Illinois Child Care Bureau News

July - August 2016

Dear Provider:

Change is challenging for everyone, so we appreciate the strong cooperation of Illinois Child Care Bureau (ICCB) providers changing from the old online claiming method to KidKare. The feedback we have received has been very positive. If you have any questions or comments, please call the ICCB office to speak to our knowledgeable staff. If you are using paper menus and are ready to make a change, then contact us so we can get you started on this safe, easy, and time-saving method of claiming.

ICCB has received inquiries regarding upcoming changes to the food program. USDA (US Dept of Agriculture) will direct the Illinois State Board of Education (ISBE) on the required changes to the food program rules and regulations. Your ICCB Program Advisor will provide you with training and any necessary updates. Continue to read the ILLINOIS CHILD CARE BUREAU NEWS as well as the ICCB website.

Reminder: All child enrollments expire on 9.30.16. FY17 *Enrollment Renewal Reports* (10.1.16 – 9.30.17) will be mailed to you during the last week of August. Your completed/signed *Enrollment Renewal Reports* are due in the Illinois Child Care Bureau office by September 15, 2016.

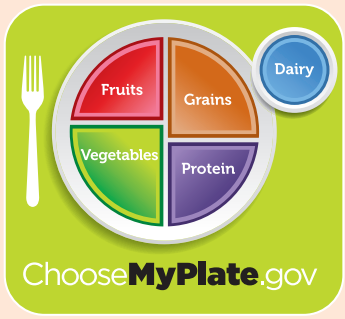
ICCB welcomes **Mercy Artunduaga** of Chicago, **Antionette Black** of Chicago, **Erica Blan** of Warrenville, **Ceva Brown** of Chicago, **Jasmine Carrasco** of Chicago Heights, **Cynthia Childs** of Rockford, **Zorena and Tranelle Duffie** of Antioch, **Kristen Ediger** of Chicago, **Heather Johnson** of Rockford, **Kimberly Linhart** of Colona, **Evanthia Makris** of Chicago, **Erika Pinon** of Berwyn, **Tiffiny Presley** of Chicago, **Carla Primous** of Rockford, **Kattie Sanders** of Rockford, **Lakisha Taylor** of Kankakee, and **Mahallie Thurman** of Chicago. ICCB welcomes back **Lorraine Barton** of Chicago, **Tina Buzinski** of Poplar Grove, **Savannah Cox** of Chicago, **Brenda Crawford** of Chicago, **Kelly Dotson** of Pingree Grove, **Stacey Fletcher** of Yorkville, **Marie Glover** of Dolton, **Keith Hallom** of Chicago, **Deborah Hayes** of Harvey, **Tamara Irwin** of Berkeley, **Tammie Johnson** of Bolingbrook, **Gloria Milhouse** of Chicago, **Patricia Mitchell** of Matteson, **Maribel Ocampo** of Chicago, **Monica Olmos** of Gurnee, **Gloria Pippen** of Chicago, and **Karen and Logan Watson** of Chicago.

The Illinois Child Care Bureau office will be closed:

Monday, July 4 in observance of Independence Day

Monday, September 5 in observance of Labor Day

~ Cathy, Kim, Marguerite, Mary, and Sarah



Choose My Plate

Test your knowledge on fruit by visiting www.choosemyplate.gov/fruitquiz_start.

A Provider You Should Know

by Kim Klimek, Compliance Supervisor

Ms. Amber Salley has owned and operated **Creative Kids Home Child Care,** located in Belvidere, for the past nine years. Before opening her home day care, Ms. Salley worked as a dental assistant for ten years and enjoyed working in the dental field. After her son's first birthday, she decided to stay at home to raise him. Ms. Salley enjoyed working with children so she decided to become a licensed day care home.

Ms. Salley typically cares for children between 6 weeks – 5 years old. Ms. Salley prepares the children to enter kindergarten. The day care follows a preschool curriculum and once the children have begun school, they generally do not return to the day care. Ms. Salley prefers to care for children of teachers or other school

(continued on page 3)

Celebrate Peaches!

Peaches are a delicious and refreshing treat. Who doesn't have a memory of biting into a perfectly ripe peach and having the juice dribble down your chin?

Peaches originated in China where they have been cultivated for more than 3000 years. In 1571, peaches arrived in North America in what is now known as St Simon's Island, Georgia. So, it makes sense that Georgia is the 3rd largest producer of peaches in the US – California is #1, followed by South Carolina. In addition to housing the seed, the peach pit has been used by artists to carve into pieces of jewelry.

Nutrition and Health Benefits

Peaches are a highly nutritious food source when eaten raw. They are a good source of energy, carbohydrates, dietary fiber, iron, potassium, vitamin A, vitamin B (folate) and vitamin C. Peaches are also a rich source of bioactive compounds including phenolic acids, anthocyanins, flavonoids, and procyanidins. Peaches are low-fat, saturated fat free, sodium-free, and cholesterol-free. Peaches are low in calories and high in natural antioxidants – especially the skin of the peach so eat it!

