

FAMILY DAY CARE NEWS

Illinois Child Care Bureau

July 2011



GET READY FOR CHANGE

THE PROBLEM WITH JUICE

Over 10 years ago, the American Academy of Pediatrics issued a policy statement about **'The Use and Misuse of Fruit Juice in Pediatrics'**. This policy was reaffirmed by the AAP, February 1, 2007.

According to the AAP, drinking too much juice can contribute to obesity, the development of cavities (dental caries), diarrhea, and other gastrointestinal problems, such as excessive gas, bloating and abdominal pain. The following is recommended:

- 100% pasteurized fruit juice should be served; not fruit drinks.
- Infants under 6 months of age should not be given juice, although many doctors do recommend small amounts of juice for children that are constipated.
- Infants between 6 and 12 months should not drink juice from a bottle, *only a cup*, and be limited to 4 to 6 ounces of juice a day. Children aged 1 to 6 years should also be limited to 4 to 6 ounces of juice per day.
- Older children should not have more than 8 to 12 ounces of juice per day. Instead of juice, children should be encouraged to eat whole fruits.

The Benefits of Juice

100% juice is a nutrient-dense beverage choice that is rich in many of the nutrients found naturally in whole fruit providing vitamins and minerals like potassium, vitamin C and folate. Fruit juice is also a convenient way for adults and children to help reach the recommended number of daily servings of fruits and vegetables.

The Juice Problem

The problem occurs when too much juice is consumed. It is filling and will

Independence Day!



The ICCB office be closed on **Monday, July 4th** in observance of our nation's birthday.



Are you Income Eligible?

If you currently have an income eligibility application on file, it is valid through **July 31, 2011**. Approved parent applications are also valid through this date. Be on the lookout for the new applications which will be mailed to you in July. New applications must be submitted in order to be approved to claim your own children and/or receive Tier 1 reimbursement rates for the new year.

decrease a child's appetite for other more nutritious foods. Most juices have plenty of vitamin C and some are fortified with calcium, however a child who drinks too much juice probably isn't drinking much milk, for example, which is a good source of calcium and other vitamins and nutrients.

So what will change?

Some food programs in other states have already put in place new rules on juice.

- In Texas and Missouri, juice may not be served as the second component for the fruit/vegetable requirement for lunch and dinner.
- Missouri also suggests that juice not be served more than once each day and that whole fruits be served at breakfast three times each week.

Despite any potential changes coming our way, it would be a good idea to start following the AAP guidelines. We will keep you posted!

2011 Mandatory Training

GET YOUR 2ND HOUR OF TRAINING IN NOW!

Complete a quiz from the newsletter, a training packet or from nutrition material supplied at a recent home visit to complete this second hour of mandatory training. If you have received a notice in this mailing, we have not received proof that you have completed this training. Do so immediately! As always, call the office if you have any questions.

SUMMER HAS ARRIVED!!!

TAKE CAUTION TO AVOID NO SHOW STATUS!

If you are not going to be home during your approved meal or snack times or you are **CLOSED FOR THE DAY**, you must inform the ICCB office.

If you claim on-line you can note days that you are closed via your computer. If you do not claim online you must call the ICCB office to inform us when you will be closed.

In the case of field trips, all providers must call or email the office if they will not be home during regularly scheduled meal service times.



Visit our website

www.illinoischildren.com for:

the latest CACFP updates, recipes and activities, downloadable forms, reimbursement dates.

Contact us at: ICCB@illinoischildren.com

JULY IS NATIONAL BLUEBERRIES MONTH

Welcome

NEW PROVIDERS!!

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

Micheryl Ames	Chicago
Amanda Celis	Waukegan
Vanessa Fort	Rockford
Maria Guadarrama	Waukegan
Valerie Harper	Zion
Dorothy Herron	Chicago
Constance Johnson	Chicago
Peggy Jones-McGee	Rockford
Janice Morton	Rockford
Lucrecia Nieto	Waukegan
Monica Olmos	Waukegan
Sandra Outten	Chicago
Laura Rios	Waukegan
Regina Turner	Round Lake Beach
Michelle Woodshank	Peru

Provider Tip of the Month

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WHAT YOU NEED TO KNOW ABOUT INCOME ELIGIBILITY!

\$ If you are currently income eligible, you will receive a new income eligibility application in the mail dated 8-1-11 through 7-31-12. It should arrive by July 15.

\$ If you are a **Tier 1** home by **SCHOOL**, you will receive **Tier 1** rates for your daycare children automatically.

\$ If you are **Tier 1 by SCHOOL** and have children of your own (12 yrs or younger), you must complete an income eligibility application in order to claim them.

\$ If you do not qualify by school for **Tier 1** rates, but you think your income meets the eligibility guidelines, *submit an application*.

\$ If your income does not meet the guidelines, perhaps your parents' income will qualify. Request parent applications for all of your households and encourage your clients to submit them to us.

**ONLY ORIGINAL INCOME ELIGIBILITY APPLICATIONS CAN BE ACCEPTED.
NO COPIES, SCANS OR FAXES!!!!**



Before you submit your June menus . . .

Take a few minutes to check some details before you submit your June menus. It may save you the anguish of losing much needed reimbursement dollars.

CHECK YOUR CHILD ENROLLMENTS!

Children who are full time students must have **ALL DAY** hours of care indicated on their child enrollment forms. These time frames are noted under Normal Schedule. Remember that you will not be reimbursed for lunch over the summer if the enrollment shows the child being in your care before and after school only.

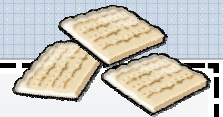
MAKE SURE THAT AM SNACK AND LUNCH ARE APPROVED FOR SCHOOL AGED CHILDREN

This is a common, costly deduction. Losing a month of lunches at Tier 1 rates will cost you, on average, \$48.84/child. Check those enrollments to make sure that you avoid this error.

IS SCHOOL OUT INDICATED FOR YOUR FULL TIME STUDENTS?

Check your school aged children's calendars on your Minute Menu account. Click on CHILDREN / MANAGE CHILD CALENDAR on the toolbar at the top of the screen. Select a child by clicking on the arrow near the SELECT CHILD box. If the words, "school district" appear in each date, then the days off for the summer schedule have been automatically entered based on the school district that your home resides in. If a child is a full time student and nothing is indicated, then you may enter it at this time. Please call the office if you have questions.

The Kids' Recipe Corner



Whole Wheat Crackers

This thin WHOLE wheat cracker is simple and thrifty to make. Try it with white whole wheat flour!

1 3/4 cups white whole wheat or whole wheat flour
1 1/2 cups all-purpose flour **3/4 teaspoon salt**
1/3 cup vegetable oil **1 cup water**

Preheat the oven to 350 degrees F. In a medium bowl, mix the flours, and 3/4 tsp salt. Pour in the vegetable oil and water; mix until just blended. On a lightly floured surface, roll out the dough as thin as possible - no thicker than 1/8 inch. Place dough on an ungreased baking sheet, and mark squares out with a knife, but don't cut through. Prick each cracker with a fork a few times, and sprinkle with salt. Bake 15 - 20 minutes until crisp and light brown. When cool, separate into individual crackers.

Servings: 52 1 serving = 1 bread/grain alternate for 3 - 5 yr olds
 26 1 serving = 1 bread/grain alternate for 6 - 12 yr olds

Source: Allrecipes.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!

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

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