

# FAMILY DAY CARE NEWS

Illinois Child Care Bureau

September 2010



## HEALTHIER KIDS—LESS SALT REDUCING KIDS' SALT INTAKE MAY CUT OBESITY

Children who eat less salt tend to drink fewer sugar-sweetened soft drinks and may significantly lower their risks for obesity, elevated blood pressure and later-in-life heart attack and stroke, researchers reported in the print and online issue of Hypertension: Journal of the American Heart Association, June 2008.

Sugar-sweetened soft drinks are a significant source of calorie intake in children and it has been shown that sugar-sweetened soft drink consumption is related to obesity in young people.

The researchers found that children eating a lower-salt diet drank fewer sugar-sweetened soft drinks. If children aged 4 to 18 years cut their salt intake by 3 grams a day, there would be a decrease of approximately two sugar-sweetened soft drinks per week. "Not only would reducing salt intake lower blood pressure in children, but it could also play a role in helping to reduce obesity," stated Dr. Feng J. He, co-researcher and author of the study.

"Both high blood pressure and obesity increase the risk of having strokes and heart attacks," Dr. He said. "It is, therefore, important for children to eat a low-salt diet to reduce their risk of having a stroke or a heart attack later in life. All physicians should give their patients appropriate advice on how to reduce salt in their diet."

Dr. He recommends that parents check labels, choose low-salt food products and not add salt during cooking and at the table.

She also urges consumers to

challenge the food industry to make a gradual and sustained reduction in the amount of salt added to children's food products that have added salt.

In most developed countries, about 80 percent of salt intake is from salt already added to food by the food industry. Reducing salt would not necessarily impact food taste, she said.

"Small reductions in the salt content of 10 percent to 20 percent cannot be detected by the human salt taste receptors and do not cause any technological or safety problems," Dr. He said.

In a related Hypertension editorial, Myron H. Weinberger, M.D., Indiana University Medical Center, Indianapolis, wrote that reductions in salt and sweet-beverage consumption among children, coupled with an increase in physical activity, "could go a long way in reducing the present scourge of cardiovascular disease in our industrialized society."

## Income Eligibility Applications are Now Past Due



If you are required to complete an income eligibility application to qualify for Tier 1 rates or claim residential

children, it was due August 6, 2010. If you do not submit this application, you will not receive Tier 1 rates on your August menus. Please call the office immediately if you need assistance.

**REMINDER:** Only original applications can be accepted and must be submitted by **MAIL** only. Faxed copies cannot be processed.



THE ICCB OFFICE  
WILL BE CLOSED  
ON  
LABOR DAY

MONDAY, SEPTEMBER 6, 2010.

## New CACFP Reimbursement Rates



July 1, 2010 — June 30, 2011

	Tier I	Tier II
Breakfast	\$1.19	\$0.44
Lunch/Supper	\$2.22	\$1.34
Snack	\$0.66	\$0.18

## ILLINOIS STATE BOARD OF EDUCATION REVIEWS

The Illinois State Board of Education (ISBE) monitors routinely conduct home visits of daycare providers participating on the CACFP, *especially around this time of year*. If you are selected for this review, it is extremely important that you allow the monitor into your home to conduct the visit. If you refuse this visit, reimbursement will be disallowed from the date of the visit back to the 1st of the month. The monitors should provide identification. You may also contact our office for further verification.

Visit our website

[www.illinoischildren.com](http://www.illinoischildren.com) for:  
the latest CACFP updates, recipes  
and activities, downloadable forms,  
reimbursement dates.

Contact us at: [ICCB@illinoischildren.com](mailto:ICCB@illinoischildren.com)

# September is National Baby Safety Month

## Welcome New Providers!

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

Maria Del Garcia	Waukegan
Kimberly Harris	University Park
Cynthia Helm	Rockford
Lori Flemming	Rockford
Laverne Howlett	Chicago
Diane Johnson	South Holland
Carolina Rodriguez	Rockford
Deatrice Ross	Aurora

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## Baby Safety



September is National Baby Safety Month sponsored by the Juvenile Products Manufacturers Association and a good time to look around and go over your safety plan for your day-

care children. Adhering to DCFS regulations should ensure high safety standards so make sure you are routinely in compliance with these guidelines.

Of course, accidents happen and babies and toddlers are susceptible because of their inquisitive nature and new found freedom especially when they start walking.

Always be vigilant for new hazards. Children develop so quickly that they find new ways to hurt themselves, week by week. The following list is just a start:

- Check out all furniture that a curious child might want to climb. Thousands of children are injured every year by heavy furniture.
- Keep cribs, beds and chairs away from windows and window coverings.
- Never leave a baby in a high chair unattended.
- Crawl around your house on your hands and knees to check for any potential hazards you may have missed.
- Never leave animals and infants unsupervised together.

The following website contains excellent safety checklists for your review.

<http://www.tempe.gov/fire/CommunityEducation/September.htm>

## CHILD ENROLLMENT RENEWAL

It is the time of year when **ALL** child enrollments must be renewed for the new fiscal year. You should receive detailed instructions regarding this process by August 31, 2010. If you have not received this information by then, please contact the ICCB office.

- Read the re-enrollment instructions very carefully. Following these guidelines will save you from losing reimbursement dollars.
- ALL CHILDREN** must be re-enrolled even if they are new to your daycare and were just enrolled in August or will start in September. From the start, print out two enrollment forms. Submit one to cover August and/or September 2010. Update the other, according to the instructions provided changing the enrollment date to October 1, 2010. It will also be helpful to write FY2011 on the top. This form will be effective from October 1, 2010 through September 30, 2011.
- Any child whose enrollment has not been renewed will be automatically withdrawn by the computer in early November and reimbursement cannot be paid for October. This will occur even after you have been able to claim them the entire month of October.

PLEASE CALL IF YOU HAVE ANY QUESTIONS ABOUT THIS PROCESS.

## THE KID'S FAVORITE RECIPE CORNER



### SIMPLE APPLE CAKE

*This apple cake is so easy. The kids adore it and it disappears in no time. A perfect recipe for apple-picking time!*

8 cups peeled and thinly sliced apples - about 4 large or 8 small  
1 1/4 cup granulated sugar - divided  
2/3 cup butter, softened  
2 eggs  
2 cups flour  
2 teaspoons baking powder  
1/4 teaspoon cinnamon  
1/4 teaspoon nutmeg

Preheat oven to 375 degrees F. Layer apples in a 9x13 baking dish. Combine butter and 1 cup sugar until fluffy. Add eggs and beat well. Add flour and baking powder and mix until a soft dough forms. Combine 1/4 cup of remaining sugar with cinnamon and nutmeg. Sprinkle 2 tablespoons over apples in pan. Drop spoonfuls of dough over apples and spread together until apples are evenly covered. Sprinkle remaining cinnamon-nutmeg sugar over dough. Bake for 30 minutes or until golden brown and puffy.

Yield: 20 servings

1 serving = 1 bread/grain, 1 fruit/veg alternate for snack for all children

Source: [www.disneyfamily.com](http://www.disneyfamily.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 located on the top, left corner of your site sheet and on the bottom of reimbursement check stubs.

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

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