Illinois Child Care Bureau News

October – December 2015

Dear Provider:

October 1 begins the new fiscal year for the federal government – the funding source of your food program. Therefore, it is time to renew some of the paperwork associated with your participation. Completed **Enrollment Renewal Worksheets** were due on September 15. If you have not submitted the renewals, please complete and mail renewals immediately to avoid losing reimbursement from your October menus.

ICCB welcomes **Maria Bernasol** of Plainfield, **Emerick Black** of Chicago, **Celia Britton** of Kankakee, **Kaneesha Brough** of Chicago, **Amber Brunat** of Rock Island, **Breanna Calahan** of Cary, **Karen Copeland** of Chicago, **Nidia Cortez** of Chicago, **Kimberly Eisenhut** of Woodstock, **Annie Finley** of Waukegan, **Stacey Fletcher** of Yorkville, **Irma Franco** of Cicero, **Elizabeth Garcia-Beiza** of Skokie, **Amy Hernandez** of Galena, **Jeanne Ivery** of Chicago, **Lajunua Jackson** of Chicago, **Barbara King** of Chicago, **Demetria Love** of Bellwood, **Maria Malagon** of Mundelein, **Cynthia Moran** of Cicero, **Angela Orlando** of McHenry, **Martha Ornelas** of Aurora, **Maria Teresa Perez** of Glendale Heights, **Teshona Perkins** of Chicago, **Susana Rodriguez** of Waukegan, **Sharon Williams** of Chicago, **Lesly Wilson** of Chicago, **Jill Yuretich** of McCook. ICCB welcomes back **Robin and Ray Adams** of Downers Grove**, Falonta Hampto**n of Calumet City, **Gloria Jackson** of Chicago, **Silvia Keller** of Lynwood, **Akilah King** of Evergreen Park, **Yivgenia Korzun** of Round Lake Beach, **Patricia Kyle-Ammons** of Dolton, **Tina Mengel** of Lake in the Hills, **Phyllis and Clay Montgomery** of Chicago, **Kathleen Moore** of Chicago, **Tyesha Reyes** of Chicago, **Wilnetta Robinson** of Homewood, and **Metra Saddler** of Dolton.

ICCB's office will be closed:

- ✓ Wednesday, November 11 in observance of Veteran's Day
- ✓ Thursday, November 26 and Friday, November 27 in observance of Thanksgiving
- ✓ Friday, December 25 in observance of Christmas Day
- ✓ Friday, January 1, 2016 in observance of New Year's Day

~ Cathy, Kim, Maria, Marguerite, and Mary

Reimbursement rates effective as of July 1, 2015:

rate level	breakfast	am snack	lunch	pm snack	supper	evening snack
Tier I	$1.32	$0.74	$2.48	$0.74	$2.48	$0.74
Tier II	$0.48	$0.20	$1.50	$0.20	$1.50	$0.20

If you have a question about your current tier status, please call the Illinois Child Care Bureau at 773.444.0115 and ask to speak to Kim Klimek.

A Provider You Should Know

by Kim Klimek, Compliance Supervisor

Mrs. Kimberly Kelly has owned and operated **Watchful Eye Day Care** located in Chicago Heights, for the past 20 years. Before opening a home day care business, Mrs. Kelly worked as a medical assistant. Mrs. Kelly was not satisfied with the work because it was not very exciting. Then, the Kelly Family moved from Chicago to the suburbs and could not locate quality day care. Mr. & Mrs. Kelly discussed the options and agreed that Mrs. Kelly should pursue her idea of opening a day care home business. One of the first things Mrs. Kelly did was to work in a day care center and educated herself on the responsibilities of a day care home business. After much hard work, Watchful Eye Day Care was founded in 1995.

Mrs. Kelly typically cares for children from newborn to 12 years old. Currently, she is caring for infants and

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Celebrate PASTA!

Diets around the world use pasta as a component of a meal. Pasta is inexpensive, readily available, easy to cook, and is child-friendly. In addition, pasta can easily be paired with fresh vegetables, meat, marinara sauce or fresh herbs and olive oil. Add pasta to soups, stews, chili, and salads to provide additional nutrients.

Many grocery stores now offer gluten-free pasta choices as well.

Nutrition

Grains are an important component of a healthy diet. Grains are divided into two subgroups: whole grains and refined grains. Refined grains are milled to give a finer texture and lengthen the shelf life. Refined grains do not offer the dietary fiber, iron and many B-vitamins provided by whole grains. Grains are 'enriched' which means that specific B-vitamins were added after processing, however, dietary fiber cannot be added back into the product.

