

Family Day Care News

Illinois Child Care Bureau

February 2010



Growing a Healthy Heart



February is American Heart Month and an opportunity to take a closer look at the ways we can help children grow a

healthy heart and avoid cardiovascular disease in their adult years.

Heart disease is not a major cause of death among children and teenagers, but it is the largest cause of death among adults in the United States. In fact, someone in America dies every 37 seconds from some form of cardiovascular disease.

Researchers have found certain risk factors that play an important role in one's chances of developing heart disease.

Most of the risk factors that affect children can be controlled early in life, lowering the risk of heart disease later in life. Other risk factors are usually passed down through family members or they are the result of another illness or disease however these risk factors usually can be controlled.

Children and teens can lower their risk of getting heart disease by changing or controlling the risk factors that can lead to heart disease later in life.

High blood pressure

Fewer than 3% of children in the United States have high blood pressure. But high blood pressure is a serious condition in childhood, especially if it is not detected. It is wise to make sure that your child's blood pressure is checked at his or her yearly check-up.

High cholesterol

Less than 15% of children have high cholesterol levels, but studies have shown that fatty plaque buildup

begins in childhood and progresses slowly into adulthood. This disease process is called atherosclerosis. In time, it leads to heart disease, which is the single biggest cause of death in the United States.

In some cases, high cholesterol runs in families. About 1% to 2% of children have this condition, and they should have their cholesterol levels checked before they are 5 years old.

Smoking

According to the Centers for Disease Control (CDC), about 3 million teens are smokers and about 4,000 teens start smoking everyday.

More than 90,000 people die each year from heart diseases caused by smoking. The longer a person smokes, the higher the risk of heart disease.

Obesity

Childhood obesity in the United States has become a problem in recent years. According to the American Academy of Child and Adolescent Psychiatry, between 16% and 33% of children and teenagers are obese. Because obese children are more likely to be obese adults, preventing or treating obesity in childhood may reduce the risk of adult obesity. In turn, this may help reduce the risk of heart disease, diabetes, and other obesity-related diseases.

Physical inactivity

Physical inactivity is a major risk factor for heart disease. Physical inactivity also increases the risk of developing other heart disease risk factors such as high cholesterol, high blood pressure, obesity, and diabetes. Active children usually grow up to be active adults so limiting screen time (computers, TV and video games) to less than 2 hours per day is extremely important to our children's health.



Happy
Valentine's
Day



2010 Mandatory Training

You should have received the training packet, Civil Rights in the CACFP and Know those CACFP Regulations at your last home visit.

This training fulfills 1 hour of the required 2 hours of mandatory training required each year.

Be sure to read and review this material, complete the enclosed quiz and then fax or mail the completed quiz to the ICCB office. The due date is January 31, 2010.

If you have not received this material, then please contact Patti by phone (708-397-2295) or email, (patti@illinoischildren.com).

The completed quiz can serve as proof of training for DCFS purposes. However, if your DCFS representative requires a certificate, then contact Patti for one to be mailed to you.

Direct Deposit of your monthly
reimbursement
check is now
available!!



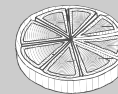
If you are interested, please call the ICCB office for an application or download this form from our website.

Visit our website

www.illinoischildren.com for:
the latest CACFP updates, recipes
and activities, downloadable forms,
reimbursement dates.

Contact us at: ICCB@illinoischildren.com

February is National Grapefruit Month



New Providers!

ICCB welcomes providers who began participating in the program in December:

Linda Allen	North Chicago
Cinda Bell	North Chicago
Mary Esquilin	Waukegan
Maria Glover	Dolton
Dorothy Herron	Chicago
Arletha Jefferson	Waukegan
Jennifer Lindquist	Byron
Gwendolyn McClinton	Chicago
Stephanie Ramsey	Chicago
Rena Richmond	Chicago
Marcine Rivera	Streamwood
Nealliccia Tinnie	Rockford

Provider Tip - No School Day

When the children are not in school, you must indicate these days on your Minute Menu WebKids online account. If you do not, reimbursement will not be paid for lunch or AM snack for the children who would normally be in school. You can click the box "No Sch" when you mark attendance or note this on each child's calendar. Call the office if you need assistance.

Health Benefits of Grapefruit

- ☐ Naturally loaded with the antioxidant Vitamin C, grapefruit juice helps boost the immune system during these winter months when colds and flu are at their peak.
- ☐ Lycopene, a powerful antioxidant in pink and red grapefruit juice may help prevent certain types of cancer, heart disease and stroke.
- ☐ Grapefruit juice is one of the lowest calorie and nutrient dense juice choices.
- ☐ A glass of grapefruit juice is a fat-free and cholesterol-free part of a healthy diet.
- ☐ Each glass of 100% grapefruit juice gives your body a full serving of fruit with no added sugar.

Check Your Errors

Unfortunately, every month many providers lose significant amounts of reimbursement money due to claiming errors. All providers are urged to review their Claim Summary and Errors Report and take measures to make the necessary corrections in order to avoid future losses.

If you claim online, this report is available after your menu is processed. We suggest you check for it around the 10th of the month and contact us immediately if you have any questions. Go to Claims / Review Claims. Click on the desired month. A Claim Details page will appear. Look to the right, under Choose a Report and click Claim Summary and Errors Letter.

Of the three most common errors made by over 200 providers each month, two involve information on the Child Enrollment (CE) form.

Error # 110: *Child File indicates that the child does not normally attend given meal.*

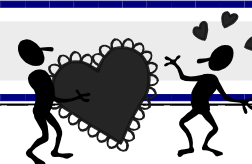
You have claimed a child for a meal or snack that is not indicated on the child enrollment form. You must print out a CE for the child and write in the meal or snack that needs to be added for approval. Have the parent sign the updated CE and submit to the ICCB office.

Error # 120: *Child File indicates child arrived after meal was served or left before meal was served.*

With this error, the CE shows that the child is not in your care during the meal service time. For example, the child's CE states that the child arrives at your home at 8:00 am. However, your breakfast serving time is 7:00 am—8:00 am. The child technically arrives after breakfast and is not eligible to be claimed for breakfast.

To correct this error, you may need an updated CE which shows the child arriving in time for breakfast or perhaps, your meal or snack time frame needs to be adjusted. Call the office if you need any help.

The Kid's Recipe Corner



"Be My Valentine" Muffins

2 cups all-purpose flour	1 large egg
1 TBSP baking powder	1 cup milk
2 TBSP granulated sugar	1/2 cup vegetable oil
1 tsp salt	Strawberry jam

Mix flour, baking powder, sugar, and salt into a bowl. In a small bowl, combine egg, milk and oil. Add egg mixture to dry ingredients and stir only until the dry ingredients are moistened. Spoon paper-lined muffin tins, filling each cup one-third full. Drop 1/2 to 1 teaspoon strawberry jam into the center; covering with batter to 2/3 full. To create the heart shape, place a 1/2-inch ball of aluminum foil between each liner and one side of the tin (a great job for kids). Bake in a 375°F oven for 15 to 20 minutes, or until golden brown.

Yield 12 muffins
1/2 muffin = 1 grain/bread alternate for 3 - 5 year olds
1 muffin = 1 grain/bread alternate for 6 - 12 year olds

Each month, a provider's site number is hidden in this newsletter. If it happens to be your number, contact our office to claim your fabulous prize!

Family Day Care News is produced by Illinois Child Care Bureau: Thora Cahill, Executive Director; Patti Elste, Nutrition Director.

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