



# ILLINOIS CHILD CARE BUREAU NEWS

December 2011

Hello Day Care Home Providers,

**ICCB (Illinois Child Care Bureau) publica mensualmente, en Español, la Carta de Noticias. Si usted desea recibir esta carta de noticias en español por favor, contacte con Kim en ICCB - 708-409-6070.** (ICCB publishes this newsletter in Spanish. If you would like to receive the Spanish version, please contact Kim at ICCB, 708-409-6070.)

Funk & Wagnalls Standard Desk Dictionary defines **integrity** as **uprightness of character; honesty**. The integrity of the Child and Adult Care Food Program (CACFP) is dependent upon the integrity of the individuals and agencies working in the program. Everyone shares one goal: keep CACFP working to feed our children today and for years to come. I know you work hard to keep track of all your records and follow all the rules. In fact, it is a long chain of people who keep the integrity of the program intact starting with you, along with the ICCB staff, the staff at the Illinois State Board of Education (ISBE) and USDA staff who are responsible for setting policies and procedures. Working together we will ensure the program remains funded into the future.

In addition to ICCB providing training for you, the staff also meets regularly for training purposes. During a recent staff meeting, a member of ISBE's staff provided a presentation and stated **ICCB's providers are WONDERFUL at keeping binders up to date**. Thank you and keep up the good work!

### Reminders:

If you are not receiving a **direct deposit** of your claim reimbursement directly into your bank account, then call Sally at ICCB. It's safe, reliable, easy and secure.

The **ICCB office is closed** Thursday/Friday, November 24 & 25 in observance of Thanksgiving.

The **ICCB office is closed** Monday, December 26, 2011 and Monday, January 2, 2012 in observance of Christmas Day and New Year's Day. The office will be open December 27, 28, 29 and 30, 2011.

Welcome to new providers **Annette Allen** of Zion, **Leonila Cabrera** of Lake Villa, **Tammecia Coleman** of Chicago, **Aretha Gaston** of Rockford, **Heidi Harris** of Montgomery, **Joyce Luckett** of Chicago, **Demetria McCracklin** of South Holland and **Sharika Thompson** of Carol Stream. ICCB staff is available to help you learn more about CACFP.

Thank you for reading ICCB's monthly newsletter. We hope you find the information valuable. Important information is shared with you and **you are responsible for understanding this information**. If you need clarification, please call Kim at ICCB for assistance.

**Brenda, Cathy, Dale, Evelyn, Gloria, Karen, Kim, Lynda** (Baker), **Linda** (Martorano), **Lou, Mary, Patti** (Elste), **Patty** (Hickey), **Sally, Sandy, Sina, Susan** and **Walinda** join me in wishing you and yours a happy, healthy and safe holiday season.

-Marguerite



### Minute Menu Online?



Day care home provider **Donna Duggan** of **Donna's Day Care** in Des Plaines recently began submitting her menus by using Minute Menu and said,

*"I was new with my computer and not comfortable using it. I was afraid of getting stuck and not being able to correct it (i.e., in the Minute Menu program). I now LOVE IT. It's easy - not all the paper, no mailing and no stamps."*

If you would like to claim online or if you are having any difficulties with the Minute Menu program, call Sally at ICCB.



**Choose My Plate** urges Americans to fill half of each plate with fruits and vegetables. Visit the website, [www.choosemyplate.gov](http://www.choosemyplate.gov) for recipes to help you meet this challenge. Click on the tab, **News & Media**; and look for **Recipes** under the heading **Print Materials**. There you will find **Cucumber Yogurt Dip, Zesty Tomato Soup, Outtasight Salad, Lentil Chili and Roasted Root Vegetables**. Test one or more of them on the children and/or your family. If you have found a recipe to be a keeper, let us know.

ALL CHILDREN, 2 YEARS AND OLDER, MUST BE SERVED 1% OR SKIM MILK.



Suggestions to help you and your children meet the new regulations:

- 1 **Make the change without fanfare.**  
It is possible the children will not notice a difference.
- 2 **Be a good role model.**  
Drink the milk yourself so the children see it and are more accepting of the change.
- 3 **It may take several exposures to a new food item before a child accepts and likes it.**  
Be patient, and give plenty of positive reinforcement.
- 4 **Get the children involved.**  
Purchase a few small pitchers from which the children can pour their own milk. This may help them to be more willing to taste it. Be sure to have enough milk on the table in small pitchers to accommodate the minimum serving sizes required for all the children, then encourage them to pour some into their own cup. This will help to reduce waste since you may refrigerate the "pitchered" milk until the next meal.
5. **Consider flavored milk?**  
To avoid adding lots of unnecessary sugar, buy skim milk or 1% milk and add flavor powders to stretch your food dollars.
- 6 **Suggest the children's parents/caregivers make the change to skim milk or 1% milk at home.**  
Talk to the parents/guardians to educate them on the merits of serving a lower fat milk.

