



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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September 2009



Sun	Mon	Tues	Wed	Thurs	Fri	Sat
		1	2	3	4	5
6	7 CCA OFFICE CLOSED Labor Day	8 AUGUST CLAIMS DUE!	9	10	11	12
13	14	15	16	17	18	19
20	21	22	23 CCA OFFICE FROM 12-2 (Staff Luncheon)	24	25	26
27	28	29	30			



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CACFP NEWS & TIPS

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ChildWatch Web Menus

We recently changed the way that we process the monthly claim for all providers. Each month, if you do not use Child Watch, you receive a pre-filled out menu from us. Even though your name is printed at the bottom of this menu, you are still required to sign this menu before you mail it in to us. For providers who do use Child Watch, make sure that you are carefully monitoring your menus for missing items. To make a substitution on CW menus when making the alterations permanent, follow these steps:

1. Select the date you need to make changes to.
2. Change the appropriate items.
3. Change the description name to reflect the date. For example if your menu's description is "Wk 1 A Mon" change it "9/01/09"
4. Click the "Save as New Menu" radio button and then click the yellow schedule button.

This way your original menu to use on the first Monday of the month is still intact.

If you have any questions about ChildWatch menus, call Larry at 636-5727 ext. 249

CACFP Reminders

- ◆ October 1st is the beginning of the new contract year.
- ◆ Green enrollment forms must be completed and turned in to claim children enrolled from Oct. 1st 2009– Sept. 30th 2010
- ◆ If you want to claim newly enrolled children for Sept. We will need a purple enrollment form for the remainder of this contract year and a green enrollment form for next contract year.
- ◆ We will hand out enrollment forms at the August trainings.

August training dates: August 17, 18, 26, 29

If you are not signed up please make sure to send in your training registration sign up sheet for one of these dates. This training is MANDATORY!

Activity Ideas

Activity: GERMS on the RUN!

While you and the children are washing hands, try this ditty:

Washing hands can be fun, fun, fun

Germs on the run, run, run

Power 'em out – POW

Power 'em out – Ka-zow!

Germs on the run, run, run

Remember these handwashing instructions:

- Use running water and soap
- Wash for 20 seconds
- Rinse
- Dry with a paper towel

Adapted from *Building Blocks for Fun and Healthy Meals*

Activity: I CAN FIND THE...

While eating with toddlers, suggest that everyone play the game, "I CAN FIND THE..."

Think of foods or utensils that can be described by either a characteristic, color, or texture. Ask the toddler if he/she can find it. Then ask the toddler to say what it is or if the child does not know the word, respond with, "Yes, that is a red fruit, it is an apple."

Some ideas:

- Can you find the red fruit?
- Can you find something that is round and small?
- Can you find something that has a seed inside?
- Can you find something that is sticky?
- Can you find something that makes it easy to pour milk?
- Can you find something you "really like"?
- Can you find something your mother likes?

Recipe of the Month

Sloppy Joes

4lbs 5 oz	Lean ground beef
3/4 cup 2 Tbsp	Fresh chopped onions
1 1/2 tsp	Granulated garlic
1 1/2 cups 1 Tbsp	Canned tomato paste
1 1/2 cups	Catsup
1 cup	Water
1/2 cup 1 Tbsp	White vinegar
1 Tbsp	Dry mustard
1/2 tsp	Ground black pepper
3 Tbsp	Brown sugar



1. Brown ground beef. Drain. Continue immediately.
2. Add onions and granulated garlic. Cook for 5 minutes. Add tomato paste, catsup, water, vinegar, dry mustard, pepper, and brown sugar. Mix well and simmer for 25-30 minutes.
3. Pour mixture into a pan (9" x 13" x 2").
4. Portion 1/3 cup onto bottom half of each hamburger roll. Cover with top half of roll.
5. Portion is 1 sandwich.

Makes: 25 servings

Meets: 1 sandwich provides 2 oz of cooked lean meat, 1/4 cup of vegetable, and the equivalent of 2 slices of bread.

Serving Suggestion: Serve with green beans, peach slices and a glass of milk to round out the meal.

Nutritional Information

Healthy snacks are an important part of children's daily eating habits. Since children have small stomachs, they often can't eat enough in three meals to get the calories and nutrients they need to grow. The number of snacks you serve depends on how long children are in your care.

Tips in Snack Planning:

1. Use the same principles in planning snacks as you would with meals: balance, moderation, and variety. You can use snack time to teach children from a young age that snacks can be healthy by
 - serving a variety of fruits, vegetables and whole grains.
 - choosing foods that are low or moderate in fat.
 - limiting salty food.
 - limiting dessert foods.
2. Time snacks so that two hours pass between each meal or snack. For example, if you serve breakfast at 7:30, you could serve a midmorning snack at 10:00 a.m. and then serve lunch at 12:00 p.m. If you serve breakfast later, you may not have enough time for a midmorning snack. You could give the children a midafternoon snack instead. You can be reimbursed for serving each child one snack per day.

Source: nfsmi.org

3. Remember that the CACFP Meal Pattern for snacks requires foods from two different components. Plan snack menus that contain foods from at least two of the following groups:

- Meat or Meat Alternate
- Bread or Bread Alternate
- Vegetable or Fruit or Juice
- Milk

Be sure to include foods from two different components. For example, carrot sticks and apple juice would not make a reimbursable snack, since both foods come from the same meal component.

4. Serve one beverage (either juice, milk, or water) at snack time. Since children have small stomachs, they may fill up on drinks and eat less food.

5. Satisfy different appetites with a variety of healthy foods.

- **Sweet:** apple wheels or banana slices
- **Crispy:** carrot sticks, cucumber strips, toast, or cereal mixed with nuts
- **Warmth:** tomato soup
- **Thirst:** vegetable juice or fruit and yogurt shakes

Menu of the Month



Breakfast

French Toast
Pineapple chunks
Milk

Snack

Apple slices
Peanut Butter
Water

Lunch

Sloppy Joes*
Hamburger bun
Peach slices
Green beans
Milk

*see recipe

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

Book Review

Hello, School Bus!

By: Marjorie Blain Parker Reviewed By: Amazon.com

We wave. We meet. We watch and wait. Yes--here it comes! We won't be late. Hello, school bus! This is the first book in a series of three new Scholastic Reader titles about vehicles. Hello, School Bus! is a simple rhyming story for Level 1 readers about the experience of riding on a school bus. Fun colorful illustrations add energy and excitement to this transportation book.

