

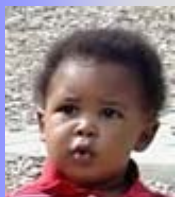


# FAMILY DAY CARE NEWS

Illinois Child Care Bureau

September 2011

*Serving providers and children since 1984. ICCB is a non-profit corporation committed to promoting quality Childcare.*



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

*FROM THE DIRECTOR'S DESK.....*



Leaving. Leaving someplace that we are very fond of is always heart wrenching, whether it be moving to or from a well-liked home or saying good-bye to relatives or good friends. Leave taking is always a challenge. And so it is for me, as I prepare to end 28 years as Director of Illinois Child Care Bureau. To say this is difficult is an understatement. Not only have I worked at ICCB administering the Child & Adult Food Program, but I was fortunate to have been involved with the CACFP since the 1970's when the program first began.

It has been a privilege to work with day care home providers. I have seen the perception change from your being "just baby sitters" to the acknowledgement that you are professional care givers who provide an essential service to parents and to our economy. Seeing providers eager to learn more about children's needs by attending training workshops and returning to school has been an inspiration for me. I recognize the long hours you work and the dedication you bring to your chosen profession.

Illinois Child Care Bureau was founded to serve day care home providers by helping them offer better nutrition to the children in their care. It was also our goal to see that participants in our program got the maximum reimbursement to which they were entitled. It was our intent to provide an agency where our providers were treated as friends who could feel free to call for

assistance and know that any question or request would get a friendly response. Our office staff has shared my commitment to the CACFP and most of them have been at ICCB for over 15 years.

Working at ICCB has not been a chore for me – it has been an experience that has been rewarding and interesting. I have been impressed by the providers I've met, and admire your efforts to have a safe and stimulating environment for the children in your care. I will leave ICCB with the knowledge that my successor, Marguerite Tully, shares my appreciation for the work that our providers do in helping children form good eating habits and grow into healthy, able-to-learn students when they leave your day care.

I cannot leave without recognizing the great staff that I have been privileged to work with, especially my assistant, Cathy Isaacson. Cathy has worked tirelessly to see that our office runs smoothly. She is always available when providers need help. Kudos also to Sally Carrano, our Minute Menu guru, Patti Elste, Nutritionist, and Mary Newman, our Field Director. And last, but not least, the people you talk to when you call the office, Dale Skorepa, Kim Klimek, and Karen Matocha. Thank you, ladies; you have made my job easier.

It has been said that "there is a time for every purpose" and it is time for me to start on another phase of my life. I wish you all good things and God's abundant blessings as you continue your good work in helping children develop in positive ways.

With gratitude and respect,

*Thora Cahill*

### VISIT OUR WEBSITE

[www.illinoischildren.com](http://www.illinoischildren.com)

for: the latest CACFP updates, training packets, recipes, downloadable forms, reimbursement dates.

Contact us at:

[ICCB@illinoischildren.com](mailto:ICCB@illinoischildren.com)

THE ICCB OFFICE WILL BE CLOSED ON MONDAY, SEPT. 5 IN OBSERVANCE OF LABOR DAY.

### INSIDE THIS ISSUE:

Provider You Should Know	Page 2
Income Eligibility Applications	Page 2
Changes Coming - Less Sugar.	Page 3
Choose My Plate	Page 3
Child Enrollment Renewal	Page 4
Regulation Change	Page 4

## A Provider You Should Know . . . *Kathy Manderfield*



**Business Name:**  
Kathy's Kids

**Established:**  
1982 (29 years ago)

**Location:**  
Woodridge, IL

**Own Children:**  
Two daughters, one son  
All grown up - 31, 29, 27



Kathy grew up on a dairy farm near Madison, WI. The oldest of nine, she has been involved in child care for most of her life caring for her two youngest siblings as a teenager and baby sitting often for the children of family and friends.

She studied Early Childhood Education at the University of Wisconsin in Madison, successfully completing her bachelor's degree many years ago and shortly afterward moved to the Chicago area.

### Why did you decide to open your own daycare business?

"When my daughter was 6 weeks old, I went back to work at my office job. However, when my son was born a few years later, it was not cost effective for me to pay someone else to watch two children. I was more than satisfied with my day care arrangement, but I was anxious to put my degree to work."

### What do you enjoy most about your profession?

"The individual personality and uniqueness of each child. I have been fortunate to watch so many of them grow up before my eyes. And I love kids or I would not have stayed in business for 29 years!"

### Your favorite activity with the children?

"Creative art projects. I love watching them cut and draw at their own pace and create cherished art for all to enjoy."

### In your career, what has been one of your biggest challenges?

"A few years back, I had a stroke and could not work. My daughter, Jorie, kept the business running while I was hospitalized and during my months of outpatient therapy. Currently, she is on my license and helps me full time."

### What are your goals for the future?

"I have no plans to "retire" anytime soon. I love my job!"



### New Reimbursement Rates

July 1, 2011 — June 30, 2012

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

### 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, 2011. 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 help.

**REMINDER: ONLY ORIGINAL APPLICATIONS CAN BE ACCEPTED AND MUST BE SUBMITTED BY MAIL ONLY. FAXED COPIES CANNOT BE PROCESSED.**

## Get Ready for Change - *Less Sugar*

*“Reducing the consumption of added sugars will lower the calorie content of the diet, without compromising its nutrient adequacy. Sweetened foods and beverages can be replaced with those that have no or are low in added sugars.”*

Dietary Guidelines for Americans 2010.

