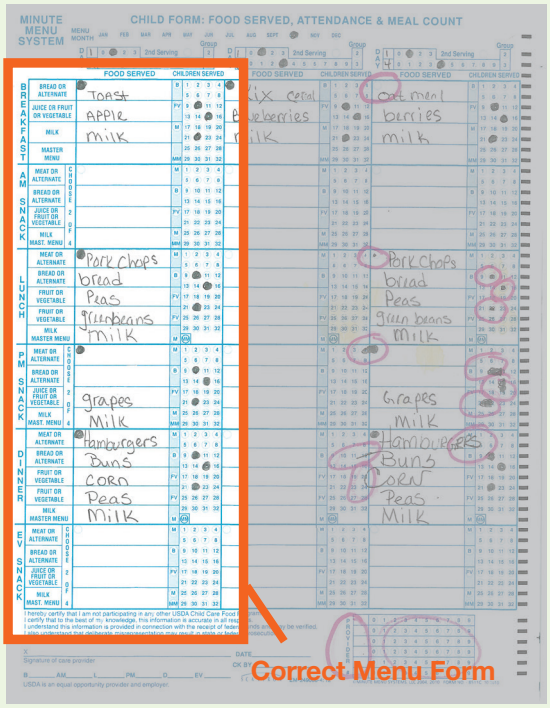
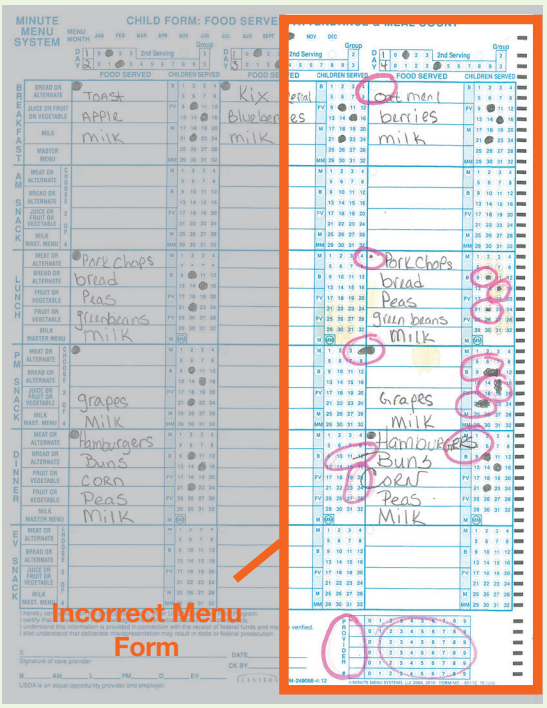
Illinois Child Care Bureau News

January – March 2015

Dear Provider:

In addition to visits from the Illinois Child Care Bureau, you may receive a visit from an Illinois State Board of Education monitor, namely, Jeanette Andrews, Lou Berkman, Julie Burd, Marlon Cummings, Kathryn Dundon, Tim Folger, Judy Foster, Andrea Gregory, Paul Hansen, Jill Klaas, Kimberly Nesler, Jorge Nieves, Jason Prager, Karen Taylor, Matthew Whitaker, or Bart Speta. The Illinois State Board of Education monitor will have photo identification. Child and Adult Care Food Program regulations require that you allow the Illinois State Board of Education monitor to conduct a home visit.





Are you using scannable/bubble menu forms to submit your claim each month? If so, be sure the forms are completed accurately by spending a few extra minutes slowly and neatly coloring each bubble which will assist you in receiving your greatest allowable reimbursement. In order for your claim to be processed, you must color in the bubble in the left-hand corner of the first item listed for the meal or snack. Secondly, please keep the written menu items within the space provided. If you write in the bubble area, it may cause you to be disallowed for a meal or snack. Thirdly, it is important to clearly bubble your provider number at the bottom of every page, as well as sign and date each page. TIP: Use every single column even if you are not claiming one day. For example, if you are claiming Monday, Wednesday and Friday, then use one paper menu. As long as the date is clearly bubbled, it is not necessary to skip a column.

Please call the Illinois Child Care Bureau if you are interested in learning how to submit your claim online.

