



Illinois Child Care Bureau News

July – September 2017

Dear Provider:

The new meal patterns take effect on 10.1.17. Are you prepared? As you know, the day care home provider chooses the meal or snack components to serve the children, however, the reimbursable components must follow the revised *Infant Meal Pattern* and revised *Child Meal Pattern*.

INFANT MEAL PATTERN

What is reimbursable?

- There are now 2 ages groups of infants: 0 – 5 months and 6 – 11 months
- Providers may receive reimbursement for meals when a breastfeeding mother comes to the day care home and directly breastfeeds her infant.
- Only breastmilk and iron-fortified formula are served to infants 0 – 5 months.
- Solid foods are gradually introduced around 6 months of age, as developmentally appropriate.
- Serve more nutritious meals: Serve a vegetable or fruit or both at snack for infants 6 – 11 months old. A snack may include ready-to-eat cereals. Juice and cheese spread are no longer reimbursable.

CHILD MEAL PATTERN

What is reimbursable?

- You will be reimbursed for serving a fruit AND a vegetable at lunch or supper because the fruit component of a meal and the vegetable component are now separate.
- Unflavored whole milk must be served to 1 year olds; unflavored low-fat or fat-free milk must be served to children 2 – 5 years old; and unflavored low-fat, or flavored fat-free milk must be served to children 6 – 12 years old.
- Non-dairy milk substitutes that are nutritionally equivalent to milk may be served in place of milk to children with medical or special dietary needs.
- Meat and meat alternates may be served in place of the entire grains component for breakfast a maximum of three times per week.
- Tofu counts as a meat alternate.
- Whole grains: one serving per day must be whole grain-rich; look at the product ingredients for 'whole grain'. 'Enriched grain' is not whole grain. Oatmeal, barley, brown rice, bulgur (cracked wheat), millet, wild rice, whole-wheat bread, whole-wheat pasta or whole-wheat crackers are whole grain.

INFANT MEAL PATTERN

BREAKFAST

Birth through 5 months	6 through 11 months
4-6 fluid ounces breastmilk ¹ or formula ²	6-8 fluid ounces cooked dry (0-2 ounces) (0-4 ounces) (0-4 ounces) c
	0-2 tablespoons fruit, or a cup

CHILD MEAL PATTERN

BREAKFAST (Select all 3 components for a reimbursable meal)	1-2	3-5	6-12
Food Components and Food Items¹	4 fluid ounces	8 fluid ounces	8 fluid ounces
Fluid Milk²	1/4 cup	1/2 cup	1/2 cup
Vegetables, fruits, or portions of both³			
Whole grain-rich or enriched bread	1/2 slice	1/2 slice	1 slice
Whole grain-rich or enriched bread product, such as biscuits, roll or muffin	1/2 serving	1/2 serving	1 serving
Whole grain-rich, enriched or fortified cooked breakfast cereal ⁴ , cereal grain, and/or pasta	1/4 cup	1/4 cup	1/2 cup
Flakes or rounds	1/2 cup	1/2 cup	1 cup
Puffed cereal	3/4 cup	3/4 cup	1 1/4 cup
Granola	1/8 cup	1/8 cup	1/4 cup

LUNCH AND SUPPER

Birth through 5 months	6 through 11 months
4-6 fluid ounces breastmilk ¹ or formula ²	6-8 fluid ounces cooked dry (0-2 ounces) (0-4 ounces) c
	0-2 tablespoons fruit, or a cup