**THIS CHANGE WAS EFFECTIVE  
OCTOBER 1, 2011.**

## Milk Substitutions

Parents or guardians may now request a fluid milk substitute for a child with medical or special dietary needs without providing a medical statement from a physician. For example, if a child is allergic to cow's milk, the parent can submit a written request to the child's caretaker asking that soy milk be served instead of cow's milk. The written request must identify the medical or other special dietary need that restricts the diet of the child. **In short, a medical statement is no longer required unless the diet request is required because of a disability.**

You, the day care home provider, have the choice to provide the requested substitution, *or not*. However, if you choose to provide it, the milk substitution **must meet certain nutritional requirements**. The Nutrition Facts Label on food products may not list all the required nutrients, so documentation from the product manufacturer must be requested to confirm the presence of all required nutrients at the correct level. This documentation must be kept on file in your day care home.

## MINIMAL NUTRIENTS REQUIRED IN MILK SUBSTITUTES

Nutrient	Amount	% Daily Value
Calcium	276 mg	28%
Protein	8 g	16%
Vitamin A	500 IU	10%
Vitamin D	100 IU	25%
Magnesium	24 mg	6%
Phosphorus	222 mg	23%
Potassium	349 mg	10%
Riboflavin	.44 mg	26%
Vitamin B 12	1.1 mcg	18%

## Milk Substitutions

### KEY POINTS

- ◆ Any reasonable reason for a parent to request a milk substitute for a child who does not have a disability is acceptable. For example, a request due to a milk allergy, vegan diet, as well as religious, cultural or ethical reasons would be acceptable. If a request only states a child does not like milk, the child can be offered flavored milk instead of a milk substitute that meets the requirements of this rule.
- ◆ A facility needs to comply with a statement from a licensed physician only when a milk substitution is necessary due to a disability. When the milk substitution request is due to a medical or special dietary need other than a disability, the provider chooses whether to provide that milk substitution. Any person who has a physical or mental impairment which substantially limits one or more major life activities is considered a disability.
- ◆ A written request from the medical authority **or the parent/guardian** must identify the child's medical or other special dietary need that prevents the consumption of cow's milk. No other information is required.
- ◆ If a meal includes a milk substitute that does not meet the nutrient standards of this rule no reimbursement would be provided for that meal.

If you would like more information about the new milk regulations, please visit the Illinois State Board of Education's website at [http://www.isbe.net/nutrition/htmls/child\\_adult.htm](http://www.isbe.net/nutrition/htmls/child_adult.htm) and scroll down to Child Nutrition Reauthorization, then click on "Fluid Milk and Fluid Milk Substitutions".

## Check Your Pizza

If you serve processed, frozen pizza to the children, it is nearly impossible to determine if there is enough meat/meat alternate in a child-sized serving of this item. Some manufacturers may be using cheese product instead of real cheese which would render it non-credible.

**MAKE YOUR OWN PIZZA** by purchasing a credible shredded cheese in bulk and freeze it to make it more economical. See the recipe on the back page.

## Say Cheese . . . . .

Most children love cheese alone or on their veggies, however, not all items with "cheese" listed on their label are credible on the food program.

**CREDIBLE natural cheeses** includes reduced-fat, light, or non-fat substitutes.

**SERVING SIZE:** 1 oz portion (about a 1 inch sized cube) is equal to a 1 oz serving of meat/meat alternate.

American	Brick	Cheddar
Colby	Monterey Jack	Mozzarella
Muenster	Provolone	Swiss

**CREDIBLE processed cheeses** includes reduced-fat, light, or non-fat substitutes.

**SERVING SIZE:** 2 ounce serving of these products is equivalent to a 1 ounce serving of meat/meat alternate. For cottage and ricotta cheese, ¼ c equals a 1 oz serving of meat/meat alternate.