ICCB welcomes **Kristi Anderson** of McHenry**, Marlana Baker** of Chicago, **Leticia Bolanos** of Waukegan, **Ariana Bonilla-Soto** of Waukegan, **Tania Davis** of Monee, **Norma Enriquez** of Round Lake Beach, **Cheryl Ferrill** of Evanston, **Dorothy Gill** of Glenwood, **Brenda Hallom** of Chicago, **Falonta Hampton** of Thornton, **Janeice Hemphill** of Forest Park, **Brenda Howard** of Elizabeth, **Asya Hyde** of Chicago, **Sharonda Johnson** of Chicago, **Cherelle Johnson** of Riverdale, **Barbara Jones** of Chicago, **Rocelia Juarez** of Round Lake Park, **Maritza Lizama-Gomez** of Chicago, **Jennifer Luedtke** of McHenry, **Amoria Lyons** of Rockford, **Kathleen Moore** of Chicago, **Luz Osegurera** of Flossmoor, **Dayna Pearson** and **Tena Langford** of Chicago, **Ronda Peet** of Round Lake, **Sarah Peregrin** of Spring Grove, **Wilnetta Robinson** of Homewood, **Shirley Rogers** of Chicago, **Faye Russell** of Chicago, **Rocio Tovar** of Aurora, and **Yvette Wilcoxon** of Chicago. ICCB also welcomes back **Carolyn Briggs** of Lansing, **Sheila Coleman** of Chicago, **Genoveva De Ramirez** of Waukegan, **Dawn Hasley** of Round Lake Beach, **Lashunda Jointer** of Chicago, **Joyce Luckett** of Chicago, **Cedella Mcfarland** of Joliet, **Jeannette McGee** of Chicago, **Tracy Tribble** of Rockford, **Camesha Wilks** of Chicago Heights, and **Lisa Willems** of Mundelein.

The Illinois Child Care Bureau office will be closed:

- ✓ Monday, January 19, 2015 in observance of Martin Luther King Day
- ✓ Thursday, February 12, 2015 in observance of Lincoln's Birthday
- ✓ Monday, February 16, 2015 in observance of President's Day

— Cathy, Kim, Mary, Marguerite, and Sonia

Celebrate FIBER

Per the American Dietetic Association, dietary fiber is a broad term that describes the part of plant foods that your body cannot digest. Foods high in fiber are usually low in calories and fat while packed with vitamins, minerals and other important nutrients. Fiber aids your body to digest the daily intake of food.

Good sources of fiber include:

- barley
- brown rice
- bulgur or whole grain cereals
- couscous
- dry beans and peas
- lentils
- most vegetables, especially dark green vegetables
- oat bran
- oatmeal
- strawberries, blueberries, pears, apples, and citrus fruits
- wheat bran
- whole-wheat bread

TIPS: Serve fresh or frozen food instead of fruit juice and add fresh or frozen berries on top of low-sugar high-fiber cereal for a healthy breakfast. Add fiber at snack time by serving raw vegetables such as sliced carrots instead of non-creditable foods such as chips. Serve brown rice instead of white rice at mealtime.

Are you using the RECIPES FOR HEALTHY KIDS cookbook which was given to you during a home visit this past summer? The cookbook includes whole grain recipes on pages 9 – 29.

A Provider You Should Know

by Kim Klimek, Compliance Supervisor

Ms. Michele Doonan has owned and operated **Little Tot Town** located in Schaumburg for the past 17 years. Ms. Doonan worked as an administrative assistant for Girl Scouts of America before starting her home day care career, so she was familiar with bringing her own children to a day care home provider for day care. Ms. Doonan was notified that her office was moving to a different location, which prompted a conversation between Ms. Doonan and her child care provider. The day care home provider encouraged Ms. Doonan to consider opening a business since she wanted to contribute to the family income as well as care for her own children.

Once Ms. Doonan opened her doors, she found that her core business was providing care for children between the ages of 3 months and 5 years. Ms. Doonan used the new guidelines of S.T.E.A.M. (Science, Technology, Engineering, Art, Math) to create her own curriculum which

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uses a variety of resources including printed materials, the internet, and human resources too. Ms. Doonan subscribes to Scholastic® Magazines for children in order to expose the children to a variety of information. A music teacher comes to Little Tot Town twice per month and Ms. Doonan teaches the children music during the week as well. The music teacher shows the children unique instruments to further expand the children's vocabulary as well as their knowledge base. Ms. Doonan enjoys bringing the children to community activities throughout the week. The children attend a gymnastic class on Tuesdays.

Schaumburg's School District 54 offers an early education program every Wednesday. Ms. Doonan brings the children each week to give them exposure to the classroom in a school setting which makes the transition to school less frightening. Many local park districts offer special programs for young children. Ms. Doonan takes advantage of this community resource and travels with the children to a variety of park district locations. In addition, Ms. Doonan researches other opportunities for field trips that provide educational and fun activities.

As to the rewards and challenges of owning a day care business, Ms. Doonan stated she enjoys "watching the children grow – their natural progression from caring for a new baby to preparing them to go to school – and, seeing their triumphs". Little Tot Town opened over 17 years ago, so one of the first children she cared for is now a junior in college and, to Ms. Doonan's delight, he still keeps in touch with her. Ms. Doonan finds the most challenging part of running a day care business is to maintain a separation between her business life and her family life. This issue is very familiar to many day care home providers. The day care home provider's own children face challenges too. Because of capacity issues the Doonan children were not allowed to have play dates at their home until Little Tot Town was closed for the day. For Ms. Doonan, it was important to let her children's rooms be their private space where their special toys were not shared with the day care children. Ms. Doonan also closed on school holidays to spend time with her own children. Now that her own children are older, life is getting easier for the Doonan family.