LUNCH AND SUPPER (Select all 5 components for a reimbursable meal)	1-2	3-5	6-12
Food Components and Food Items¹	4 fluid ounces	8 fluid ounces	8 fluid ounces
Fluid Milk²	1/4 cup	1/2 cup	1/2 cup
Meat/meat alternates³	1 ounce	1 1/2 ounce	2 ounces
Tofu, soy product, or alternate protein product ³	1 ounce	1 1/2 ounce	2 ounces
Cheese	1 ounce	1 1/2 ounce	2 ounces
Eggs	1/2	3/4	1
Cooked dry beans or peas	1/4 cup	3/8 cup	1/2 cup
Peanut butter or soy nut butter or other nut or seed butters	2 tbsp	2 tbsp	4 tbsp
⁴ Yogurt (plain or flavored unseasoned or sweetened)	4 ounces or 1/2 cup	8 ounces or 3/4 cup	8 ounces or 1 cup
The following may be used to meet no more than 50% of the requirement:			
Peas, soy nuts, tree nuts, or seeds, as listed in program guidance, or an equivalent quantity of any combination of the above (meat alternate): 1 ounce of soybeans = 1 ounce of cooked bean meat, poultry, or fish	1/2 ounce = 50%	3/4 ounce = 50%	1 ounce = 50%
Vegetables⁵	1/8 cup	1/4 cup	1/2 cup
Fruit⁶	1/8 cup	1/4 cup	1/4 cup
Grains (see egg⁷)			
Whole grain-rich or enriched bread	1/2 slice	1/2 slice	1 slice
Whole grain-rich or enriched bread product, such as biscuits, roll or muffin	1/2 serving	1/2 serving	1 serving
Whole grain-rich, enriched or fortified cooked breakfast cereal ⁴ , cereal grain, and/or pasta	1/4 cup	1/4 cup	1/2 cup
Flakes or rounds	1/2 cup	1/2 cup	1 cup
Puffed cereal	3/4 cup	3/4 cup	1 1/4 cup
Granola	1/8 cup	1/8 cup	1/4 cup

SNACK

Birth through 5 months	6 through 11 months
4-6 fluid ounces breastmilk ¹ or formula ²	2-4 fluid ounces (0-1/2 slice) b
	0-2 crackers (0-4 tablespoons ready-to-eat)

SNACK (Select 2 of the 5 components for a reimbursable snack)	1-2	3-5	6-12
Food Components and Food Items¹	4 fluid ounces	4 fluid ounces	8 fluid ounces
Fluid Milk²	1/4 cup	1/2 cup	1/2 cup
Meat/meat alternates³	1/2 ounce	1/2 ounce	1 ounce
Tofu, soy product, or alternate protein product ³	1/2 ounce	1/2 ounce	1 ounce
Cheese	1/2	1/2	1/2
Eggs	1/2	1/2	1/2
Cooked dry beans or peas	1/8 cup	1/8 cup	1/4 cup
Peanut butter or soy nut butter or other nut or seed butters	1 tbsp	1 tbsp	2 tbsp
⁴ Yogurt (plain or flavored unseasoned or sweetened)	2 ounces or 1/4 cup	2 ounces or 1/4 cup	4 ounces or 1/2 cup
Vegetables⁵	1/2 ounce	1/2 ounce	1 ounce
Fruit⁶	1/2 cup	1/2 cup	3/4 cup
Grains (see egg⁷)	1/2 cup	1/2 cup	3/4 cup
Whole grain-rich or enriched bread	1/2 slice	1/2 slice	1 slice
Whole grain-rich or enriched bread product, such as biscuits, roll or muffin	1/2 serving	1/2 serving	1 serving
Whole grain-rich, enriched or fortified cooked breakfast cereal ⁴ , cereal grain, and/or pasta	1/4 cup	1/4 cup	1/2 cup
Flakes or rounds	1/2 cup	1/2 cup	1 cup
Puffed cereal	3/4 cup	3/4 cup	1 1/4 cup
Granola	1/8 cup	1/8 cup	1/4 cup

- Grain-based desserts no longer will be reimbursed (cookies, cakes, granola bars, etc).
- Yogurt is reimbursable if it has less than 23 grams of sugar per 6 ounces.
- Breakfast cereals are reimbursable if they contain no more than 6 grams of sugar per dry ounce. Reimbursable cereals include Bran Flakes, Cheerios®, Corn Chex®, Corn Flakes, Cream of Wheat® (whole grain), Grapenuts®, Kix®, Life®, Rice Chex®, Rice Krispies®, original Malt-O-Meal®, Shredded Wheat (plain), and Whole-Grain Total®.
- Juice is limited to once per day.

