Illinois Child Care Bureau News

January - March 2018

Dear Provider:

Minute Menu™, ICCB's data base management system vendor for processing claims, had several hiccups with the new meal pattern including issues for those of you using KidKare, the online claiming method. ICCB is confident all information was securely stored in your account to ensure that your claims are accurate. If you believe there are any issues with your monthly claim, please contact the Illinois Child Care Bureau.

Scheduled Menus in KidKare: If you are currently using scheduled menus, you should review the meal components on your menus to ensure compliance with new meal patterns.

Some providers choose to serve processed foods such as fish sticks, chicken nuggets, frozen burritos, frozen pizza, lunchmeat, and canned ravioli. NEW REQUIREMENT: If you serve processed food, you are now required to keep the CN label (Child Nutrition) from the packaged food. When you are selecting the meal components on your daily menu, remember to look at the CN label on the product package. The CN label provides you with the meal components creditable on CACFP (meat/meat alternate, bread, etc). If you cannot locate the CN label on the food, then you will need to obtain the Product Formulation Statement (PFS) from the manufacturer in order to receive reimbursement on the food program. CN labels are not Nutrition Facts labels – they simply state what meal components are included in the food item you are serving. If an ISBE monitor or your program advisor visits your home, you will need to have the CN label information available for them to review. Due to this new requirement, you will receive a CN label training packet during your home visit between February 1 – May 31. This training will fulfill your second hour of food program mandatory training. Your program advisor will provide you with refrigerator magnets to assist you with your food program responsibilities.

We know you are busy taking care of children, running your business, and

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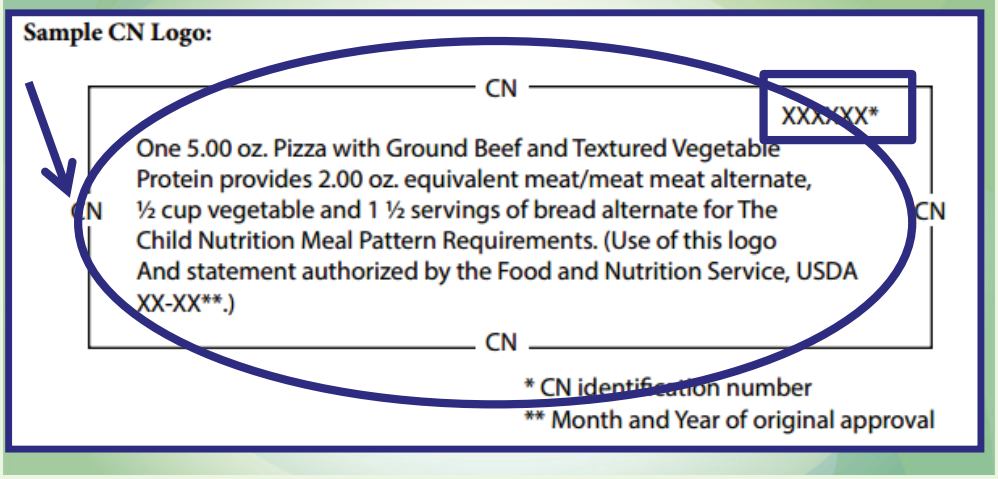
Sample CN Label



A Provider You Should Know

by Kim Klimek, Compliance Manager

Dortha and Estern Rivers have owned and operated **Rivers Home Day Care**, located in Zion, for the past 23 years. Before opening their home day care business, Mrs. Rivers worked at GBC (General Binding Corporation) for many years. Mr. Rivers owned and operated an auto body shop and worked there until he retired. Mr. and Mrs. Rivers opened their home day care business to assist their daughter because she was not satisfied with her day care provider. Mrs. Rivers initially took a leave of absence from GBC, then found that she truly enjoyed providing care for children and decided to make a career change. She resigned from GBC and has never looked back.

Rivers Home Day Care typically provides care for children between

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SUGAR, SUGAR, EVERYWHERE!