Pasta, a grain, can provide good nutrition along with great taste. Pasta is low in sodium and cholesterol-free. Whole wheat pasta can provide 25% of the daily fiber requirement too. Enriched pasta has been fortified with B-vitamins and folate. The most common B-vitamins are B1 (thiamin), B2 (riboflavin), niacin, B6 and B12. The B-vitamin group provides support for your body's metabolism rate, they provide energy and help your body fight disease and infection.

Review the *Meal Pattern for Children* to determine the serving size for each child. Children should eat a minimum of 3 servings of grains/bread per day and at least half of those servings should be whole grains and the rest may be enriched grains/breads.

Choosing Pasta

Pasta comes if many shapes and sizes. Offering small shells, bow tie pasta, and elbow macaroni to younger children enables them to easily manage eating on their own. Thin, long noodles such as angel hair pasta are a great choice for thin sauces. Thicker pastas such as fettucine work well with heavier sauces. Mostaccioli and rigatoni (pasta with holes or ridges) work well with chunkier sauces.

How Much Pasta Should I Prepare?

Eight ounces of uncooked small to medium pasta shapes will yield about 4 cups of cooked pasta. Eight ounces of uncooked long pasta shapes, such as spaghetti, will yield about 4 cups of cooked pasta. Eight ounces of uncooked egg noodles will yield about 2.5 cups of cooked pasta.

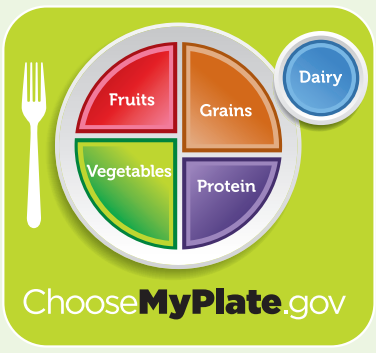
Cooking Pasta

Boil 4 – 6 quarts of water.

Add the pasta with a stir and return the water to a boil.

Stir the pasta occasionally while cooking.

Follow the package instructions in terms of cooking time. If you are going to add the pasta to a dish to bake it (baked mostaccioli or lasagna), then undercook the pasta



Choose My Plate

Visit http://choosemyplate.gov/food-groups/downloads/TenTips/DGTipsheet22ChoosingWholeGrainFoods.pdf to learn more about whole grains.

by about 1/3 of the cooking time instructed on the package.

Taste the pasta. Perfectly cooked pasta should be 'al dente' or firm to the bite, yet cooked through.

Drain pasta immediately and continue with the rest of the recipe.

Cooking Whole Wheat Pasta

You can easily add more grains to your weekly day care home menu by choosing whole wheat breads, breakfast cereals and pastas.

Grains can vary in cooking time depending on the age of the grain, the variety, and the pot you are using to cook. An average cooking time for whole wheat pasta is between 8 – 12 minutes. Test the pasta. If the pasta is not tender at the end of the prescribed cooking time, then cook a bit longer. Once the pasta is cooked, immediately drain the excess water.

If the pasta sticks to the bottom of the pot, then turn off the heat, add some water, place the lid on the pot, and let it sit for a few minutes.

From USDA –
Food made from wheat, rice, oats, cornmeal, barley, or another cereal grain is a grain product. Bread, pasta, oatmeal, breakfast cereals, tortillas, and grits are examples. Whole grains contain the entire grain kernel – the bran, germ, and endosperm. People who eat whole grains as part of a healthy diet have reduced risk of some chronic diseases. The color of a food is not an indication it is a whole-grain food. Foods labeled as 'multi-grain', 'stone-ground', '100% wheat', 'cracked wheat', 'seven-grain', or 'bran' are not usually 100% whole-grain products and may not contain any whole grain. Read the product ingredients and choose products that name whole-grain ingredients such as 'whole wheat', 'brown rice', 'bulgur', 'buckwheat', 'oatmeal', 'whole-grain cornmeal', 'whole oats', 'whole rye', or 'wild rice'.

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toddlers up to age 5. Recently, Watchful Eye Day Care celebrated graduation day for three children moving on to full day kindergarten. Mrs. Kelly and her assistant, her daughter Lauren Ashley, provided a luncheon for the children and their parents.

Mrs. Kelly teaches the children the alphabet including letter recognition and association, numbers, science, math, reading, and Spanish. In addition, Mrs. Kelly teaches them manners as well as sharing and how to take your turn. Watchful Eye Day Care also teaches the children through song and dance. Mrs. Kelly uses activities that are age appropriate as well as developmentally appropriate.

Mrs. Kelly uses her creativity when teaching the children how to read. After reading the story to the children, Mrs. Kelly leads a book discussion with the children. The discussion is age-appropriate so even the toddlers can participate by pointing at a picture in the book or by stating their response. In general, the 3 – 5 year olds will give 1 – 2 sentence feedback. Sometimes the children will create a picture or painting about the story. Mrs. Kelly is frequently amazed by the children's creativity.

