

FAMILY DAY CARE NEWS

Illinois Child Care Bureau

March 2011



Changes are Coming - *Serve More Whole Grains!*

One change to the CACFP nutrition requirements that we can all probably count on is that whole grain items will be required as part of the meal pattern. The Institute of Medicine report to the USDA simply states that the proportion of whole grains should be increased in order for the CACFP meal requirements to come into line with current dietary guidance. They did not give further advice as to how that goal is to be accomplished. We can only surmise what may be coming *and get prepared.*



The 2005 Dietary Guidelines for Americans made the recommendation that we should, "make half of our grains whole." Since then

many food manufacturers have made efforts to change formulas to increase the amount of whole grain in their products. For example, General Mills now boasts that every one of their cereals contains a minimum of 1/2 serving or 8 grams of whole grain. It is easier to spot whole grain items because this fact is often advertised on the product's packaging.

Why More Whole Grains?

Studies show that eating whole grains instead of refined grains lowers the risk of many chronic diseases. While benefits are most pronounced for those consuming at least 3 servings daily, some studies show reduced risks from as little as one serving daily. The message: every whole grain in your diet helps!

The benefits of whole grains most documented by repeated studies include:

- stroke risk reduced 30-36%
- type 2 diabetes risk reduced 21-30%
- heart disease risk reduced 25-28%
- better weight maintenance

Other benefits indicated by recent studies include:

- reduced risk of asthma
- healthier carotid arteries
- reduction of inflammatory disease risk
- lower risk of colorectal cancer
- healthier blood pressure levels
- less gum disease and tooth loss

With childhood obesity rates continuing to rise and along with it the degenerative diseases that affect older Americans— it only makes sense that measures should be taken to improve our collective health. Proper nutrition is crucial to good health and efforts to make improvements in this area are to be applauded and encouraged.

If you claim online, whole grain items will soon be added to the food selections. Be on the lookout for these new items and make sure you are selecting these designations whenever you serve a whole grain item.

Also, at the home visit that you will have between February 1 and May 31, 2011 you will be receiving a whole grain handout that should help you select more whole grain products. We strongly urge you to review this material carefully and decide how you will begin incorporating more whole grains into your daycare menus. If you can't wait for your home visit to get this information, look on the Training Page of the ICCB website, www.illinoischildren.com where it is posted for your convenience. Whether the changes come this year or next, you will be ahead of the game and you and your children will be healthier for it.

Spring Forward on March 13



Daylight savings time resumes on Sunday, March 13. Be sure to move your clocks ahead one hour on this date.

TRAINING NOTICE

There is a pink notice in this mailing if you have not submitted your completed quiz for:

CIVIL RIGHTS AND CACFP GUIDELINES —

STEPS TO SUCCESS IN THE CACFP

IT IS NOW PAST DUE!

**PLEASE FAX OR MAIL IT TO THE
ICCB OFFICE NOW.**



CHILD & ADULT CARE FOOD PROGRAM

March 13 - 19

National Child and Adult
Care Food Program Week

Flying High With the CACFP!

The Child & Adult Care Food Program theme encourages sponsors, providers and parents to focus on how "Nutrition gives us Fuel to Fly and Activity makes us Fit to Fly".

Research proves that good nutrition in young children not only contributes to their physical growth, but to their intellectual and emotional development as well. Children who participate in the Food Program have the opportunity to develop positive eating habits that will lead to a lifetime of good eating habits and good health.

Celebrate this week by telling your parents how the food program helps you to provide more nutritious meals for their children.

Visit our website

www.illinoischildren.com for:

the latest CACFP updates, past newsletters, training packets, recipes, downloadable forms, reimbursement dates.

Contact us at: ICCB@illinoischildren.com

March is National Nutrition Month



New Providers!

ICCB welcomes providers who began participating in the program in January 2011:

Kristine Bartling	Mount Morris
Erica Brown-Stewart	Chicago
Margaret Coleman	Chicago
Guadalupe Mendez	Montgomery

Provider Tip of the Month! *The Re-enrollment Process!*

A child left your care but has returned. *Did you know that the child is still in your Minute Menu account?*

To find the child, go to List Children / Filter Child List / All / OK (little box to right). Locate the child's name in the Select Child drop down list to the right. Click on the desired child's name and print the enrollment form. On this paper, update the enrollment date, cross out the withdrawn date, update any other information as is necessary, have the parent sign and submit to the ICCB office.

Eat Right *With Color*

As trends continue to indicate Americans are interested in improving their diets and leading more healthful lifestyles, the American Dietetic Association reminds everyone that an easy way to focus on eating better is to "Eat Right with Color," which is this year's theme of National Nutrition Month®.

Each March, ADA focuses attention on returning to the basics of healthy eating. This year's National Nutrition Month theme encourages consumers to remember to include a colorful variety of fruits, vegetables, whole grains, lean proteins and dairy on their plates every day.

Check out the ADA website, eatright.org for more nutrition information.

About Your Home Visit

Record Meals/Snacks Accurately

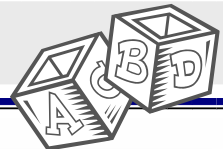
When your program advisor conducts a home visit, she is required to record the food items that you offered the children for the meal or snack that was observed. It is extremely important that you enter the same food items into your Minute Menu account.

Look at the first page of your home visit form! Your PA lists a number to the right of each food that she records. This is the number of the food that you must enter into Minute Menu. When you are clicking off your food items, double check to make sure that you have entered the same item and that the numbers match. (*The numbers are listed to the right of each food item in the Minute Menu drop down list.*) If the numbers do not match, you will not be reimbursed for all children served for that meal or snack.

Are your menus and attendance up to date?

Keeping daily, accurate records of the meals and snacks served and the children present to eat them is one of the most important regulations of the Food Program. Your program advisor is required to check if these records are up to date prior to her visit. She will print out a Claimed Attendance Summary report to bring with her. If you are not current in your Minute Menu account, she will expect to see Daily Meal Worksheets completed for the missing dates. Be sure you are always up to date! Keep extra copies of your Daily Meal Worksheets on hand just in case of computer malfunctions!

THE KID'S FAVORITE RECIPE CORNER



Healthy Alphabet Soup

A thick, nutritious ABC soup that is mmmm- mmmm good!

1 cup onion, chopped	1 (15 oz) can tomatoes, diced
1 cup carrot, finely chopped	1 tsp.dried Italian herb seasoning or 1 tsp dried oregano
4 garlic cloves, minced	1/8 tsp cayenne pepper
4 cups chicken broth	1 cup dry alphabet pasta
1 can white beans, drained/rinsed	

Combine first four ingredients; boil. Add next four ingredients; boil; reduce heat, cover and simmer stirring occasionally for 30 minutes. Transfer remaining liquid to a blender; process till smooth. Return mixture back to the pot; Stir in alphabet pasta. Boil then reduce heat; cover and simmer 8 minutes until pasta is tender but firm.

Yield: 9 - 1 cup servings. 1/2 serving = 1 fruit/veg alternate for 1-5 yr. olds
1 serving = 1 fruit/veg alternate for 6-12 yr. olds

<http://www.food.com/recipe/healthy-alphabet-soup-112133>

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.

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