Added sugars include syrups and other caloric sweeteners. When sugars are added to foods and beverages to sweeten them, they add calories without contributing essential nutrients. Consumption of added sugars can make it difficult for individuals to meet their nutrient needs while staying within calorie limits. Naturally occurring sugars, such as those in fruit or milk, are not added sugars. Specific examples of added sugars that can be listed as an ingredient include brown sugar, corn sweetener, corn syrup, dextrose, fructose, glucose, high-fructose corn syrup, honey, invert sugar, lactose, malt syrup, maltose, molasses, raw sugar, sucrose, trehalose, and turbinado sugar.

Healthy eating patterns limit added sugars to less than 10 percent of calories per day. This recommendation is a target to help achieve a healthy eating pattern, which means meeting nutrient and food group needs through nutrient-dense food and beverage choices and staying within calorie limits. When added sugars in foods and beverages exceed 10 percent of calories, a healthy eating pattern may be difficult to achieve. The recommendation to limit added sugars to no more than 10 percent of calories is a target that applies to all calorie levels to help individuals move toward healthy eating patterns within calorie limits.

Added sugars provide sweetness that can help improve the palatability of foods, help with preservation, and/or contribute to functional attributes such as viscosity, texture, body, color, and browning capability. The two main sources of added sugars in U.S. diets are sugar-sweetened beverages and snacks and sweets. Many foods high in calories from added sugars provide few or no essential nutrients or dietary fiber and, therefore, may contribute to excess calorie intake without contributing to diet quality; intake of these foods should be limited to help achieve healthy eating patterns within calorie limits. There is room for you to include limited amounts of added sugars in the daily eating pattern for children, including to improve the palatability of some nutrient-dense foods, such as fruits and vegetables that are naturally tart (e.g., cranberries and rhubarb).

NEW LABEL / WHAT'S DIFFERENT

Nutrition Facts

8 servings per container
Serving size **2/3 cup (55g)**

Amount per serving
Calories **230**

	% Daily Value*
Total Fat 8g	**10%**
Saturated Fat 1g	**5%**
Trans Fat 0g	
Cholesterol 0mg	**0%**
Sodium 160mg	**7%**
Total Carbohydrate 37g	**13%**
Dietary Fiber 4g	**14%**
Total Sugars 12g	
Includes 10g Added Sugars	**20%**
Protein 3g	
Vitamin D 2mcg	10%
Calcium 260mg	20%
Iron 8mg	45%
Potassium 235mg	6%

* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

The Nutrition Facts label will help you understand the sugar content in prepared foods.

Breakfast Cereal

Some breakfast cereals and flavored milk may have lots of added sugar. The new meal pattern requires that you offer breakfast cereal with less than 6 grams of sugar per dry ounce.

EXAMPLE: Kellogg's Raisin Bran® has 18 grams of sugar in a one cup serving. One cup of Cheerios® has 1 gram of sugar.

The breakfast cereals with less than 6 grams of sugar per dry ounce include:

Cold Cereal

Alpha-Bits®, Corn Flakes, Corn Chex™ (gluten-free), Bran Flakes, Complete Bran Flakes (wheat), Cheerios® (plain, dulce de leche, and multi-grain), Corn Chex, Kix® (plain and honey), Grapenuts®, Grapenut Flakes®, Life® (plain), Mini-Spooners® (frosted, blueberry, strawberry cream), Quaker Oatmeal Squares (brown sugar or cinnamon), Rice Chex™ (gluten-free), Rice Krispies® (original), Scooby Doo, Shredded Wheat (plain or frosted), and Toasted Oats.

Hot Cereal

Cream of Wheat® (whole grain), Oatmeal (old-fashioned, traditional, quick-cook, rolled oats-no flavor added), and Original Malt-o-Meal®. Infant cereal options include rice, oatmeal, and barley or mixed grain.

What goes better with cereal than milk?

Recently, USDA changed the milk requirement. Flavored fat-free milk may only be offered to children over the age of 6. Flavored milk may not be served to children 0 – 5 years old because nutrition experts believe that flavored milk contributes to increased added sugar consumption and is not appropriate for young children whose taste preferences are being formed. In order to be reimbursed on the food program, you must serve 1 % or Skim (fat-free) milk to children over the age of 2.