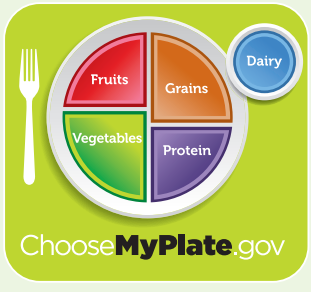
Ms. Doonan only offers home cooked meals which can be time consuming. Her tip is to prep meals in the morning or the night before to avoid causing a delay in serving the food. Little Tot Town's menu includes a variety of fruits and vegetables and only serves "kid friendly" meals occasionally. When she serves homemade pizza it is an opportunity for the children to help prepare the meal which they really enjoy.

Ms. Doonan appreciates the assistance received from Sandy Castelvecchi, her Illinois Child Care Bureau Program Advisor, for such advice as how to handle a picky eater. "Just put in on their plate. They do not have to eat it if they do not want to, but keep trying", Ms. Castelvecchi told Ms. Doonan. After the third or fourth time, the children often try the food and find out they like the new food. Ms. Doonan keeps up with her food program responsibilities by entering her menus and attendance into Minute Menu™ each night. Her husband is currently working on the second shift so she uses his arrival as her reminder to enter her daily menus and attendance.

Ms. Doonan takes several classes a year to stay on top of current day care information and has been nationally accredited since 2005. In addition, Ms. Doonan networks with other providers and is looking to join a new day care provider association. Ms. Doonan gets most of her new clients through referrals and offers the following advice to new providers. "If possible, before you even open your doors there are things that you need to decide. How much of your home will be used for the day care? Are your hours flexible or firm? Do you need to buy equipment or will you use your children's equipment?"

Every business has legal issues, tax issues, and management issues. Ms. Doonan recommends new providers contact their local resource and referral to find a mentor for development of a contract between the day care home provider and the parent/guardian, a handbook stating the day care rules, and curriculum for each age group in her care. Ms. Doonan also believes that finding and hiring an accountant with knowledge of tax accounting for a day care home business is also beneficial for the provider. It is important to purchase liability insurance in order to protect the assets of the day care provider (home, car, business). Ms. Doonan recommends Tom Copeland of Red Leaf Press to answer questions on the legal issues of owning and operating a day care business.

One final recommendation from Ms. Doonan -- join a food program. Ms. Doonan has been with the Illinois Child Care Bureau since February 1998, almost as long as she has been providing child care.



Choose My Plate

Latin cooking offers a variety of delicious recipes with fiber. For more recipes visit http://www.choosemyplate.gov/healthy-eating-tips/sample-menus-recipes/MyPlateCookbookBy-Goya-English.pdf

recipes

Cheesy Chicken Broccoli Bake

Ingredients

6 ounces cooked chicken, cut in cubes
1.5 cups raw broccoli, cut into bite-size pieces
8 ¼ ounces long grain, brown rice
1.5 cups raw onions, diced
2 tsp ground cumin
1 tsp black pepper
1.5 tsp chili powder
1 cup low-fat mozzarella cheese
1 cup chicken broth
1.5 cups water
½ tsp salt
2 TB canola oil

Instructions

1. Boil water plus half the chicken broth in a large pan. Add long grain, brown rice. Cover and simmer over low heat for 30 minutes or until liquid is absorbed.
2. Heat canola oil in a large sauté pan over medium heat. Add diced onions, chopped broccoli, and spices until vegetables are tender (about 5 minutes).
3. Combine vegetables, cooked chicken, cooked brown rice, remaining chicken broth, and 2/3 cup of cheese in a 9" x 13" baking dish. Sprinkle remaining 1/3 cup of cheese on top.
4. Bake at 400 degrees for 15 minutes.
5. Serve immediately.

Servings: 6

Bigtime Butternut Squash & Zucchini Pasta

Ingredients

8 ounces whole wheat penne pasta
4 ounces onion, yellow
8 ounces summer squash, zucchini
1 TB olive oil
1 TB balsamic vinegar
¼ cup parmesan cheese, grated
Dash ground black pepper

Instructions

1. Cook pasta al dente and rinse in cold water. Season with salt and pepper, drizzle with olive oil. Toss gently and set aside.
2. Peel and seed one medium butternut squash, season with salt and pepper and olive oil and put the squash in a medium roasting pan with approximately ½" of water in a hot oven (375 degrees) until tender (approximately 30-40 minutes).
3. Cut onions into julienne or thin strips. Put onions and olive oil in a skillet on the stove top, and sauté. Add the balsamic vinegar and continue cooking for 15 minutes. Add thin sliced zucchini, toss with the onions and continue cooking for 5 minutes.
4. Combine the cooked pasta and squash to the cooked onion and zucchini mixture and toss. Sprinkle each portion with Parmesan cheese.

Servings: 6

Special thanks to Patty Hickey (ICCB menu processor) for creating the sample menus, American Dietetic Association, Whole Grains Council, and the Centers for Disease Control. For more recipes and additional information on the health benefits of fiber, visit WholeGrainsCouncil.org and EatRight.org.

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