For more information, please review the previous two issues of the ILLINOIS CHILD CARE BUREAU NEWS.

Reminder: All child enrollments expire on 9.30.17. FY18 *Enrollment Renewal Reports* (10.1.17 – 9.30.18) 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, 2017.

ICCB welcomes Jada Arnold of Chicago, Temeka Banks of Chicago, Pamela Bender of Chicago, Lorene Bolejack of Chicago, Kelly Clark of Chicago, Katie Curtis of Pembroke

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Township, Evett Hearn of Silvis, Teanna Huley of Zion, Kelly Kozlowski of Woodridge, Claudia Lobo-Rivera of Waukegan, Grace McCoy of Chicago, Esmeralda Ortiz of Chicago, Ester Quintero of Cicero, Anna Rigotti of Roscoe, Crishtian Sanabia of Cicero, Guadalupe Soto of Chicago, Tianna Stuckey of Pembroke Township, Pasty Vasser of Homewood, Jessica Wagner and Cedric Earsery of Hazel Crest, and Jeanette Williams and Shekel Williams of South Holland. ICCB welcomes back Jazmin Barahona of Round Lake Beach, Natolie Drewitt of Chicago, Carolyn Gerald of Chicago, Lillian Gibson-Dixon of Chicago, Gina Hernandez of Rockford, Safa Kareem of Zion, Phyllis and Clay Montgomery of Chicago, Barbara Ocwieja of Lisle, Dayna Pearson and Tena Langford of Chicago, Carla Primous of Rockford, Clara Robinson of Chicago, Armelia Sengstacke of Richton Park, Brenda Williams of Chicago, Sharese Wilson of Hanover Park, and Tanya Winters of Broadview.

Are you using paper menu forms? You must be spending lots of time writing and coloring in the bubbles. Using online claiming means no more stamps and no more searching for #2 pencils before completing your daily paperwork. Online claiming is more efficient with fewer errors too. If you have daily internet access along with a laptop (Mac or PC), desktop, tablet, or a smart phone, then you can easily transition to KidKare – the online claiming method. **In the words of Ms. Marie Thomas, Waukegan day care home provider, “I cannot believe how easy this is. This is the best thing you could have trained me to do. Paper menu forms (scannable/bubble) are time consuming. This is a life saver!”** The Illinois Child Care Bureau staff is available to train you over the phone. Please call 773.444.0115 during business hours and someone will assist you.

The Illinois Child Care Bureau office will be closed:

- Tuesday, July 4 in observance of Independence Day
- Monday, September 4 in observance of Labor Day

~ Cathy, Kim, Marguerite, and Sarah

CELEBRATE VEGETABLES

It is important to eat vegetables because they provide health benefits – people who eat more vegetables and fruits as part of an overall healthy diet are likely to have a reduced risk of some chronic diseases. Vegetables provide nutrients vital for a body’s health and maintenance.

- Most vegetables are naturally low in fat and calories. None have cholesterol. (Sauces or seasonings may add fat, calories, and/or cholesterol.)
- Vegetables are important sources of many nutrients, including potassium, dietary fiber, folate (folic acid), vitamin A, and vitamin C.
- Dietary fiber from vegetables, as part of an overall healthy diet, is important for proper bowel function. It helps reduce constipation and diverticulosis. Fiber-containing foods such as vegetables help provide a feeling of fullness with fewer calories.
- Folate (folic acid) helps the body form red blood cells.
- Vitamin A keeps eyes and skin healthy and helps to protect against infections.
- Vitamin C helps heal cuts and wounds and keeps teeth and gums healthy. Vitamin C aids in iron absorption.
- Diets rich in foods containing fiber, such as some vegetables and fruits, may reduce the risk of obesity and type 2 diabetes.

What Foods Are in the Vegetable Group?

Vegetables may be raw or cooked; fresh, frozen, canned, or dried/dehydrated; and may be whole, cut-up, or mashed.