Watchful Eye Day Care also provides several indoor and outdoor play areas filled with educational games focusing on small motor skills and hand/eye coordination. This spring, Watchful Eye Day Care raised enough funding to purchase new outdoor play equipment. The day care play area now includes a new swing set, slide and rock climbing wall.

Mrs. Kelly keeps the parents involved in the day care. She writes a parent newsletter each month to ensure they are aware of daily activities at Watchful Eye Day Care. In addition, special events are hosted throughout the year for the families of the children in her care. Mrs. Kelly holds a Parent Appreciation Day each year. This year, the parents and children enjoyed a dinner for everyone provided by Mrs. Kelly and her daughter. Parents were delighted with the entertainment – performances by their own children. Each parent was treated to a 15-minute chair massage given by a professional masseuse.

The most rewarding part of Mrs. Kelly's career is "watching the growth and development of the children". Mrs. Kelly expressed that the most important part of her job is to help the children grow and develop socially, academically, and emotionally. Mrs. Kelly is very proud that all of her day care children are great students. Mrs. Kelly considers Watchful Eye Day Care a Christian-based as well as an education-based day care.

The Kellys prepare homemade meals for the children in their care. The recipes are based on good nutrition. Mrs. Kelly prefers "great calories, not empty calories". The children enjoy being part of the cooking experience with Mrs. Kelly. She often teaches the children math and science as she prepares the recipes. When they prepare homemade pizza, the children are taught counting as well as fractions. Even the smallest child is able to recognize half and quarter slices. The children love pizza day at Watchful Eye Day Care!

The most challenging part of her career is keeping the parents on track with their payments in this difficult economic time. Mrs. Kelly would choose the same career "hands down, but would be better prepared". Currently, she is enrolled in a college program to complete a Bachelor of Business Administration degree.

Mrs. Kelly keeps up with her food program responsibilities by entering her menus and attendance daily. If the internet goes down, she records her meals and attendance on Minute Menu's™ *Daily Meal Worksheet* , then enters the data into Minute Menu™ the following day. She stated "it is imperative to enter them when you get that moment".

Mrs. Kelly loves the Illinois Child Care Bureau because they make her food program responsibilities easy.

recipes

Cheesy Wheaty Baked Ziti

Ingredients

1 lb pound ground turkey
1 small onion, chopped
3 cups tomatoes, canned, diced
1/2 tsp basil, crushed
1 tsp garlic powder
1 ½ tsp salt-free Italian seasoning
1 cup cottage cheese, small curd
1 cup mozzarella cheese, shredded
¼ cup parmesan cheese, grated
1 ¾ cups penne pasta, whole grain

Instructions

1. Preheat oven to 350 degrees.
2. Brown ground turkey. Add onions and continue cooking for 5 – 10 minutes.
3. Add tomatoes and seasonings to turkey. Heat to boiling, uncovered. Remove from heat.
4. Prepare pasta according to package directions, omitting salt. Drain.
5. Put the cottage cheese in a small bowl or in food processor. Mash or process until it resembles ricotta cheese. Add the parmesan cheese and half of the mozzarella cheese. (The remaining half is for the topping.)
6. Spray 9" x 13" casserole dish with vegetable oil spray to prevent sticking.
7. Pour enough meat sauce into the casserole dish to lightly cover the bottom, the mix the remainder of the meat sauce with the cooked pasta.
8. Pour the half of the remaining meat sauce/pasta into the casserole dish. Spoon cheese mixture on top and spread evenly over meat/pasta mixture.

9. Top it with the remaining meat/pasta mixture and cover with foil.
10. Bake for 1 – 1 ¼ hours.
11. Remove from oven and uncover. Top with the remaining mozzarella cheese.

Servings: 6 servings

Speedy Spinach Spaghetti

Ingredients

1 pound thin spaghetti, linguine, or vermicelli, uncooked
1 10-oz. package frozen spinach, thawed
1 10-oz. package fat-free cream cheese
½ cup skim milk
1 TB red wine vinegar
1 tsp chicken bouillon granules
½ tsp dried Italian herbs

Instructions

1. Cook pasta according to package directions.
2. Drain spinach well, squeezing out excess liquid.
3. Using an electric blender or food processor, combine spinach and remaining ingredients until smooth.
4. Transfer to a saucepan and heat.
5. When pasta is ready, drain well, then add sauce and toss.
6. Serve immediately.

Servings: 8-10 servings

Special thanks to the National Pasta Association and the Whole Grains Council. For more recipe ideas visit ilovepasta.org or wholegrainscouncil.org. Visit eatright.org for more nutrition information for a healthy diet.

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