

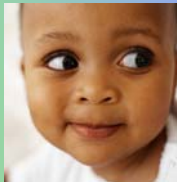


FAMILY DAY CARE NEWS

Illinois Child Care Bureau

April 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; Patti Elste, Nutrition Director.

FROM THE DIRECTOR'S DESK.....



Spring is just around the corner! What a winter Chicago has had -- a record amount of snow, brutal cold, and dark and dreary days! As March draws to a close, we will see signs of spring. As the days get warmer, the first crocus or daffodils will appear and we will forget about the heavy clothing, the struggle to put on boots, kids kept inside because of bad weather, and look forward to being outdoors.

Changes occur not only with the seasons, but in our daily routines, our families, our jobs, and in almost every aspect of our lives. As a participant in the CACFP, you know that there have been, and will continue to be, changes in the program. The Healthy Hunger Free Kids Act (HHFKA) was recently passed by Congress and it will affect many providers. Some of the changes were the elimination of block claiming, and the modification of area eligibility by schools, which meant that more providers are now eligible for Tier 1 rates. Those are good changes.

Another change resulting from the HHFKA is that nutrition education, physical activity, and the limiting of screen time -- computer or TV -- will become an integral part of the CACFP. Another good change.

One issue that is still plaguing providers is the Serious Deficiency Process. We feel that the current process should be redefined. Minor

instances of non-compliance with the meal pattern should not be considered serious deficiencies. ICCB thinks that, in deciding whether a provider should be made seriously deficient, the following issues should be considered: the frequency and severity of the problem, the length of program participation, and whether the non-compliance was a lack of understanding or a systemic problem. State agencies have interpreted the original ruling differently, and we are fortunate that Illinois has not taken an over zealous approach in enforcing the law as it was originally written.

As your sponsoring agency, ICCB will continue to advocate for changes that benefit our providers and the children in their care. The CACFP plays a vital role in helping provide good nutrition to young children. With proper nutrition, a child is able to learn and develop; a hungry and under nourished child cannot. You, their child care provider, help impact their lives during their most formative years, the time when their eating habits are developed. If you provide the proper food and a learning environment, you will contribute to their wellness, healthy growth, and development. Being a child care provider is an awesome responsibility -- but a great opportunity to make changes that can last a lifetime.

ICCB appreciates being your sponsoring agency, and our goal is to see that we help you in every way possible by providing nutrition materials and workshops, home visits, timely reimbursement, and a staff that is eager and available to answer your questions and address your concerns.

Enjoy the springtime! (In Chicago, it probably won't last long)

Thora

Mandatory Training

If there is a RED notice in this mailing, you have not submitted your Civil Rights and CACFP Guidelines mandatory training quiz. Failure to do so immediately will result in corrective action and potentially a loss of reimbursement.

THE ICCB OFFICE WILL BE CLOSED ON FRIDAY, APRIL 22 IN OBSERVANCE OF GOOD FRIDAY.

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A Provider You Should Know...

Jana Conev



In this special issue of our Family Day Care News, one of our long-time providers is being recognized. Jana Conev, who operates Conev's Cradle, has provided quality child care since 1983. When I interviewed Jana, I asked why she entered the child care field. Her response was very telling, as it explains why she is still in business and why Conev's Cradle has been so successful. Jana's response was "After the birth of my daughter, I was planning to go back to work but could not find child care that met my standards." Her desire for professional care was the motivator in establishing her business. In further conversation about her business, I was impressed with the effort that Jana puts into every aspect of family child care. Interviews with parents are extensive so that Jana is aware of the parents needs and expectations, while at the same time informing them of her services and yes, her expectations of the parents and their child.

Jana involves her toddlers in both the decision making and preparation of the foods that will be prepared and eaten each day. She has found that there are no picky eaters in her day care because the children have a voice (limited as it may be) in deciding which vegetable or meat dish that will be served. There is an ownership by the children when they help do something as simple as putting the utensils and napkins on the table, and especially if they have helped during food preparation. As the mother of three grown children and two grandchildren, Jana believes that children are eager to learn, and respond to love and to a disciplined routine.