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maintaining your food program responsibilities. Day care home providers that do not maintain daily records of their menus and attendance may become seriously deficient in their food program operation. Record your menus and attendance daily for successful CACFP participation. If you need assistance, please contact the Illinois Child Care Bureau office for *Daily Meal Worksheets*.

ICCB welcomes **Dakitta Balogun-McGee** of Lansing, **Detrice Beaird** of Chicago, **Rhonda Bottcher** of Marengo, **Cari Cancino** of Lombard, **Alejandra Cantu** of Waukegan, **Roberta Capp** of Lena, **Maria Belen Estrada** of Waukegan, **Dolly Ford** of Rockford, **Nancy Forty** of Beach Park, **Cindy Gamez** of Chicago, **Jennifer Glodowski** of Roscoe, **Rosa Gomez** of Zion, **Ann Harnish** of Stockton, **Britney Holeton** of Winnebago, **Mala Jones-Belcher** of Dolton, **Tequila Mack** of Rockford, **Andria Martin** of Joliet, **Alma Delia Martinez** of Waukegan, **Tresia Metz** of Freeport, **Cassandra O'Reilly** of Chicago, **Melisa Pehl** of Scales Mound, **Tanecia Reed** of Broadview, **Maria Del Carmen Rios** of Addison, **Madeline Spangler** of Stillman Valley, **Christina Warner** of Rochelle, **Valda Washington** of Oak Forest. ICCB welcomes back **Carmen Munoz** of Chicago, **Juanita Weatherspoon** of Midlothian, and **Maria Zarinana** of Gurnee.

The Illinois Child Care Bureau office will be closed:

- Monday, January 1 in observance of New Year's Day
- Monday, January 15 in observance of Dr King's Birthday
- Monday, February 12 in observance of Lincoln's Birthday
- Monday, February 19 in observance of President's Day

~ Cathy, Kim, Marguerite, and Sarah

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6 weeks and 5 years of age. The day care does have a few older children that have been in care since infancy. Mrs. Rivers is the primary care giver and Mr. Rivers provides assistance as needed. A typical day at Rivers Home Day Care includes "circle time" -- the children learn numbers, letters, colors, reading and writing. Mrs. Rivers also reads to the children during this special part of the day. Mrs. Rivers discovered that using flash cards significantly helps to teach the children numbers, letters, colors which translates into assisting them with reading and writing. Flash cards keep the children interested and engaged while she is teaching them the concepts. The children also enjoy completing puzzles and playing with the letter and number floor rugs located throughout the day care. Rivers Home Day Care also dedicates part of the day to free play. When the weather is nice, the children spend lots of time outdoors.

Although the home day care keeps Mrs. Rivers very busy, she continues her formal education in order to stay on top of current day care issues. She is part of the Early Childhood Coalition. Mrs. Rivers also networks with other providers in her area as well as attending many classes related to providing child care. In addition, Mrs. Rivers has accomplished many educational milestones. Mrs. Rivers has earned a CDA (National Childhood Development Associate Credential), has NAFCC Accreditation (National Association for Family Child Care). In addition, Mrs. Rivers has attained the Silver Circle of Quality form ExceleRate Illinois which is a statewide quality recognition and improvement system designed to make continuous quality improvement an everyday priority among early learning providers. The program establishes standards for helping infants, toddlers and preschool age children develop intellectually, physically, socially, and emotionally. It provides a framework for early learning professionals to identify opportunities for improvement, increase their skills and take steps to make positive changes. The Silver Circle of Quality recognizes that the program has met quality goals. Silver Circle programs meet or go beyond quality standards in three areas: learning environment and teaching quality; administrative standards; and training & education. Programs are actively engaged in continuous quality improvement. As a lifelong learner, Mrs. Rivers recently received an associate degree in Early Childhood Education from Lake County College.