How to Select

Choose peaches with firm, fuzzy skins that yield to gentle pressure when ripe. Avoid blemishes.

How to Store

Store unripe peaches in paper bag. When ripe, store at room temperature for use within 1 – 2 days.

Top 10 Ways to Enjoy Peaches

From fruitsandveggiesmorematters.org

10. **Peach Salsa!** Salsa makes a delicious accompaniment to many different meats and a great dip for tortilla chips. Try the salsa recipe included in this newsletter.

9. **Beverage Blast** Add an extra flavor surge to your tea or lemonade. Drop fresh or frozen peaches in the bottom of a glass before pouring.

8. **Cobbler or Compote** Don't forget the dessert (will not be creditable on the food program as of 10.1.17)

(continued on page 3)

(continued from page 2)

7. **Bake, Broil, or Sauté** For a delicious snack or side dish, warm some peach slices using one of these cooking methods then add a little cinnamon.
6. **Homemade Fruit Leather** Peel and pit peaches then purée in a blender. Pour the purée onto wax paper-lined cookie sheets and dry in a dehydrator or the oven at a very low temperature.
5. **Peach Preserves** Try your hand at making some delicious peach preserves. It keeps the flavor of summer in your pantry all year round.
4. **Drink 'em** Toss fresh or frozen peaches into a blender with some low-fat yogurt (or milk), bananas, and ice. Then blend away for a delicious smoothie.
3. **Grill 'em** Peaches taste great warm from the grill. Place them on kabobs with your other favorite fresh fruit or just grill some slices and enjoy.
2. **A Peachy Breakfast** Peach slices are a great addition to hot or cold cereals, pancakes and waffles, and plain or vanilla yogurt or cottage cheese.
1. **Pick Your Peaches** Whether you pick your peaches straight from the tree or from your grocer's fruit bin, you can't beat just biting into this sweet, juicy summertime favorite.

Canned Peaches

Peaches may be packed in unsweetened fruit juice, light syrup, lightly sweetened fruit juice and water, or lightly sweetened fruit juice. Each can contains about 15 ounces which equals about 2 cups or 4 servings. You may store unopened cans in a cool, clean, dry place. Store remaining opened peaches in a tightly covered container not made from metal and refrigerate. Be sure to read the "Best if used by" or "Best by" date on the can. If the can is leaking or the ends are bulging, throw it away.

Canned peaches can be added to fruit salads or smoothies. The fruit juice from the drained peaches can be thickened with flour or cornstarch and used as a fruit sauce for pancakes or waffles.

(continued from page 1)

district personnel so that Creative Kids Home Child Care can be closed for school holidays and for the summer. The schedule has allowed Ms. Salley to spend quality time with her family.

Creative Kids Home Child Care begins the day with "circle time" where the children are taught the calendar including days of the week and the months of the year as well as learning general knowledge about weather. They learn the alphabet, numbers and counting, shapes, colors and often perform finger puppet plays. Ms. Salley hired a music teacher to visit the day care once per week in order for the children to learn about different musical instruments and engage them in the world of sound and music. The children have fun dancing and moving to the music. Occasionally, the music teacher also brings tumbling equipment to teach the children about body balance. The children enjoy tumbling and it keeps them moving. Ms. Salley also encourages the children to get moving, following the example of the LET'S MOVE campaign. The children play outdoors every day to ensure they are getting exercise.

Ms. Salley prefers to care for a smaller group of children. She typically cares for 5-6 children at a time. She believes that the children benefit from more one on one time. Ms. Salley cares for a special needs child and utilizes available community resources including a visiting therapist about 20 hours per week. Ms. Salley feels that the Creative Kids Home Child Care is the children's home away from home. The day care has lots of learning activities and hands-on activities. Creative Kids Home Child Care strives to make the day fun while learning, playing, exercising, and sharing. Ms. Salley has noted the children become friends while in her care – another lesson.

The most rewarding part of her career is "when the children's faces light up when they learn something new. They are little sponges". It is also rewarding when the parents tell Ms. Salley the children are following what they do in her care while at home. The most recent challenge is dealing with an entire group of the picky eaters which makes snack time and meal time a challenge. Meal and snack menus which please all the children can be difficult to plan, however, Ms. Salley accepts it as part of her career with the understanding that sometimes you have good days and sometimes you have bad days. This new challenge caused Ms. Salley to be even more creative about meal planning including serving pizza in many ways such as using English muffins or make pizza rolls as the base. In addition, she occasionally makes grilled cheese sandwiches in her waffle maker to make the presentation more fun. She is trying to make the food fun to help get the children to eat. The most important factor in selecting a recipe is that the children will like it.

