

FAMILY DAY CARE NEWS

Illinois Child Care Bureau

December 2010



FROM THE DIRECTOR'S DESK.....

Hard to believe, but this is the "Christmas Issue" of our monthly newsletter. It seems like just a few weeks ago that the children finished the school year and had started summer vacation! As I write this, it is the middle of November. But before we start singing Christmas carols, let us count our blessings and celebrate Thanksgiving. As Americans, we have much to be thankful for, despite the poor economy and the job losses that have affected so many of our families and friends. We live in a country where we can express our opinions without fear, we have the right to choose our leaders (if we took advantage of voting in the recent elections), and we have the right to worship in the church,

synagogue, or mosque of our choice.

At Illinois Child Care Bureau, we count our providers as some of our blessings. We appreciate the work you do in caring for children. You provide a safe and happy place for these youngsters while their parents are at work. Thank you for your dedication and commitment. You are indeed a blessing! You made our Thanksgiving celebration special.

Did you notice that some stores had Christmas decorations up before Halloween? I've heard of getting an early start on the holidays, but that seems to be a just a little too much. Let's try to keep things in perspective and celebrate each holiday to the fullest, but in the proper season.

As Christmas approaches, the temptation is to over eat and over indulge but I hope that instead we

will temper the celebrations with eating healthily and moderately.

Christmas is not just about gifts, but is also about caring. If each one of us would take one child, one friend, one neighbor, or one member of our family and give a special gift – the gift of our time and attention – for one specific act of kindness or activity, we would give an unusual and memorable gift. The gift of caring is priceless, and it will make a difference in the way we enjoy the holidays. I challenge each of you to do one unsolicited and unexpected act of kindness, maybe to someone that is not necessarily your favorite person. If one candle can light up the darkness, one caring person can light up the world.

Our staff at ICCB joins me in wishing you a merry, merry Christmas. We wish you and yours a happy, fun filled holiday and hope that the good Lord will fill your heart with peace and love.

HOLIDAY HOURS

The ICCB office will be closed Christmas Eve, December 24, 2010 through December 31, 2010.

We will re-open Monday, January 3, 2011.

Your program advisor may be conducting visits this week, so please keep your calendar updated (online claimers) as to your days closed. If you are unsure how to do this, please contact us. Bubble menu users, please call the office to let us what days your daycare will be closed in December.

Thank you for your cooperation.



Mandatory Training

Many of you have not yet submitted the training quiz for the second hour of 2010 mandatory training, **STRETCH YOUR CACFP FOOD DOLLAR!**

IT IS NOW PAST DUE!

You should have received this training information at the summer home visit conducted between June 1 and September 30, 2010.

If you have received a notice in this mailing, then you are one of the 25% of ICCB providers that must complete this training as soon as possible. If you have any questions, please contact the ICCB office.



NEW PHONE AND FAX NUMBERS



Please make a note of our new numbers:

PHONE: 708-409-6070

FAX: 708-409-6078

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Holiday Greetings from Illinois Child Care Bureau



During this month of many celebrations, the staff at ICCB extends to you and your families our wishes for a safe and healthy holiday season!



Thora Cahill <i>Executive Director</i>		
Office Staff		
Sally Carrano	Evelyn Dombek	Patti Elste
Patty Hickey	Catherine Isaacson	Kim Klimek
Karen Matocha	Mary Newman	Dale Skorepa
Monitors		
Lynda Baker	Sandy Castelvechi	Susan Corbett
Gloria Evans	Brenda Heilemeier	Lou Huber
Linda Martorano	Walinda Pollard	Sina Ruffin



Holiday Recipes

Hannukah Cheese Latkes

Light, tasty and nutritious!

- 1 cup cottage cheese
- 1 cup flour
- 3 eggs
- 1/2 cup milk
- 1/4 tsp. salt
- Oil for griddle



Blend together the eggs, milk, salt and cottage cheese. Add the flour and blend again. Drop by spoonfuls onto a hot, greased griddle. Cook until golden brown on both sides. Serve with applesauce, yogurt or fresh fruit.

Yield: 24 sm. pancakes 1 serving (4 cakes) = 1/2 meat/meat alternate; 1 grain/bread alternate for 3 - 5 yr olds

Source: Super Snacks

Apple Cranberry Bake

Use whole wheat flour for added nutrition!

- 3/4 cup sugar
- 1 TBSP cornstarch
- 3 cups chopped unpeeled tart apples
- 2 cups fresh or frozen cranberries
- 1 cup old-fashioned oats
- 1/3 cup packed brown sugar
- 1/2 cup chopped pecans
- 1/3 cup all-purpose flour
- 1/3 cup cold butter

In a large bowl, combine sugar and cornstarch stir in the apples and cranberries. Transfer to a greased 2-qt. baking dish. In another bowl, combine the oats, brown sugar, pecans and flour; cut in butter until mixture is crumbly. Sprinkle over apple mixture. Bake, uncovered, at 350° for 45-50 minutes or until golden brown.

Serves: 12 1 serving = 1 fruit/vegetable alternate for 1 - 12 yr olds

Source: Taste of Home's Holiday & Celebrations Cookbook

Fit Kids - Happy Kids

Too Much Screen Time for Preschoolers

Preschool children 2 years and older should spend no more than two hours a day watching television and using the computer. That's according to recommendations from the American Academy of Pediatrics (AAP). But research at the Children's Nutrition Research Center (CNRC) in Houston, Texas, shows that many preschoolers exceed these recommendations, and the extra time spent in sedentary activity may be detrimental to their health.

