

FAMILY DAY CARE NEWS

Illinois Child Care Bureau

August 2010



HEALTHIER KIDS—LESS SALT BECOME AWARE OF INTAKE

Adults often know that they should avoid a lot of added salt in their diets, and in fact, are sometimes on salt restriction diets because of health problems, especially high blood pressure.

Eating salt is often thought to be less of a problem for kids since many parents assume that their kids' diets do not contain a lot of salt. However, processed and prepared foods that are popular with parents and kids are often loaded with salt. For example, some of the Oscar Meyer Lunchables can have up to 1440 mg of sodium per serving. A McDonald's hamburger contains 520 mg, a cheeseburger, 750 mg, and hotcakes with sausage, 930 mg.

Why is monitoring your child's salt intake important?

Some studies have reported that children with low-salt diets may avoid high blood pressure as adults. And maybe even more important, salt intake has been linked to childhood obesity, as kids with high-salt diets have been reported to drink a lot of high-sugar, high-calorie drinks, which increases their risk for obesity.

Foods High in Salt

Foods that are usually high in salt (more than 400 mg per serving) include:

- * Canned soups
- * Spaghetti sauce (ready to serve)
- * Cheese sauce
- * Macaroni and cheese
- * Sliced ham, bologna, salami and other cold cuts
- * Pizza
- * Hot dogs, tacos, and many other fast foods
- * Pretzels, potato chips, and other snacks
- * Pickles

This is just a partial list, but becoming familiar with high sodium items and then getting in the habit of reading food labels can help you spot other foods high in salt.

If you are concerned about your child's salt intake, especially if he is overweight, then look for more foods that are low in salt, with less than 140 mg of salt per serving.

Sodium Guidelines for Children

1000 -1500 mg	2 -3 years
1200 -1900 mg	4 -8 years
1500 -2200 mg	9-18 years

In general, if extra salt is not added to the foods you prepare and your child only occasionally eats foods high in salt, then one shouldn't have to worry about a child's salt intake.

Become Aware

When you buy prepared and packaged foods, read the labels. You can tell the sodium content by looking at the Nutrition Facts panel. Listed is the amount for sodium, in milligrams (mg), and the "% Daily Value." Choose foods that are sodium free or lowest in sodium.

In order to use the following terms, a product must meet the criteria as listed:

Sodium-free – less than 5 milligrams of sodium per serving

Very low-sodium – 35 milligrams or less per serving

Low-sodium – 140 milligrams or less per serving

Reduced sodium – usual sodium level is reduced by 25 percent

Unsalted, no salt added or without added salt – made without the salt that's normally used, but still contains the sodium that's a natural part of the food itself.



INCOME ELIGIBLE?

Have you returned your application?

Renewal applications were mailed on July 6, 2010 to all providers currently approved to claim their own or foster children. This application must be returned by August 6, 2010 in order for you to continue to receive Tier 1 rates for August menus.

Please contact Kim in the ICCB office if you have any questions.

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, you are one of about sixty providers who have yet to submit their completed quiz.

**PLEASE DO SO IMMEDIATELY!
COMPLETION OF THIS MATERIAL IS MANDATORY!**

NEW CHILDREN IN YOUR CARE?

If you are enrolling new children in August, look ahead to the school year. Be sure to include school information even though the child may not be starting school until late August or September. These enrollments are in effect through September 30, 2010. Taking care of this detail NOW will save you time and possible deductions later.

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 were approved to begin participating in the program in **June 2010**:

Amber Albright	Winslow
Evelia Armas	Round Lake Beach
Frances Bullock	Freeport
Senell Colbert	Chicago
Felicia Mason-Hampton	Calumet City
Christiano Olubode	Chicago
Dashawna Phiifer	Waukegan
Shaunna Vecchione	Rockford
Megan Young	Geneva



Kindergarten Days

You may have a child in your care heading off to kindergarten in the fall. Teachers expect their new students to have mastered many of the following milestones. Read through the list to see how your new kindergartener(s) measures up. Can he or she . . .

- Listen to stories without interrupting
- Cut with scissors
- Trace basic shapes
- Begin to share with others
- Start to follow rules
- Be able to recognize authority
- Manage bathroom needs
- Button shirts, pants, coats, and zip up zippers
- Separate from parents without being upset
- Talk in complete sentences of five to six words
- Look at pictures and then tell stories
- Identify rhyming words
- Identify most alphabet letters
- Recognize some common sight words like "stop"
- Sort similar objects by color, size, and shape
- Recognize groups of one, two, three, four, and five objects
- Count to ten
- Bounce a ball



Guidebook Guidelines

All providers should have their ICCB Provider Guidebook available for review by their Program Advisor or an Illinois State Board of Education monitor at home visits. The guidebook contains food program policies, nutrition information and very important documents as listed below:



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- Your Site Information Sheet**
This form was originally completed at your introductory visit and contains all of the information necessary to get you enrolled on the food program. More recent enrollees will also have a computer generated form issued from the Illinois State Board of Education.
- The Sponsor / Provider Permanent Agreement**
This form contains a comprehensive listing of what you must do to remain in compliance on the food program. It also lists the duties and responsibilities of ICCB as your sponsoring organization. This document was signed by you at the intro visit. If you have been on the program for years, it has been updated from time to time.
- Child Enrollment Forms**
Please keep these in your Provider Guidebook and not in individual child files. Your PA and ISBE monitor are the only people who will ever need to look at them. **All children in your care must have a current form.**
- Copies of the last three home visits**
- If Income Eligible and claiming your own children, a copy of your approval letter issued by the ICCB office.**

The Kids' Recipe Corner



Green Pepper Tomato Salad

A tasty and delicious use for those summer fresh tomatoes and peppers! You can be creative and add other veggies if so desired.

3 medium tomatoes, seeded and chopped
1 medium green pepper, chopped
1 celery rib, thinly sliced 1 TBSP sugar
1/2 cup chopped red onion 1/2 tsp salt
2 TBSP cider vinegar 1/8 tsp pepper

In a large bowl, combine the tomatoes, green pepper, celery and onion. In a small bowl, combine the vinegar, sugar, salt and pepper. Stir into tomato mixture. Cover and refrigerate for at least 2 hours, stirring several times. Serve with a slotted spoon.

Yield: 13 - 1/3 c servings = 1 fruit/veg alternate for 1 -12 yr olds at lunch/dinner
Source: 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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