Ms. Salley keeps up with her food program responsibilities by recording her menus and attendance after the meal or snack is served. She finds this easier and it enables her not to forget this important daily task. Ms. Salley stays on top of current day care information by attending classes at the YWCA, taking care courses, and networking with other day care providers. Ms. Salley would choose the same career again.

recipes

Grilled Fish Tacos with Peach Salsa

Ingredients – for the Salsa

1 can (15.25 ounces) peach halves (drained, rinsed, and chopped (about 1 cup))
½ red bell pepper (finely chopped (about ½ cup))
¼ red onion (finely chopped (about ¼ cup))
1 whole jalapeno pepper (rinsed, seeded, and finely chopped)
1 TB fresh cilantro (finely chopped)
2 tsp lemon juice

Ingredients – for the fish

4 tilapia fillets (about 1 lb)
1 TB chili powder
¼ tsp low-sodium adobo seasoning
1 package low-sodium sazon seasoning
8 6" flour tortillas (warmed)

Instructions – for the Salsa

- In a medium bowl, stir together chopped peaches, bell pepper, onions, jalapenos, cilantro, and lemon juice; cover and refrigerate until ready to use.

Instructions – for the fish

1. Heat grill or grill pan over medium-high heat. Using paper towels, pat fish dry, transfer to plate.
2. In a small bowl, stir together chili powder, low-sodium adobo and sazon packet.
3. Rub fish with spice mixture to coat completely.
4. Place fish on hot greased grill grates.
5. Cook, flipping once until fish is opaque and flakes easily with a fork (145 degrees Fahrenheit), about 8 minutes.
6. Thinly slice fish.
7. To serve, fill each tortilla with ½ fish fillet and about 1/3 cup of Salsa.

Servings: 4

Peanut, Peach, N Pineapple Wrap

Ingredients

1 can sliced peaches (15 oz, drained)
1 can pineapple tidbits in juice (drained)
½ cup red or green bell pepper (chopped)
1 tsp cinnamon
4 whole wheat tortillas (10")
½ cup chunky peanut butter
3 cups lettuce (shredded)

Instructions

1. In a medium bowl, combine peaches, pineapple, bell pepper, and cinnamon.
2. Warm the tortillas.
3. Spread 2 tablespoons of peanut butter on each side of each tortilla, leaving room on the edges.
4. Spoon equal portions of the peach mixture over peanut butter, then top with lettuce.
5. Fold the side and bottom edges of each tortilla toward the middle over the filling, then roll so the tortilla covers the filling.

Servings: 4

Peach Bran Muffins

Ingredients

1 ½ cups bran cereal
1 cup 1% low-fat milk
1 egg, beaten
¼ cup vegetable oil
1 cup flour
¼ cup sugar
2 tsp baking powder
½ tsp baking soda
½ tsp cinnamon
½ tsp lemon peel (optional)
¼ tsp salt
1 cup drained canned peaches, chopped
Nonstick cooking spray

Instructions

1. Preheat oven to 400 degrees Fahrenheit.
2. In a medium bowl, combine bran cereal and milk; let soak for 3 minutes or until liquid is absorbed.
3. Stir in egg and oil.
4. In another bowl, combine flour, sugar, baking powder, baking soda, cinnamon, and salt. If using lemon peel, add that too.
5. Add bran mixture, all at once, to flour mixture, stirring just until wet; batter will be thick.
6. Gently stir in peaches.
7. Fill muffin cups coated with nonstick cooking spray to just below the rim, making sure not to fill completely.
8. Bake for 20 – 25 minutes.
9. Cool in a pan for 10 minutes; remove and serve.

Servings: 12

Special thanks to Clemson University Cooperative Extension Service and Fruits and Veggies More Matters®.

In accordance with Federal civil rights law and U.S. Department of Agriculture (USDA) civil rights regulations and policies, the USDA, its Agencies, offices, and employees, and institutions participating in or administering USDA programs are prohibited from discriminating based on race, color, national origin, sex, disability, age, or reprisal or retaliation for prior civil rights activity in any program or activity conducted or funded by USDA. Persons with disabilities who require alternative means of communication for program information (e.g. Braille, large print, audiotape, American Sign Language, etc.), should contact the Agency (State or local) where they applied for benefits. Individuals who are deaf, hard of hearing or have speech disabilities may contact USDA through the Federal Relay Service at (800) 877-8339. Additionally, program information may be made available in languages other than English.To file a program complaint of discrimination, complete the USDA Program Discrimination Complaint Form, (AD-3027) found online at: http://www.ascr.usda.gov/complaint_filing_cust.html, and at any USDA office, or write a letter addressed to USDA and provide in the letter all of the information requested in the form. To request a copy of the complaint form, call (866) 632-9992. Submit your completed form or letter to USDA by: (1) mail: U.S. Department of Agriculture, Office of the Assistant Secretary for Civil Rights, 1400 Independence Avenue, SW, Washington, D.C. 20250-9410; (2) fax: (202) 690-7442; or (3) email: program.intake@usda.gov. This institution is an equal opportunity provider.