

Family Day Care News

Illinois Child Care Bureau

August 2008

Whole Foods for Better Nutrition

Whole foods are foods and ingredients that are as close to their natural state as possible. They are minimally processed and unrefined, and they typically contain no added sugar, salt, fat or synthetic preservatives, flavorings or colorings.

For example, a boiled potato is a whole food, a potato chip is not. A fresh tomato is a whole food, a glass of V-8 juice is not.

"There's a whole host of reasons for parents to avoid giving their children processed foods," states Robyn O'Brien, the founder of the website, allergykids.com. "One reason is that there are a lot of hidden allergens in processed foods and so reducing a child's exposure to processed foods goes a long way to help strengthen his or her immune system."

Whole foods have the nutritional advantage over processed foods of containing the most complete array of nutrients our bodies need. They not only contain vitamins, minerals and dietary fiber, but they are also likely to contain other health-supporting substances – phytochemicals – that don't come packaged in a tablet or added back to processed, packaged foods. Nutrition scientists think these nutrients may work in synergy with each other when they're eaten in the amounts and combinations that are naturally found in whole foods.

So how whole does a food have to be to have the most benefit? That depends.

Generally, the less processed, the better, though some slightly processed foods can be highly nutritious, too.

Here are some examples of whole – or nearly whole foods and others that are not:

* Whole: cooked oatmeal, wheat berries, brown rice. Breads and pasta made with 100 percent whole wheat flour are good enough; those made from refined, white flour are not. Shredded wheat is whole; cornflakes are not.

* Fresh broccoli, apples, cauliflower and snap peas are whole foods. Fruit leather, fruit drink and pickle relish are not. Fresh, frozen counts; canned doesn't. That's not to say that canned peas and carrots don't have nutritional merit. They do, but not as much as vegetables that haven't been cooked and soaked in salt water. Fruit juice isn't a whole food, but freshly squeezed juice has more nutritional value than juice that has been bottled and stored in the refrigerator for two weeks.

* Whole almonds and sunflower seeds are whole foods. Slivered almonds, nut butters with no added salt, and canned garbanzo beans (rinsed to remove most of the salt) are close enough.

The idea is not to get overly concerned about whether or not a food fits the precise definition of whole. The aim is to build as large a proportion of your diet as possible from foods close to their natural state.

<http://www.onthetable.net/current-column.html>

New CACFP Reimbursement Rates

July 1, 2008 - June 30, 2009

	Tier I	Tier II
Breakfast	\$ 1.17	\$ 0.43
Lunch/Supper	\$ 2.18	\$ 1.31
Snack	\$ 0.65	\$ 0.18



Child Registration Renewal

The process of enrolling children, currently in your care, for the new fiscal year will be very different this year. A renewal report, listing all children, will be sent to most providers requiring any changes to be noted and a parent signature. WebKids claimers will be able to print this report themselves and forward it back to the ICCB office. Stay tuned for more details!

Income Eligibility

If you currently have an approved income eligibility application on file, it is valid through July 31, 2008.

Parent applications are also valid through this date. Renewal applications were mailed on July 7, 2008 to all providers currently approved to claim their own children or foster children. These new applications must be received by July 31, 2008 in order for you to continue receiving Tier 1 rates for August menus. Please contact Mary in the ICCB office if you have any questions.

Mandatory Training Quiz

If your mandatory training quiz for FY2008, **Celebrate Whole Grain Goodness**, is not on file in the ICCB office, there will be a notice in this mailing. Please complete the training and return the quiz to the ICCB office immediately. Failure to complete this requirement could affect your participation in the CACFP.

Visit our website

www.illinoischildren.com for:

the latest CACFP updates, recipes and activities, downloadable forms, reimbursement dates.

Contact us at: ICCB@illinoischildren.com

August is Get Ready for Kindergarten Month

Welcome New Providers!

ICCB welcomes providers who began participating in the program in **June**:

Rhonda Billingslea	Hanover Park
Sandra Cotovsky	Palatine
Donella Newsum	Blue Island
Shana Pierce	Oswego
Faye Truitt	Chicago

New Provider Tip: *Child Enrollment Forms*

If you have a newly enrolled child, it is extremely important to make sure the enrollment form has been received in the ICCB office. We must have the enrollment form on file in order for the child to be eligible for reimbursement.

For WebKids (online) claimers, be sure to print out the enrollment form, have the parent sign it and send it into the ICCB office as soon as possible.

For paper menus, you may include the enrollment form with your menus at the end of the month. However, if the form is not received with the menu, reimbursement cannot be paid for the children in question.

Kindergarten Days!

Some of the entry level skills a child should be successful at when they enter Kindergarten are:

1. Saying his/her first and last name
2. Printing his/her first name
3. Holding a pencil correctly
4. Holding and using scissors
5. Sitting quietly for 10-15 minutes
6. Naming the four basic shapes (circle, square, triangle, rectangle)
7. Naming the eight basic colors (red, orange, yellow, green, blue, purple, brown, and black)
8. Begin recognizing letters of the alphabet
9. Begin recognizing numbers 1-10
10. Saying the alphabet

[www.kindergartenkiddos.myteacher.dvusd.com/stories/storyReader\\$23](http://www.kindergartenkiddos.myteacher.dvusd.com/stories/storyReader$23)



Minute Menu Q & A

Q: *Is it true that I can check online for the amount of my reimbursement check if I am a WebKids (online) claimer?*

A: **Yes!** As soon as your online claim is processed, it is possible to know the amount of your reimbursement check for your recently submitted menu.

Q: *Since I have been claiming online, I have not received any Menu Reviews listing my menu oversights/errors. How will I know what I did wrong?*

A: Your errors are listed in a report entitled **Claim Summary and Error Letter**. This will no longer be mailed to you because you can review it online. Go to: **Claims/Review Claims**; click on the desired claim month and then **Details** in the lower right hand corner of the screen. Under **Choose a Report**, click on **Claim Summary and Error Letter**. It is available as soon as your menu is processed. Once you review it, if you think there has been an error on our part, please call us immediately. The correction will be made and, if caught timely, your reimbursement amount will be adjusted before your check is in the mail.

Please note: Even if you are not claiming on **WebKids** you can still check your reimbursement amount and errors online. All you will need is your log in and password to access the Minute Menu website. Call the ICCB office for more information.



The Kid's Favorite Recipe Corner

Easy Apple Cheddar Melts

Tangy, sweet, smooth and crunchy—these melts are a spectacular surprise! A fun food activity for the children, too.

- 1/2 cup sugar
- 1/2 tsp cinnamon
- 1 small green apple, cut into 20 slices
- 1 small red apple, cut into 20 slices
- 10 oz sharp cheddar cheese, cut into 20 slices
- 40 Triscuit crackers

Mix sugar and cinnamon in a medium bowl. Add apples; toss to coat. Cut cheese pieces in half diagonally. Place crackers on baking sheet. Top each cracker with one cheese piece and 2 apple slices. Bake 4—5 minutes at 350° F or until cheese is melted. Serve warm.

Servings: 13 1 serving = 3 crackers = 1 grain/bread alternate for 3-5 year olds at snack

Recipe adapted from Kraft food & family, Fall 2004

