Illinois Child Care Bureau News

October - December 2017

Dear Provider:

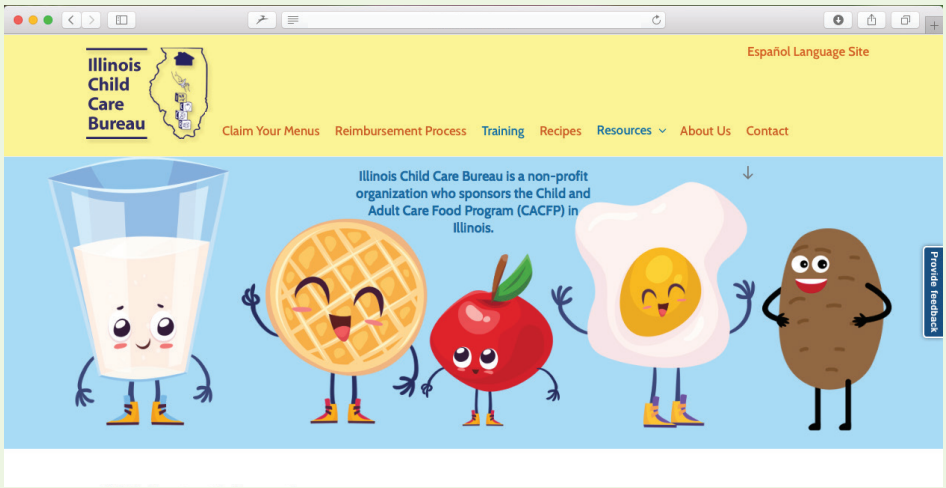
In addition to a visit from your Illinois Child Care Bureau Program Advisor, you may receive a visit from an Illinois State Board of Education monitor. If you participate in the food program, you must allow the Illinois State Board of Education monitor into your day care home. Illinois State Board of Education monitors wear a photo ID. Currently Jeanette Andrews, Verna (Lisi) Blake, Julie Burd, John Burton, Kathryn Dundon, Tim Folger, Judy Foster, Andrea Gregory, Paul Hansen, Kimberly Nesler, Mary Newman, Jorge Nieves, Jason Prager, Jessica (Tess) Smith, Bart Speta, Matthew Whitaker, and Cheryl Williams work as monitors for the Illinois State Board of Education.

The Dietary Guidelines for Americans were recently revised to be effective October 1, 2017, however, USDA decided to furnish day care home providers more time to adjust to the changes. You may begin following the new guidelines on October 1, 2017, however, it is not required until October 1, 2018. During your recent home visit, you received training on the new regulations effecting the revised *Infant Meal Pattern* and the *Child Meal Pattern*. A copy of each of the meal patterns was shared with you. Please continue to use these charts as reference when you are creating meals/snacks and for portion sizes based on the child's age. Your Illinois Child Care Bureau Program Advisor will continue to assist you on how to implement the changes. USDA update: granola bars, animal crackers, and graham crackers are reimbursable items until September 30, 2018. If you have any questions, please call the staff at the Illinois Child Care Bureau office at 773.444.0115.

REMINDER: Enrollments were due September 15, 2017. If you have not submitted your enrollments for FY18 (October 1, 2017 – September 30, 2018), please do so immediately.

USDA has published the following reimbursement rates effective July 1, 2017:

	Tier 1	Tier 2
Breakfast	$1.31	$0.48
Lunch / Supper	$2.46	$1.48
Snacks	$0.73	$0.20



(continued on page 3)

A Provider You Should Know

by Kim Klimek, Compliance Manager

Mrs. Mary Span has owned and operated **First Start Learning Academy**, located in the Chicago Lawn neighborhood, for the past 16 years. Before opening the day care, Mrs. Span worked as a nurse for 13 years at Advocate Bethany hospital in the pediatrics and OBGYN department. Mrs. Span left her position at the hospital and began employment with CPS's Cradle to Classroom Program. Mrs. Span stayed with Cradle to Classroom for 9 years until the program was dismantled. During her career, she discovered that she truly enjoyed working with children. Her next career move was opening her day care home business.

First Start Learning Academy cares for children between the ages of 2 months through 12 years old. Mrs. Span has a strict policy of no more than three infants enrolled at a time. Mrs. Span knows that infants need quality time and believes caring for more than three would not allow her the time to provide

(continued on page 3)

DAIRY – AN IMPORTANT COMPONENT OF A MEAL OR SNACK

What foods are included in the Dairy group? All fluid milk products and many foods made from milk are considered part of this food group. Most Dairy Group choices should be fat-free or low-fat. Foods made from milk that retain their calcium content are part of the group. Foods made from milk that have little to no calcium such as cream cheese, cream, and butter, are not. Calcium-fortified soymilk (soy beverage) is also part of the Dairy Group.