Has the economy affected Jana's business? Yes, like many other day care home providers, the number of children in her care has diminished, and she is spending more on advertising and has become more creative in promoting her business. Recommendations from the parents is one of the strongest promotional tools. Being on the CACFP has also helped. Parents like to know that someone is monitoring the home and that healthy food is being served.

Jana also stressed that providing quality child care is not a 9-5 job. It is a demanding profession and a provider wears many hats -- planner, business manager, cleaner, cook, teacher, etc. In addition, Jana adapts her care time when emergencies at work or home require her to start earlier or work late.

When asked for words of wisdom for providers new in the child care field, Jana replied that the key to success is to be organized, have a good business sense and a real commitment to child care, plan menus and activities in advance, and establish policies so that parents know how your business will be conducted. In concluding the interview, I asked Jana what has kept her in the child care profession for so many years. Her response: I love what I do. And, there is always one more child out there who needs Jana. If only there were more Janas "out there"!!!!

Interview conducted by Thora Cahill



Workshops

Attending an ICCB workshop is a great way to fulfill your CACFP training requirements and obtain DCFS training hours. If you are interested in attending any of the following workshops, please contact Patti Elste by email or phone to reserve your seat.

Food Allergies & Kids

The incidence of food allergies is on the rise! This workshop will give you valuable information regarding the food allergic child and what you as a caregiver should know.

Saturday, April 9, 2011

Aldersgate United
Methodist Church
Rockford, IL
10 am - 12 pm

The Food Program

Get Ready for Change

It is time for the food program to come into alignment with the 2005/2010 Dietary Guidelines for Americans. Although the changes are not finalized, come and see what may be coming and how to get prepared.

Saturday, May 21, 2011

LaGrange Public Library
LaGrange, IL
10 am - 12 pm

Saturday, June 11, 2011

North Chicago Public Library
North Chicago, IL
10 am - 12 pm

Certificates for 2 hours of training will be available to all participants.

Changes are Coming - Processed Meats

Processed and cured meats such as hot dogs, lunchmeat (*ham, turkey, bologna, etc*), bacon and most sausages are generally very high in saturated fat and sodium.

The 2010 Dietary Guidelines for Americans recommend that we reduce the amount of sodium in our diet and keep the amount of saturated fat to a minimum as well. *For a 2 year old, one hot dog contains one third of the fat and sodium that the child should have in an entire day!!!*

Another concern is the food additive, sodium nitrate, which is used as a preservative in processed and cured meats. Its purpose is to combat bacterial contamination and serve as a color enhancer to make these products look fresh and appetizing.

Exposure to nitrates and nitrites is usually not an immediate health threat. If all is normal, the nitrate is simply processed in the large intestine and removed as waste without any harmful effects.

However, excess nitrate consumption for infants less than 4 months old can cause methemoglobinemia or blue baby syndrome. The baby's blood is not able to carry enough oxygen to body tissues causing cyanosis and a bluish color to the skin.

And there are more concerns:

In a new study, researchers from the Harvard School of Public Health (HSPH) have found that eating processed meat, such as bacon, sausage or processed deli meats, was associated with a 42% higher risk of heart disease and a 19% higher risk of type 2 diabetes. In contrast, the researchers did not find any higher risk among individuals eating unprocessed red meat, such as from beef, pork, or lamb. This work is the first systematic review of the worldwide evidence for how eating unprocessed red meat and processed meat relates to risk of cardiovascular diseases and diabetes.

In 2007, the World Cancer Research Fund and American Institute for Cancer Research released a landmark report, Food, Nutrition, Physical Activity and the Prevention of Cancer: a Global Perspective, providing an up-to-date and comprehensive summary of evidence on cancer prevention. This report summarized the evidence on processed meats and cancer risk and concluded that "processed meat is a convincing cause of colorectal cancer" (WCRF 2007).

This conclusion was based on a review of 44 case-control studies

(in which the diets of individuals with cancer were compared with those of individuals who did not have cancer, but who were similar in other respects) and 14 cohort studies in which the diets of individuals were assessed before cancer onset and followed over time.

These studies show that individuals who consume processed meats are at significantly increased risk of developing colorectal cancer later in life, compared with those who avoid these products.

So, how will the Food Program change given this new research?

Until, the official proclamation is released, we do not know for sure. However, there is a good probability that there may be a limit on the number of times per week that processed meats may be offered to the children.