Americans now consume 19% more added sugar in their daily diet than they did in 1970, according to recent figures from the U.S. Department of Agriculture.



**SOURCES OF ADDED SUGAR**

Added sugar is any sugar that a food doesn't contain in its natural state. It provides no nutritional value and serves only as a source of empty calories. These sugars include sucrose, dextrose, glucose and high fructose corn syrup that food makers add to everything from breads and snack foods to beverages.

Sugars' contribution to the obesity crisis is well known, however some studies have suggested that eating too much sugar may lead to high levels of fat and cholesterol in the blood and contribute to heart disease as well.

This has prompted the American Heart Association (AHA) to recommend that no more than **5%** of our calories come from added sugar. That translates into less than 6 teaspoons per day for most of us, *including children*. For perspective, a 12 ounce can of soda provides 10 teaspoons of added sugar. FYI: It takes 4 grams of sugar to equal 1 teaspoon. Read the Nutrition Facts labels; divide the grams of added sugar by 4 to know how many teaspoons are contained in any one product.

Amazingly, in one study of 6000 participants, the respondents consumed **21 teaspoons of added sugar a day** accounting for nearly 16% of their total daily caloric intake.

The bottom line is “too much sugar”!

### How will the food program address this concern?

The answer to this question is unknown at this time. We will just have to wait and see what is decided by the

U.S.D.A. in the coming months. In the meantime, you can take measures to reduce the amount of added sugar that your daycare children and family consume.

### **Know your cereals!**

Ready to eat cereals are a major source of added sugar for young children aged 2 - 6 years. For example, a one cup serving of Honey Nut Cheerios contains 3 tsp of added sugar. Be sure to choose cereals low in sugar. One potential change may be that certain cereals will not be credible based on their sugar content.

### **Serve Sparingly**

Currently there are many items high in added sugar that are credible to serve, with few restrictions. Cookies, brownies, frosted poptarts, cinnamon rolls, sweet rolls—just to name a few. In the future, these high sugar items may no longer be credible or they will only be allowed on a limited basis.



MyPlate is USDA's primary food group symbol, a food icon that serves as a powerful reminder to make healthy food choices and to build a healthy plate at mealtimes. It is a visual cue that identifies the five (5) basic food groups from which consumers may choose healthy foods to build a healthy plate. As you can see, fruits and vegetables should take up half of your plate at meals. Visit [ChooseMyPlate.gov](http://ChooseMyPlate.gov) which contains resources and tools for more specific information on what and how much to eat.

# September is Whole Grains Month

## REGULATION CHANGE!

All children, 2 years and older, must be served 1% or skim milk.

THIS CHANGE  
IS  
EFFECTIVE  
OCTOBER 1,  
2011.



## WELCOME

### NEW PROVIDERS!!

ICCB welcomes providers who were approved to begin participating in the program in July 2011:

Mary Booker	Davis
Berunica Boose	Rockford
Michelle Worker	Rockford

## Provider Tip of the Month!

Write within the box!

B R E A K F A S T	BREAD OR ALTERNATE	● Bagel	B
	JUICE OR FRUIT OR VEGETABLE	Applesauce	F
	MILK	2% Milk	M
	MASTER MENU		MM

If you claim using the scannable menu forms (bubble menus), please notice in the above example how the word **apple sauce** is not within the box! It has run over into the blue column to the right of where it should be. Any mark in this blue column will disallow reimbursement meaning that you will not be paid for all children claimed for this particular meal or snack. Take some extra time and be sure to write within the box and lines.

## 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, 2011.** If you have not received this information by then, call the office.

- 1 Read the re-enrollment instructions very carefully. Following these guidelines will save you from losing reimbursement dollars.
- 2 You will be receiving an **ENROLLMENT RENEWAL REPORT** which will contain all of your currently enrolled children as of the date it is printed.
- 3 Each child's information should be carefully reviewed and updated on this report. A parent's signature is required to verify that all information is accurate.
- 4 Once completed, you may:
  - **FAX** it. *It is not necessary to mail it also!*
  - **EMAIL** it. *Type **FY12 ENROLLMENTS** in the subject line to avoid the possibility of it becoming junk mail.*
  - **MAIL** IT. *Please send us a copy and keep the original, signed copies in your ICCB Provider Guidebook.*
- 5 IF you have recently started a new child and his name does not appear on the **ENROLLMENT RENEWAL REPORT**, you must submit a separate enrollment for the new year!

## For the Kids!

30321

### Edible Campfire

A fun "ready to eat" craft and snack!  
End the summer fun with a "camp out" and spark the kids' imagination with their own fire.

- 6 green and red grapes
- 1/2 -1oz cheddar cheese slice
- 2 baby carrots - (thinly sliced)
- 6 mini-pretzel sticks



Arrange grape halves in a circle. Tear or cut slice of cheese into flame shapes, then stand them, along with the thinly sliced carrot pieces, inside the grape circle. Surround the flames with broken mini pretzel stick logs.

Yield: 1 campfire = 1 meat/meat alternate for all children  
Source: <http://familyfun.go.com/recipes/build-a-better-munchie-1009845/>

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.