

FAMILY DAY CARE NEWS

Illinois Child Care Bureau

August 2011



Changes are Coming -

New Milk Requirements



**THE FIRST OFFICIAL CHANGE
IN NUTRITION GUIDELINES
HAS ARRIVED!**

First let's start with what has not changed:

- **INFANTS** (until they turn 1 year old) must be served either **BREAST MILK** or **IRON FORTIFIED INFANT FORMULA**.
- **ONE YEAR OLDS** (not infants and not yet two years old) should be served **WHOLE MILK**.

WHAT IS THE NEW REQUIREMENT?

All children over 2 years of age must be served low-fat (1%) milk or fat-free (skim) milk.

This change brings the **CACFP** nutritional guidelines for milk in line with the **2010 DIETARY GUIDELINES FOR AMERICANS**.

The majority of current fluid milk intake comes from reduced fat (2%) milk or whole (full fat) milk. Choosing low fat or fat free milk provides the same nutrients with less solid fat and thus fewer calories.

Consumption of too much solid (saturated) fat increases the risk of heart disease. The first signs of atherosclerosis or hardening of the arteries has been surfacing in children as young as 2 years old.

Fewer calories is best when you consider the growth of childhood obesity over recent years.

Milk is best known for its contribution to strong bones and provides a concentrated, easily absorbable source of calcium, a major contributor to bone health. The calcium contribution is not affected by the amount of fat in the milk, as stated earlier.

"Dairy is the most convenient source of calcium in the American public," states Frank Greer, M.D., a member of the American Academy of Pediatrics and a professor of pediatrics at the University of Wisconsin in Madison. "When you do a survey of the American diet, 72 percent of the calcium intake comes from dairy, for children and adults. Swiss chard is an excellent source of calcium, but you have to eat a cup to get what's equal (in calcium) to a cup of a milk." Broccoli is another great source, Greer added, "but no five-year-old is

going to eat a cup of chopped broccoli."

The reasoning behind the above statement is why milk is such an important nutritional requirement for young children.

Milk is required to be served at all main meals, *breakfast, lunch and dinner* in the following types and amounts:

1 - 2 years:	1/2 cup	WHOLE MILK
3 - 5 years	3/4 cup	1% OR SKIM
6 - 12 years	1 cup	1% OR SKIM

Effective **October 1, 2011**, Program Advisors will be required to verify that the proper type of milk is being offered. If this is not the case, reimbursement will be disallowed.

For some of you, the transition from whole or 2% milk to skim or 1% will be easy. For others, it may prove more difficult. If the children prefer the taste of whole or 2%, then begin by mixing the higher fat milk with 1% or skim in varying concentrations until acceptance increases. Start now so you will be prepared for the October 1 deadline!



2011 MANDATORY TRAINING

All providers are required to complete two hours of training each year for the food program.

If there is a **PAST DUE (RED)** notice in this newsletter, we have not received your 2nd hour of training. Refer to this notice and complete this requirement as soon as possible.

FAILURE TO FULFILL THIS TRAINING REQUIREMENT BY THE END OF THE FISCAL YEAR, SEPTEMBER 15, 2011 WILL LEAD TO CORRECTIVE ACTION AND POTENTIAL TERMINATION FROM THE FOOD PROGRAM.



INCOME ELIGIBLE?

Have you returned your application?

Renewal applications were mailed on July 5, 2011 to all providers currently approved to claim their own or foster children. This application must be returned by August 6, 2011 in order for you to continue to receive Tier 1 rates for August menus.

If you are currently Tier 1 and claim your own children and did not receive an application, contact Kim in the ICCB office immediately. If you are Tier 1 by school and do not claim residential children, an application is not required.

NEW CHILDREN FOR AUGUST?

If you are enrolling new children in August, look ahead to the school year. Be sure to include school information even though the child may not be starting school until late August or September. These enrollments are in effect through September 30, 2011. Take care of this detail **NOW** to save time and money later.

Visit our website

www.illinoischildren.com for:

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

Contact us at: ICCB@illinoischildren.com



WELCOME New Providers!

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

Teresa Collins	Lansing
Tim Dotterweich	East Dubuque
Vanessa Fort	Rockford
Lydia Gomez	Waukegan
Janice Morton	Rockford
Tracy Tribble	Rockford

Provider Tip of the Month!

Check Your Messages

When you log onto your Minute Menu account you may see a notice to check your messages:



You have new messages!
Click here to view them now
or
[Click here to read your messages.](#)

Only important notices are sent in this manner and you are responsible for this information.

So please start to *Check Your Messages* if you are not in the habit of doing so!

Children's Eyes More Susceptible to Long-Term Damage from UV Rays

Most parents and caregivers diligently apply sunscreen to protect a child's skin from the sun's rays but many may not be aware of the damage that UV rays can have on the eyes. According to the World Health Organization, up to 80 percent of a person's lifetime exposure to UV is received before the age of 18. Wearing proper sunglasses for protection is extremely important. For more information on proper eyecare for all ages, visit www.preventblindness.org

KEEP YOUR CACFP RECORDS

USDA regulations require that a provider keep records for three years after the end of the fiscal year, unless an audit has not been resolved.

Section 226.10(d) requires that providers must maintain and have **ON HAND FOR REVIEW** all records that support their program participation for the current month, as well as the prior 12 months of operation. Records should include documentation of attendance, enrollment, meal counts and menus. The remaining two years of records may be kept off site; however, they must be accessible in a reasonable amount of time.

For **online claimers** your records for past years are stored by Minute Menu and are available as long as you can access your computer. If your computer is not in the day care vicinity, however, you should take measures to copy the Claimed Food and Attendance Report for review. There are two ways this can be done:

- 1 - Make a hard copy (print out the report) and store it in a file.
- 2 - Save the monthly Claimed Food and Attendance Reports to a separate disk or flash drive. This can be done simply by going to Review Claims (highlight the desired month); click Details; under Choose a Report select Claimed Foods and Attendance. After the report pulls up, save a copy to the desired location. Be sure to name it by month and year.

Don't forget to keep the signed copies of all child enrollments for prior years as well as the above.

The Kid's Favorite Recipe

Yogurt Snack Cones

*A much healthier alternative to ice cream!
Involve older children in the preparation for a fun activity as well.*



- 2 cups vanilla yogurt
- 1 cup granola type cereal
- 8 wafer ice-cream cones

Toppings: *Sprinkles, chopped nuts, mini chocolate chips or M & M's, Teddy Grahams; crumbled graham crackers or vanilla wafers*

Combine the vanilla yogurt and granola cereal. Scoop into wafer ice-cream cones. Sprinkle on desired toppings.

- Yield: 8
- 1 cone = 1 meat/meat alternate at snack for 1 - 5 year olds
 - 2 cones = 1 meat/meat alternate at snack for 6 - 12 year olds

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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