Led by pediatrician and behavioral scientist Jason A. Mendoza, the CNRC study used the National Health and Nutrition Examination Survey that surveyed a diverse group of more than 1,800 preschoolers, ages 2-5, concerning their media consumption or "screen time," measured as TV/video viewing or computer use. Researchers compared children watching more than two hours of TV/videos to those watching two hours or less, and computer users to nonusers, relative to various selected health outcomes related to obesity.

Results showed that 30.8 percent of the preschoolers studied exceeded the AAP guidelines just by watching television, not including computer time. Most watched one to three hours of TV or video on the assessment day. Those children who surpassed the AAP recommendations on TV/video viewing were more likely to be overweight or at risk for being overweight.

Children's computer use also correlated to higher body fat but was not related to weight status, possibly because of the relatively small number of preschoolers who used computers during the research period.

Reasons for obesity observed among the children exceeding AAP recommendations include substituting TV/video watching for physical activity; watching television ads that encourage consumption of

unhealthy, fatty foods; and snacking while watching TV/videos.

These findings showed that additional research is needed to determine how screen time affects young children's weight and body fat. Intervention studies to reduce screen time are recommended to find ways to prevent and treat overweight preschoolers.

In the meantime, measures should be taken to limit screen time for children of all ages but with a focus on preschoolers. Research has shown that an overweight or obese child tends to grow up and remain overweight or obese into his adult years. By this time, habits are firmly entrenched and difficult to change. Since screen time is proving to be a major factor in the childhood obesity crisis, limiting it now is extremely important.

Pediatricians recommend no TV for children under three years, no more than two hours of total screen time a day for older kids. Turning off the TV gives kids more time for active play – plus they miss all those commercials for candy, chips, and sugary cereals!



Meal Pattern Guidelines to be Updated

The Institute of Medicine has recently released a series of recommendations aimed at updating the CACFP meal requirements to meet current nutrition science and dietary guidelines.

"Improving the nutrition of children in child care is vitally important for their

future health. Obesity starts early, and CACFP meal requirements should reflect the most current nutrition science," said Jim Weill, president of the Food Research and Action Center. (FRAC).

The IOM recommends that the

USDA implement new meal requirements that promote eating more fruits and vegetables, whole grain-rich foods, and foods that are lower in fat, sugar, and salt.

Of course, as soon as we are informed of the new requirements, you will be informed. Stay tuned!!!!



Welcome NEW PROVIDERS!!

ICCB welcomes providers who were approved to begin participating in the program in **October 2010**:

Sanjeeda Ali	Glen Ellyn
Lorraine Barton	Chicago
Ella Brown	Round Lake Beach
Joyce Brown	Chicago
Angela Davis	Chicago
Norita Gray	Chicago
Stephanie Hairston	Chicago
Rose Hawkins	Sauk Village
Valentine Honore	Skokie
Leah Kroeger	Clarendon Hills
Lisa Kugler	Carpentersville
Matlida Leon	Waukegan
Maggie Neal	Zion
Lisa Page-Pierce	Round Lake Beach
Shalah Ranjbar	Glenview
Jennifer Schopler	Aurora
Millie Scott	Chicago
Martha Sheridan	Evanston
Gina Viard	Evanston
Sharese Wilson	West Chicago
Anthia Winslow	Kankakee

HAS ISBE EVER VISITED YOU?

Many of you have been visited by monitors from the Illinois State Board of Education. In your agreement to participate in the CACFP, you are told that you could be visited by not only our monitors, but possibly by state and USDA representatives. When the ISBE reviewers visit your home, they check many of the same things that our home monitors review. After their visit, we receive a copy of their report and, unfortunately, many of you have lost reimbursement because of their findings.

During recent visits, ISBE monitors reported menus not up to date, meals served outside of approved meal times, current enrollment forms not available, children not present but previously claimed, and no documentation that the parents had declined the offered formula. These are some of the more common findings. ICCB would like you to get the maximum money possible each month, and we urge you to take the time and make sure you are up to date with all these items.

The CACFP is primarily an honor program, since it would be impossible to have the program monitored daily. Additional monitoring would take away the benefits of operating your own business. The program was enacted to encourage day care providers to serve healthy foods and in return receive a partial reimbursement for their added costs. Day care providers choose to participate in the CACFP, and with that choice comes the responsibility of complying with the regulations. It is a choice, not an entitlement. Our staff is here to help with questions about allowable foods, Minute Menu questions, or in any way we can be of assistance. As your sponsoring agency, ICCB wants you to succeed so please feel free to call us with your concerns and requests.

Holiday Activities

Edible Snowflakes

You will need: LARGE FLOUR TORTILLAS, OIL
CONFECTIONERS SUGAR

Fold a large flour tortilla into eighths (fold in half 3 times). With a scissors, make 4 - 5 snips through the folded edge as you would a paper snowflake. Heat oil to cover the bottom of a Teflon pan and fry tortilla until slightly browned on both sides. Sprinkle with confectioner's sugar through a small hand held strainer / sifter; *(the kids can do this pretending to make it snow!)*



Bead Ornaments

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You will need: COLORED PIPE CLEANERS, BEADS.
(make sure the opening of the beads are large enough to fit a pipe cleaner).

These are very easy to make and can be done by almost any aged child. Slip the beads onto a pipe cleaner one at a time. The pipe cleaner can then be bent in the shape of a candy cane, wreath, bell or any desired shape. If you are making candy canes be sure to bend the end of the pipe cleaner over the last bead to keep them from falling off.

Visit our website

www.illinoischildren.com for:

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

Contact us at: ICCB@illinoischildren.com