Based on their nutrient content, vegetables are organized into 5 subgroups: dark-green vegetables, starchy vegetables, red and orange vegetables, beans and peas, and other vegetables. Vegetable subgroup recommendations are given as amounts to eat WEEKLY. It is not necessary to eat vegetables from each subgroup daily. However, over a week, children should consume the amounts listed from each subgroup as a way to reach your daily intake recommendations. The daily required amount of vegetables will vary by age group:

Ages 2 – 3 years 1 cup

Ages 4 – 8 years 1.5 cups

Ages 9 – 12 years 2 cups

Weekly Vegetable Subgroup Table					
	Dark green vegetables	Red and orange vegetables	Beans and peas	Starchy vegetables	Other vegetables
	Amount per Week				
2-3 yrs old	½ cup	2 ½ cups	½ cup	2 cups	1 ½ cups
4-8 yrs old	1 cup	3 cups	½ cup	3 ½ cups	2 ½ cups
9-12 yrs old	1 ½ cups	4 cups	1 cup	4 cups	3 ½ cups

In general, 1 cup of raw or cooked vegetables or 2 cups of raw leafy greens can be considered as 1 cup from the Vegetable Group. The table below lists specific amounts that count as 1 cup of vegetables (or ½ cup) towards the daily recommended intake.

Cup of Vegetable Table		
	Amount that counts as 1 cup of vegetable	Amount that counts as 1/2 cup of vegetables
Dark Green Vegetables		
Broccoli	1 cup, chopped or florets; 3 spears 5" long raw or cooked	
Greens (collards, mustard greens, turnip greens, kale)	1 cup, cooked	
Spinach	1 cup, cooked 2 cups, raw	1 cup, raw
Raw leafy greens: Spinach, romaine, watercress, dark green leafy lettuce, endive, escarole	2 cups, raw	1 cup, raw
Red and Orange Vegetables		
Carrots	1 cup, strips, slices, or chopped, raw or cooked 2 medium 1 cup baby carrots (about 12)	1 medium carrot About 6 baby carrots
Pumpkin	1 cup, mashed, cooked	
Red peppers	1 cup, chopped, raw, or cooked 1 large pepper (3" diameter, 3 3/4" long)	1 small pepper
Tomatoes	1 large raw whole (3") 1 cup, chopped or sliced, raw, canned, or cooked	1 small raw whole (2 1/4" diameter) 1 medium canned
Tomato juice	1 cup	½ cup
Sweet potato	1 large baked (2 ¼" or more diameter) 1 cup, sliced or mashed, cooked	
Winter squash (acorn, butternut, hubbard)	1 cup, cubed, cooked	½ acorn squash, baked = ¾ cup
Beans and Peas		
Dry beans and peas (such as black, garbanzo, kidney, pinto, or soy beans, or black-eyed peas or split peas)	1 cup, whole or mashed, cooked	
Starchy Vegetables		
Corn, yellow or white	1 cup 1 large ear (8" to 9" long)	1 small ear (about 6" long)
Green peas	1 cup	
White potatoes	1 cup, diced, mashed 1 medium boiled or baked potato (2 ½" to 3" diameter)	
Other Vegetables		
Bean sprouts	1 cup, cooked	
Cabbage, green	1 cup, chopped or shredded raw or cooked	
Cauliflower	1 cup, pieces or florets raw or cooked	
Celery	1 cup, diced or sliced, raw or cooked 2 large stalks (11" to 12" long)	1 large stalk (11" to 12" long)
Cucumbers	1 cup, raw, sliced or chopped	
Green or wax beans	1 cup, cooked	
Green peppers	1 cup, chopped, raw or cooked 1 large pepper (3" diameter, 3 ¾" long)	1 small pepper
Lettuce, iceberg or head	2 cups, raw, shredded or chopped	1 cup, raw, shredded or chopped
Mushrooms	1 cup, raw or cooked	
Onions	1 cup, chopped, raw or cooked	
Summer squash or zucchini	1 cup, cooked, sliced or diced	