Consuming dairy products provides health benefits – especially improved bone health. Foods in the Dairy Group provide nutrients that are vital for health and maintenance of your body. These nutrients include calcium, potassium, vitamin D, and protein.

Nutrients

- Calcium is used for building bones and teeth and in maintaining bone mass. Dairy products are the primary source of calcium in American diets. Diets that provide 3 cups or the equivalent of dairy products per day can improve bone mass.
- Diets rich in potassium may help to maintain healthy blood pressure. Dairy products, especially yogurt, fluid milk, and soymilk (soy beverage), provide potassium.
- Vitamin D functions in the body to maintain proper levels of calcium and phosphorous, thereby helping to build and maintain bones. Milk and soymilk (soy beverage) that are fortified with vitamin D are good sources of this nutrient. Other sources include vitamin D-fortified ready-to-eat breakfast cereals.
- Milk products that are consumed in their low-fat or fat-free forms provide little or no solid fat.

Health Benefits

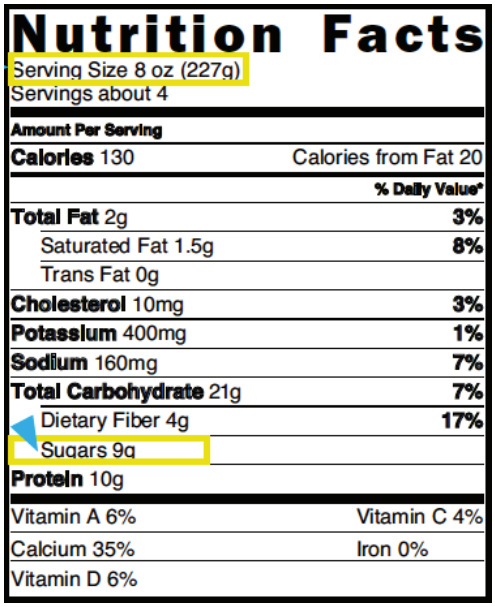
- Intake of dairy products is linked to improved bone health, and may reduce the risk of osteoporosis.
- The intake of dairy products is especially important to bone health during childhood and adolescence, when bone mass is being built.

Menu ideas

- Serve fat-free or low-fat yogurt as a snack.
- Make a dip for fruits or vegetables with yogurt.
- Make a fruit-yogurt smoothie in the blender.
- Top cut-up fruit with flavored yogurt for a snack.
- Top baked potato with fat-free or low-fat yogurt.

Yogurt is a popular menu item. In order to be reimbursed on the food program you must serve yogurt with less added sugars. Look for yogurt with no more than 23 grams of sugar per 6 ounces. This regulation is in effect October 1, 2018.

Use the Nutrition Facts label and follow these steps:



Nutrition Facts

Serving Size 8 oz (227g)
Servings about 4

Amount Per Serving	
Calories 130	Calories from Fat 20
	% Daily Value*
Total Fat 2g	**3%**
Saturated Fat 1.5g	**8%**
Trans Fat 0g	
Cholesterol 10mg	**3%**
Potassium 400mg	**1%**
Sodium 160mg	**7%**
Total Carbohydrate 21g	**7%**
Dietary Fiber 4g	**17%**
Sugars 9g	
Protein 10g	
Vitamin A 6%	Vitamin C 4%
Calcium 35%	Iron 0%
Vitamin D 6%	

- Find the serving size (in ounces or grams) on the Nutrition Facts label on the yogurt container/
- If the serving size is equal to the 'container', then look at the front of the container to determine the number of ounces in the container.
- Find the amount of Sugars in the serving size.
- If the Sugars are 6 grams or less, it meets the food program requirements.

For more information, visit USDA – Choose Yogurts That Are Lower in Added Sugars (https://www.fns.usda.gov/sites/default/files/tn/cacfp-chooseyogurts.pdf).