Regardless of what is decided, it would still be advisable to limit these items in your care and start substituting healthier alternatives.



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How Much Fat and Sodium????



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Processed Meat	Sodium in 1.5 oz	Fat in 1.5 oz
Bacon	655 mg	12 g
Hot Dog	513 mg	13.3 g
Ham	638 mg	4.5 g
Turkey Bologna	527	7 g
Salami	815 mg	12 g
Pepperoni	779 mg	18 g
Pork Sausage Link	638 mg	13.5 g
Polish Sausage	510 mg	7.5 g

It is recommended that a 3 year old child does not consume more than 1500 mg of sodium and less than 30% of total calories from fat on a daily basis. The processed meats listed here provide in a **1 1/2 ounce serving**, one-third to one-half of the recommended amounts of sodium and 10 to 40% of the recommended amounts of total fat that a three year old child would require in one day!!!!

April is National Kite Month



WELCOME NEW PROVIDERS!!

Farhana Aslam	Glendale Heights
Susan Dixon	North Chicago
Dawn and David Guyer	Huntley
Johnna Haaksma	Momence
Jessica Hill	Pearl City
Marcelle Perpignan	Chicago
Emily Southfield	River Grove
Sandra West	Chicago
Debra Winding	Chicago

Provider Tip of the Month!

Be accurate!

The process of recording your meals and snacks, *for most of you*, only requires a few clicks of your computer mouse. You are required to keep daily records of what you serve to ensure accuracy. Interestingly, there are times when we suspect that the items recorded were not actually served.

For example: A provider calls in to say that she is going on a field trip and will be having lunch at McDonald's. However, on that day for the McDonald's meal, she records that Salisbury steak, rolls, mashed potatoes, broccoli and milk were served. **Not likely!** Please record all meals and snacks accurately each day. This is one of the most basic requirements of the food program and fundamental to its integrity.

About Your Home Visit . . .

Be Home During Meal Service Time Frames

Unannounced home visits are required at a minimum of two home visits per year although all three visits may be unannounced. In order to keep "no show" visit attempts to a minimum, you are required to be in your home during your entire meal service time frame. If you claim online, the beginning of your meal service time frame is listed on the page where you record your menus. However, the end time is not. If you are not sure of your time frames, you can check on your Minute Menu account by going to the top of the page to: Reports / Claim / Claim Information Form (CIF). Look to the lower right hand corner of the CIF where your approved meal service time frames are noted. Double check to make sure these time frames are accurate. If not, give the office a quick phone call and we can update them. **Note:** *Time frames for main meals cannot be more than 1 hour (but can be less) and time frames for snacks cannot be more than 30 minutes, but also can be less.*

What about Field Trips?

You need to call the office to let us know when you will not be home during meal service time frames. For example; you are taking the children on a outing or have to run an errand; a quick call is all that is required. Please call as soon as you know to give as much notice as is possible. If you call outside of office hours, you may leave a message at any time.

What if my daycare is closed?

You can note days your daycare is closed on your Minute Menu Calendar. Go to Tools / Manage Calendar at the top of your screen. Follow the directions on the calendar page. **Note:** You can indicate your days off many months in advance. Just click the arrow to the right of the month name to advance the calendar.

Kids' Recipe Corner

Bunny Salad

For 2 "bunny salads" you will need:

- 2 lettuce leaves
- 2 pear halves
- 8 almond slices
- 6 raisins or dried cranberries
- 1/2 cup cottage cheese



Place the lettuce leaves on a plate.

Place pear halves (core side down) on the lettuce leaves. For each rabbit, add 2 almond slices for ears; 2 almond slices for eyes. Place 2 raisins or dried cranberries on top of the eyes for pupils. Add one raisin or dried cranberry to each rabbit for a nose. Add 1/4 cup cottage cheese to each rabbit for a tail.

- 1 "bunny salad" = 1 meat alternate; 1 fruit/veg alternate for snack for all children
= 1 meat alternate; 1 fruit/veg alternate for 1 - 2 yr olds; lunch/dinner
- 2 "bunny salads" = 1 meat; 1 fruit/veg alternate for lunch or dinner for 3 - 12 yr olds

Source: Adapted from www.amazingmoms.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.