

FAMILY DAY CARE NEWS

Illinois Child Care Bureau

July 2010



HEALTHIER KIDS—LESS SALT

Today, children are experiencing a broad range of health problems that previously weren't seen until adulthood. These include high blood pressure, type 2 diabetes and elevated blood cholesterol levels.

Despite popular belief, teens, children and even babies can have high blood pressure. It's not just a disease for the middle-aged and elderly. As with adults, early diagnosis and treatment can reduce or prevent the harmful consequences of this disease.

The American Heart Association recommends that all children have yearly blood pressure measurements. Detecting high blood pressure early will improve a child's health.

High-sodium diets are linked to an increase in blood pressure and a higher risk for heart disease and stroke. Reducing the amount of sodium in your food choices can help lower high blood pressure or prevent it from developing in the first place.

The American Heart Association recommends that consumers choose and prepare foods with little or no salt to reduce the risk of cardiovascular disease. Aim to eat less than 1,500 mg of sodium per day. For your information, one teaspoon of salt contains 2,300 mg of sodium and a one cup serving of canned chicken noodle soup contains, on average, 1,300 mg.

So, it is not surprising that Americans consume about 3,436 mg sodium daily. Many experts now believe that lowering daily consumption to no more than 1,500 mg of sodium daily would be an effective way to prevent or

lower high blood pressure. However, the amount of sodium and salt used



Independence Day!



The ICCB office be closed on **Monday, July 5th** in observance of our nation's birthday.

in the U.S. food supply makes this goal difficult to achieve for most Americans.

The American Heart Association is working with federal agencies to identify strategies to reduce the amount of sodium in the food supply. The association is encouraging food manufacturers and restaurants to reduce the amount of sodium in foods by 50 percent over a 10-year period. Over the next three years, the focus will be on helping Americans lower the amount of sodium they consume via three strategies:

- 1 - reducing the amount of sodium in the food supply,
- 2 - making more healthy foods available (e.g., more fruits and vegetables) and
- 3 - providing consumers with education and decision-making tools to make better choices.

As a participant on the Child and Adult Care Food Program, you receive a cash reimbursement to help you provide nutritious meals and snacks for the children in your care. You are in charge of how you spend your food dollar and what you feed the children. Making good choices as to what you will offer the children during the course of the day goes a long way in developing healthier habits. Be encouraged to start reading those Nutrition Facts labels more carefully and take note of the sodium values in your favorite foods.

2010 Mandatory Training

"CIVIL RIGHTS IN THE CACFP" AND "KNOW THOSE RECORDKEEPING BASICS"

If you have received the "red" overdue notice with past newsletters and you have received another one in this mailing, **PLEASE DO NOT IGNORE IT!** You must complete this training. **IT IS MANDATORY!** Please call the ICCB office if you need assistance.

NOT AVAILABLE FOR A HOME VISIT

If you are not going to be home during your approved meal or snack times or you are **CLOSED FOR THE DAY**, you must inform the ICCB office.

If you claim on-line you can note days that you are closed via your computer. If you do not claim online you must call the ICCB office to inform us when you will be closed.

In the case of field trips, all providers must call or email the office if they will not be home during regularly scheduled meal service times.



Are you Income Eligible?

If you currently have an income eligibility application on file, it is valid through July 31, 2010. Approved parent applications are also valid through this date. Be on the lookout for the new applications which will be mailed to you in July.

Visit our website

www.illinoischildren.com for:

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

Contact us at: ICCB@illinoischildren.com

JULY IS NATIONAL BLUEBERRIES MONTH

Welcome

NEW PROVIDERS!!

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

James Askw	Gurnee
Georgia Clark-Hill	North Chicago
Cecilia Cuevas	Beach Park
Joyce Dillon	Aurora
Keyana Ervin	Naperville
Carolyn Ewing	Rockford
Annette Hughes-Watkins	Lisle
Teresa Maki	Mundelein
Shannele McBride-Glover	Zion
Patricia Mitchell	Matteson
Julia Reese	Chicago
Ladonna Richard	Chicago
Sabina Trakov	Northbrook
Linda Turk	Elburn
Mary Young	Chicago

Blueberry Facts

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- ▶ Blueberries are grown in 35 states in the US.
- ▶ The United States produces over 90% of all of the blueberries in the world.
- ▶ The most favorite muffin in the United States is, of course, the blueberry muffin!
- ▶ In a US Department of Agriculture (USDA) laboratory at Tufts University in Boston, Massachusetts, researchers have found that blueberries rank #1 in antioxidant activity when compared to 40 other fresh fruits and vegetables. Antioxidants help neutralize harmful by-products called "free radicals" that can lead to cancer and other age-related diseases. Anthocyanin - the pigment that makes blueberries blue - is thought to be responsible for this major health benefit.
- ▶ Blueberries may reduce the build-up of so called "bad" cholesterol that contributes to cardiovascular disease and stroke, according to scientists at the University of California at Davis. Once again, the antioxidants are believed to be the active component.
- ▶ Blueberries are also low in sodium and high in dietary fiber and potassium ... all this for only 40 calories per ½ cup serving!



Before you submit your June menus . . .

Take a few minutes to check some details before you submit your June menus. It may save you the anguish of losing much needed reimbursement dollars.

CHECK YOUR CHILD ENROLLMENTS!

Children who are full time students must have **ALL DAY** hours of care indicated on their child enrollment forms. These time frames are noted under Normal Schedule. Remember that you will not be reimbursed for lunch over the summer if the enrollment shows the child being in your care before and after school only.

MAKE SURE THAT AM SNACK AND LUNCH ARE APPROVED FOR SCHOOL AGED CHILDREN

This is a common, costly deduction. Losing a month of lunches for one child at Tier 1 rates will cost you, on average, \$46.41. Check those enrollments to make sure that you avoid this error.

IS SCHOOL OUT INDICATED FOR YOUR FULL TIME STUDENTS?

Check your school aged children's calendars on your Minute Menu account. Click on CHILDREN / MANAGE CHILD CALENDAR on the toolbar at the top of the screen. Select a child by clicking on the arrow near the SELECT CHILD box. If the words, "school district" appear in each date, then the days off for the summer schedule have been automatically entered based on the school district that your home resides in. If a child is a full time student and nothing is indicated, then you may enter it at this time. Please call the office if you have questions.

The Kids' Recipe Corner



Blueberry Apple Crisp

4 cups sliced peeled tart apples	1 tsp baking powder
2 cups blueberries	1/4 teaspoon salt
4 TBSP brown sugar	1/2 tsp ground cinnamon
1/2 cup all-purpose flour	1/4 tsp ground nutmeg
1/2 cup quick oats	1 egg, beaten
1/2 cup sugar	1/4 cup butter, melted

Place apples in a greased 11-in. x 7-in. x 2-in. baking dish. Top with blueberries. Mix brown sugar and 2 tablespoons flour; sprinkle over fruit. Combine sugar, baking powder, salt, cinnamon, nutmeg and remaining flour. Stir in egg with a fork until mixture is crumbly. Sprinkle over fruit; drizzle with butter. Bake at 350 degrees F for 55-60 minutes or until apples are tender. Serve warm.

Yield: 8 servings 1 serving = 1 fruit/veg; 1 grain/bread alternate for 1 - 5 yr olds
= 1 fruit/veg alternate for 6 - 12 yr olds **AT SNACK**

Adapted from: www.allrecipes.com

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!
Not sure what your site number is? It's the five digit number at the top of your Claim Summary and Errors letter entitled Provider State I.D.

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