Children that have a dairy-free diet:

- Complete the Physician's Statement, submit the completed statement to the Illinois Child Care Bureau and keep a copy in your ILLINOIS CHILD CARE BUREAU PROVIDER GUIDEBOOK with your other records.
- Or, if the child has religious, cultural, vegan diet, or other reasons for not consuming dairy, then the parent/guardian may request in writing non-dairy substitutions without providing a medical statement. The written request must identify the medical or other special dietary need that restricts the diet of the child. The substitution must be nutritionally-equivalent to the dairy product (i.e. soymilk must be nutritionally-equivalent to milk for that age group: skim milk or 1 %, 2 % or whole milk). For more information, visit the Resources tab at the Illinois Child Care Bureau website and read FLUID MILK AND FLUID MILK SUBSTITUTIONS CHART.

Effective October 1, 2018 – Want to continue to be reimbursed for breakfast, lunch, and/or supper? Make sure you serve the age-appropriate milk to your day care children.

- Unflavored whole milk for children age one.
- Unflavored low-fat (1%) or unflavored fat-free (skim) milk for children 2 – 5 years old.
- Unflavored low-fat (1%), unflavored fat-free (skim), or flavored fat-free (skim) milk for children 6 years old and older.

(continued from page 1)

Check out ICCB's updated website (IllinoisChildren.com). It's fun and easy to use on your laptop, your desktop, or your mobile phone.

ICCB welcomes **Camilla Campos** of Waukegan, **Gisela Cenci** of Elk Grove Village, **Stephanie Cofield** of Rockford, **Carolina Farrera-Sandoval** of Berwyn, **Luisa Flores** of West Chicago, **Curtima Hearn** of Rock Island, **Floriberta Hernandez** of Woodstock, **Monique Hollins** of Chicago, **Shirrena Houston** of Markham, **Felicia Johnson** of Lynwood, **Lillie Jones** of Calumet City, **Tandrea Jones** of Chicago, **Veronica Ochoa** of Chicago, **Tamika Parks** of Chicago, **Joshlyn Rivera** of Westchester, **Ladrena Stiff** of Maywood, **Sharon Thurman** of Chicago, **Jessica Warfield** of Chicago, and **Patrice Woods** of Broadview. ICCB welcomes back **Roslyn Harris** of Rockford, **Ashia Jackson** of Chicago, **Carina Nava** of Beach Park, **Sherrita Prather** of Markham, **Wilnetta Robinson** of Homewood, **Laura Schneider** of Melrose Park, **Guadalupe Soto** of Posen, **Tracy Tribble** of Rockford, and **Karen & Logan Watson** of Chicago.

The Illinois Child Care Bureau office will be closed:

- Monday, October 9 in observance of Columbus Day
- Friday, November 10 in observance of Veteran's Day
- Thursday and Friday, November 23 and 24 in observance of Thanksgiving Day
- Monday, December 25 in observance of Christmas Day
- Monday, January 1 in observance of New Year's Day

~ Cathy, Kim, Marguerite, and Sarah

(continued from page 1)

the children with the high quality care she strives to achieve with each child. The motto of her day care business is "provide quality day care along with fun learning experiences".

Mrs. Span stresses the importance of educating all children and uses a few curriculums in the day care. She utilizes Mother Goose©, Carol's Affordable Curriculum, and STEAM (formerly STEM) to teach the children. The children learn numbers, letters, math, science, art, reading and writing and are well prepared when they enter elementary school. Mrs. Span believes that everything is teachable through play. She enjoys hearing the children laugh and seeing the amazement on the children's faces when they realize that they just learned something new. Mrs. Span also takes the children on many learning field trips. She always finds a way to make a fun day also a learning experience. The field trips relate to the curriculum that week. Recently, Mrs. Span taught the children about the oceans of the world and then took the children to the Shedd Aquarium for their field trip.

Mrs. Span serves the children foods that the children like but makes sure that the foods are nutritional. The new food policy at First Start Learning Academy is "every child must have to taste, but they do not need to eat it". This policy helps children try new foods which often cause them to discover they like it. Mr. Span, a GREAT cook, does all the meal planning and preparation which offers Mrs. Span time to work on curriculum issues. Mrs. Span maintains her food program responsibilities by scheduling her menus on KidKare™, then recording attendance at the end of each day. "The support from ICCB is great and I truly really appreciate it", stated Mrs. Span.

In addition to managing her own business, Mrs. Span founded (and is an active member of) CCPOC-Child Care Providers of Chicago (day care business association). Mrs. Span is also a member of Providers in Action. She has acquired several credentials including a Star Level 3, Family Child Care Level 2, Early Learning Standard Trainer, and Teaching Strategies for Assessment, to name a few. Mrs. Span enjoys learning and encourages all of the children to study hard!