recipes

Pasta with Chickpeas, Tomato, and Spinach

Ingredients

- 1 small yellow onion (peeled and chopped into ¼ inch pieces)
- 8 ounces medium-size whole-wheat pasta (such as rotini or shells)
- 1 TB vegetable oil
- 2 cloves garlic (peeled and minced)
- 2 carrots (scrubbed and diced into ¼ inch pieces)
- 1 celery stalk (diced into ¼ - ½ inch pieces)
- ½ tsp dried rosemary
- 1 can 16-ounce low-sodium chickpeas (drained and rinsed with cold water)
- 1 can 14.5-ounce low-sodium diced tomatoes (including the liquid)
- 2 cups spinach (washed and chopped) *
- ½ tsp chopped red pepper flakes (optional)
- ¼ cup grated Parmesan cheese

*Kale may be substituted for spinach

Instructions

1. To cook the pasta, fill the pot halfway with water. Bring it to a boil over high heat. When the water is boiling, add the pasta and cook until just tender, about 12 minutes. Just before draining, reserve 1.5 cups of pasta water. Drain the pasta and set aside.
2. While the pasta is cooking, cook the sauce. Put the skillet on the stove over medium-low heat and when it is hot, add the oil. Add the garlic, onion, carrots, celery, and rosemary and cook until the garlic is golden, about 15 minutes.
3. Add the chickpeas and using a fork, lightly mash half of them. Add the reserved pasta water and tomatoes

and cook 10 minutes.

4. Add the pasta and spinach to the skillet mixture and cook until the spinach is tender and most of the liquid has been absorbed by the pasta, about 10 minutes. Add the red pepper flakes, if desired.
5. Mix well and serve immediately, garnish with Parmesan cheese.

Servings: 4

“Banana’s” Black Bean Burritos

created by Alexandra “Banana” Nickle (10 years old)

Ingredients

For the Mango Salsa

- 2 ripe mangoes, peeled and chopped
- ½ red onion, chopped
- 1 TB finely chopped fresh cilantro leaves
- 1 TB freshly squeezed lime juice
- 1 tsp olive oil
- ¼ tsp salt
- ¼ tsp freshly ground black pepper

For the Black Beans

- 2 tsp olive oil
- ½ red onion, chopped
- 3 medium tomatoes, diced
- 1.5 tsp ground cumin
- 1.5 tsp dried oregano
- 1 tsp salt
- 2 cans 15-ounces each of black beans, drained and rinsed

- 6 large romaine lettuce leaves
- 6 whole-grain tortillas (warm)
- ¼ cup shredded low-fat Monterey Jack cheese

Instructions

Mango salsa

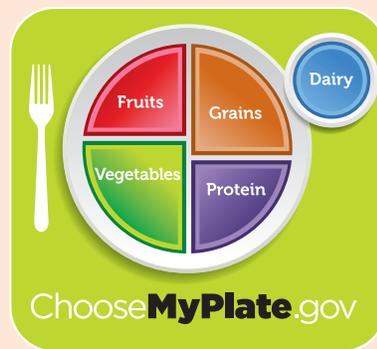
1. In a large bowl, toss together the mango, red onion, cilantro, lime juice, olive oil, salt, and pepper. Set aside.

Instructions

Black Beans

1. In a medium sauté pan over moderate heat, warm 1 teaspoon olive oil. Add the red onion and sauté until translucent, about 5 minutes.
2. Add the tomatoes, cumin, oregano, and salt. Remove the mixture from the heat and let cool for a few minutes.
3. Transfer the tomato to a blender and pulse until smooth with some lumps.
4. In a medium sauté pan over moderate heat, warm the remaining teaspoon of olive oil. Add the beans and the tomato purée and cook until thickened, about 10 minutes.
5. To assemble burritos, arrange 1 large romaine lettuce leaf on top of each tortilla and top with a scoop of the black bean and tomato mixture. Sprinkle with cheese and wrap the burritos with the salsa inside, on top, or on the side of the burrito.

Servings: 6



Choose My Plate

Test your knowledge on fruit by visiting www.choosemyplate.gov/vegetables-tips.

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