- Have the children bite their apples, then ask, "What does it taste like?"
- Write down the children's answers.

Point out the seeds found in the middle of the apples. Talk about how apple trees grow from seeds. You might want to read a story about Johnny Applesed after this activity.

What your child will learn:

- Observation skills
- Verbal/language skills
- Science skills/plant growth

Menu of the Month



Breakfast

Raisin Bread
Banana
Margarine
Milk

Snack

Caramel Apples *
Milk

Lunch

Grilled Ham & Cheese
Tomato Soup
Broccoli
Wheat Bread
Milk

*see recipe

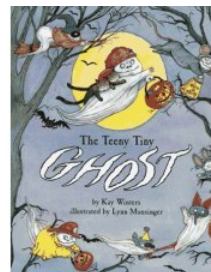
Make your meals exciting. Take some tips from the menu of the

Book Review

The Teeny Tiny Ghost

By: Kay Winters Reviewed By: School Library Journal

The teeny tiny ghost is so timid that even practicing "boos" makes him hide his little head. Indeed, only his teensie cats are more frightened than he is. Then, on Halloween night, strange lights and loud knocks on the door set the felines mewing, and the specter has to muster up his courage and howl and yowl whoever it is away. Despite his best efforts, the visitors cheer and clap. They're his friends from school ready to party and go trick-or-treating. The mildest of stories for a scary holiday, this one contains a lesson about being brave for someone else, of making yourself do what you fear, and overcoming it in the process. The cartoonlike illustrations are colorful and add humor, and the typeface and text within the pictures are used to good effect.



Recipe of the Month

Caramel Apples

1 1/2 tbsp. butter

1 1/2 cups light brown sugar

6 tbsp. water

Popsicle sticks

10 apples (McIntoshes work well)



1. Melt the butter in a saucepan. Add the brown sugar and water. Stir until it has a smooth consistency.
2. Gently bring to a boil, then cover and simmer for 3 minutes, until the pan's sides get steamy and the mixture is thin but somewhat sticky. Remove from heat.
3. Pierce the center of each apple with a Popsicle stick, then swirl in the caramel syrup until coated. Place apples on a greased cookie sheet to harden. Refrigerate for at least 1 to 2 hours.

Makes: 10 servings

Meets: 1 apple provides about 1/2 cup of fruit.

Serving Suggestion: Serve with a cold glass of milk to round out the snack.

Nutritional Information

Test Your Nutrition Knowledge!

Below are 20 statements about food and nutrition. Are they true or false?

- | | | |
|---|---|--|
| T | F | The naturally present sugar in milk is called <i>lactose</i> . |
| T | F | Another name for vitamin C is <i>ascorbic acid</i> . |
| T | F | A tangelo is a grapefruit crossbred with a tangerine. |
| T | F | One medium orange makes about 1/4 cup of fresh-squeezed juice. |
| T | F | Our skin can make vitamin D in the presence of sunlight. |
| T | F | Iron deficiency is a common nutritional problem in young children. |
| T | F | The most common food allergies in children are to milk, egg, and peanut. |
| T | F | Child obesity has dramatically increased since the 1970s. |
| T | F | Dietary fiber, naturally present in plant foods, helps keep the intestinal tract in good health. |
| T | F | <i>Omega-3</i> fatty acids appear to have many health benefits. |
| T | F | Vitamin E is found in nuts, seeds, plant oils, whole grains, and leafy greens. |
| T | F | Figs are rich in fiber. |
| T | F | Yogurt with live cultures is a source of probiotic health-supporting "good" bacteria. |
| T | F | Beef is a good source of iron and a rich source of protein and zinc. |
| T | F | Corn on the cob begins to lose its sweetness if refrigerated. |
| T | F | Kale, collards, spinach and other dark leafy greens are nutrient-rich. |
| T | F | The B vitamin <i>folate</i> (or <i>folic acid</i>) helps prevent some types of birth defects. |
| T | F | Whole grains are the seeds of grasses. |
| T | F | A great deal of learning about food and eating occurs in early childhood. |
| T | F | In 1829 Sylvester Graham invented the graham cracker. |

Resource: Children's Nutrition

Answers: All are true



CHILD CARE CENTERS
REFERRALS • TRAINING

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Day Nursery CACFP Staff Extensions

Staff	Position	Extension
Mindy Bennett	Director of Programs	224
Molly Manley	CACFP Coordinator	228
Lynn Harris	CACFP Monitor	247
Larry Gist	Database Manager	249

Child Care Answers'

Office Hours:

Monday	8:00 A.M.— 5:00 P.M.
Tuesday	8:00 A.M.—5:00 P.M.
Wednesday	8:00 A.M.—5:00 P.M.
Thursday	8:00 A.M.—7:00 P.M.
Friday	8:00 A.M.—2:00 P.M.



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October 2009



Sun	Mon	Tues	Wed	Thurs	Fri	Sat
				1	2	3
4	5 SEPT CLAIMS DUE!	6	7	8	9 CCA Office Closed	10
11	12	13	14	15	16	17
18	19	20	21	22	23	24
25	26	27	28	29	30	31 Happy Halloween