Mrs. Rivers takes her food program responsibilities seriously. She makes sure that she enters her menus and attendance into the computer daily. She uses *Daily Meal Worksheets* by making them easily accessible in case her internet is not working or if she cannot login to her account. She also serves the children a variety of healthy foods. When she introduces new foods to the children she makes sure that the children at least try the new food. If they really do not like the food, Mrs. Rivers will not insist that they eat it. The Rivers serve healthy and nutritious meals and are careful to choose foods that the children like to eat. Mrs. Rivers knows the importance of proper nutrition as a child develops.

The most rewarding part of Mrs. Rivers career is the children. She stated, "I love kids. They become part of the family. They keep me going". Rivers Home Day Care has a philosophy and mission statement that reads: *It is the mission and philosophy of the day care to provider child care service in a safe and loving environment with a home away from home atmosphere that will promote the highest level of social, physical and mental development for infants, toddlers, and pre-school aged children.* When asked about the most challenging aspect of her career, Mrs. Rivers stated, "It's not really challenging. Sometimes parents can be challenging, but I have been blessed with good parents".

Mrs. Rivers would definitely choose the same career again.

recipes

Scrambled Egg And Veggie Breakfast Pizza

Ingredients

- 4 eggs, beaten
- 2 teaspoons olive oil
- ¼ cup skim milk
- ¼ teaspoon salt
- ¼ teaspoon pepper
- ¼ cup onion, chopped
- 2 tablespoons red pepper, chopped
- ½ cup baby spinach, coarsely chopped
- ⅓ cup 2% sharp cheddar cheese, shredded
- 2 whole wheat English muffins, split and toasted

Instructions

1. Beat eggs, milk, salt and pepper with a whisk.
2. In a skillet heat oil over medium heat and sauté onion and red pepper for about 3 minutes. Add spinach until leaves start to wilt.
3. Pour egg mixture over sautéed vegetables and cook stirring until eggs mixture is scrambled.
4. Stir cheese into egg mixture until melted.
5. Divide scrambled egg and vegetable mixture in four servings and serve each over half of a toasted English muffin.

Servings: 4

Quick Quesadillas

Ingredients

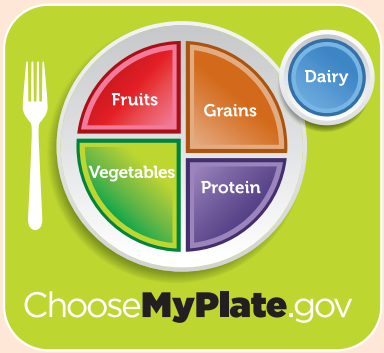
- 2¼ cups spinach (frozen, chopped)
- 1 cup dark red kidney beans (canned, no salt added); rinse and drain
- 1 tsp garlic powder
- ½ tsp onion powder
- ¼ tsp chili powder
- 4 whole-grain tortillas, 8”
- 1 ½ cups mozzarella cheese (low-fat, shredded)
- Non-stick cooking spray

Instructions

1. Thaw, drain, and squeeze excess liquid from spinach. Yields 1½ cups.
2. Preheat oven to 350 degrees.
3. Place kidney beans in a small microwavable bowl.
4. Add garlic powder, onion powder, and chili powder.
5. Lightly mash beans by squeezing using gloved hands (at least half of the beans should appear whole). Be careful not to over-mash beans.
6. Heat in microwave for 1 minute. Stir with a spoon.
7. Prepare quesadillas:
   - Place half of the tortillas on a baking sheet. Spread ¾ cup of spinach on each tortilla. Top each with 3/8 cup of bean mixture and ¾ cup of cheese.
   - Place remaining tortillas on top.
   - Spray outside of filled quesadillas with non-stick cooking spray.
8. Bake for 15 minutes.
9. Heat quesadillas to an internal temperature of 140 degrees or higher for at least 15 seconds.
10. Cut quesadilla into 6 wedges.
11. Serve 2 wedges or 1/3 of quesadillas.

Servings: 6

Optional: Serve with sliced or mashed avocado, cilantro, or salsa.



Choose My Plate

Visit https://www.choosemyplate.gov/kids to engage the children in activities that promote good health and nutrition.

Special thanks to Mayo Clinic.

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