Cottage Cheese	Ricotta
Cheese Spreads	Processed Cheese Food

**Parmesan/Romano cheese** - 6 tablespoons equals one ounce of meat. **If served as a garnish, the cheese is not creditable because the serving size is too small.**

### NOT CREDIBLE

Cheese Product	Canned Cheese Sauces
Cream cheese	Imitation Cheese
Powdered Cheese	

Most of the individually wrapped cheese slices are categorized as **PASTEURIZED PROCESSED CHEESE PRODUCT** and are not creditable on the food program. This includes **Kraft Singles and Velveeta**.

**READ THE PACKAGING ON ALL CHEESES.**

**ANY CHEESE LABELED AS A CHEESE PRODUCT DOES NOT MEET REQUIREMENTS.**

If you have difficulty remembering which is credible, **CHEESE FOOD** or **CHEESE PRODUCT**, keep in mind that you can always eat something designated as *food* – but you can't always eat *product*.

# December is Root Vegetable and Exotic Fruits Month



Root vegetables are the fleshy edible underground roots or tubers of plants unlike the vegetables that develop above ground such as squash, green peppers and cucumbers.

## Chock Full of Nutrients

As the “storage bin” for a plant’s nutrients, they are health-promoting power houses. Although each root vegetable has its own nutritional design, as a group they are an excellent source of complex carbohydrates, fiber, potassium and antioxidants, nutrients all essential for young, growing bodies.

- ◆ Potatoes are among the highest in potassium of any fruit or vegetable commonly eaten in the U.S.
- ◆ Carrots and sweet potatoes are an excellent source of beta-carotene, a precursor to vitamin A.
- ◆ Parsnips and beets are equally good sources of the B vitamin, folate, normally associated with dark green leafy vegetables.
- ◆ Beets also contain betalains, pigments which gives the veggie its

reddish color. Betalains, in addition to their antioxidant and anti-inflammatory properties, trigger a family of enzymes that binds toxic, damaging substances in cells, allowing them to be excreted from the body.

- ◆ Radishes, rutabagas and turnips are classified as cruciferous vegetables along with “above ground” veggies, broccoli, cauliflower and brussels sprouts. This class of super-veggies contain micro-nutrients that are very important to good health.
- ◆ Jicamas, rutabagas and celery root are all good sources of vitamin C.
- ◆ Parsnips and rutabagas are high in potassium, which helps control blood pressure.

## Economical

Especially during winter months, when many favorite summertime vegetables come at a premium price, root vegetables are generally low-cost options. By adding them to your usual range of choices, you obtain greater variety while keeping costs down. Keep them in a perforated plastic bag in the refrigerator for up to three weeks. Make sure you start off with fresh, firm roots with no signs of withering.

## Easy to Prepare

Winter is the perfect time to introduce some of the under-used and under-appreciated root vegetables.

- ◆ Slowly baking root vegetables brings out a wonderful sweet

flavor. Simply take about one pound of any combination of root vegetables that you desire. Peel and cut into equally sized wedges or cubes. Place in an oven safe casserole dish and top with about 1/4 cup of olive or vegetable oil. Season with salt and/or herbs such as thyme and rosemary. Bake at 400° F about 40 minutes to 1 hour or until vegetables are soft and browned.

- ◆ Swirl cooked, pureed beets into mashed white potato for a fun and colorful dish.
- ◆ Place (1/2 cup) cooked chickpeas (garbanzo beans), 1 medium beet or sweet potato, cooked and peeled and 2 tbsp natural yogurt in a food processor and blend to create a nutritious dip - wonderful with pieces of pita.

## Common Root Vegetables

potato	carrot
beet	radish
turnip	rutabaga
jicama	parsnip
sweet potato	onion

For more recipe ideas:

Visit <http://healthymeals.nal.usda.gov> and click on “Recipes” for a listing of websites which provide healthy menu options.



**MAKE HALF YOUR PLATE  
FRUITS AND VEGETABLES.**

## English Muffin Pizza

- 4 English muffins, split
- 1/2 cup canned pizza sauce
- 2 cups shredded mozzarella cheese

Preheat the oven to 375° F. Place the English muffin halves cut side up onto a baking sheet. Spoon some of the pizza sauce onto each one. Top with mozzarella cheese and desired toppings. Try some root veggies such as beets, carrots and sweet potato for color! Bake for 10 minutes in the pre-heated oven, or until the cheese is melted and browned on the edges.

Servings: 8    1 muffin pizza    = 1 meat/meat alternate, 1 bread    for 1 - 2 yr olds  
                   1 1/2 muffin pizzas    = 1 meat/meat alternate, 1 bread    for 3 - 5 yr olds  
                   2 muffin pizzas            = 1 meat/meat alternate, 1 bread    for 6 - 12 yr olds