The most rewarding part of Mrs. Span's career is "being in a position to help people and making a difference in people's lives". People tend to open up to Mrs. Span and she tries to help the person meet their needs. From a simple word of encouragement to waiving a payment for a parent in need, Mrs. Span is always willing to help.

As a long-time advocate for child care, Mrs. Span has lobbied state government for better programs including stronger respect for the industry and believes "It is not just caring for kids". Mrs. Span believes that all the agencies involved in the child care industry in Illinois need to work together to create one voice for the children. "It appears the programs are fighting with each other for funding", which is not helping the day care home provider nor the children of Illinois. Because of her involvement in the industry, Mrs. Span receives feedback from day care providers and associations in other states. Mrs. Span believes Illinois agencies can provide better incentives to professionalize existing day care home providers via training which will enhance the industry.

There is a perception amongst parents/guardians, state agencies, community groups, and others that day care home providers are not professionals which Mrs. Span believes is unfounded. Day care home providers are often overlooked and not recognized for the continuing education and training they receive. When asked if she would choose the same career, Mrs. Span responded "I may have opened a day care center due to the misperception that currently exists about day care home providers". Regardless of how others see members of the day care home community, Mrs. Span will continue to work to achieve high quality care for children in Illinois.

recipes

Very Berry Smoothie

Ingredients

- 1 cup frozen strawberries
- 1 cup frozen raspberries
- 1 cup pineapple chunks
- 1 banana
- 1 cup skim milk (or almond milk)
- 1.5 cups ice

Instructions

1. Peel and slice the banana.
2. Gather all ingredients and combine in a blender.
3. Cover and blend until smooth.
4. Serve immediately.

Maya's Delicious Vegetarian Little Lasagnas

Ingredients

- ½ lb lasagna noodles
- 1 TB olive oil
- 2 cups chopped vegetables, such as onions, zucchini, carrots, and peas
- ½ cup grated Parmesan cheese
- 2 cups low-fat cottage cheese
- 1 large egg, whisked well
- 1 tsp pepper
- 3 cups tomato sauce
- 1 cup shredded low-fat mozzarella cheese

Instructions

1. Preheat the oven to 350 degrees (Fahrenheit). Fill a large pasta pot with water and bring to a boil over medium-high heat. Add the noodles and cook for about 8 minutes, or until al dente. Drain the noodles and let cool.
2. In a large sauté pan, heat the olive oil over medium heat. Add the vegetables and sauté for about 6 minutes, or until soft and lightly golden.
3. In a large bowl, combine ¼ cup of Parmesan cheese with cottage cheese, egg, and pepper.
4. Cover the bottom of a muffin tin or individual baking dishes with a small amount of tomato sauce. Cut the noodles to a smaller size and place 1 noodle in each cup/dish. Begin layering with vegetables, sauce, the cottage cheese mixture, and then another noodle, veggies, sauce, the cottage cheese mixture, any remaining Parmesan cheese, and the mozzarella cheese. Bake for 30 minutes, or until cheese is bubbling and brown. Remove from the oven and let sit for 10 minutes. Carefully loosen sides with a knife and remove gently. Serve with salad and fruit.

Servings: 8

Crunchy Potato Casserole

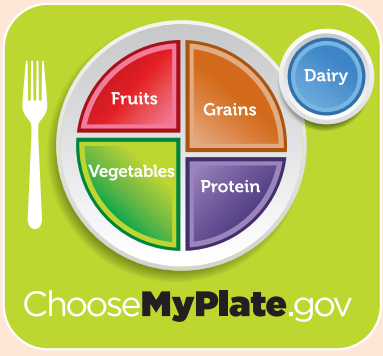
Ingredients

- 2 cups corn flakes cereal (crushed into crumbs)
- 2 pounds potatoes (peeled and grated)
- ¼ cup margarine (melted)
- ¼ tsp black pepper
- 1 onion (chopped)
- 1 can low-sodium cream of chicken soup (about 10 ounces)
- ¾ cup fat-free sour cream
- 1 cup low-fat cheddar cheese (shredded)

Instructions

1. Preheat oven 350 degrees (Fahrenheit).
2. Combine potatoes, margarine, and black pepper in a large bowl.
3. Add onion, soup, sour cream, and cheese; mix well.
4. Pour into a 13" x 9" baking dish and sprinkle with corn flakes.
5. Bake for 45 minutes.

Servings: 8



Choose My Plate

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