Illinois Child Care Bureau News

April - June 2017

Dear Provider:

The January – March ICCB Newsletter provided you with information on the Meal Pattern changes that will take effect on October 1, 2017. ICCB wants your continued participation on the food program to be successful, therefore, we are repeating some of the key changes. During your next few home visits, your ICCB program advisor will provide you with detailed training. A few years ago, Food and Nutrition Services (USDA) changed the milk requirements. Today, all day care homes are serving skim or 1% milk to children ages 2 or older. Soon, you will follow these new meal pattern requirements with ease.

Please make the following changes beginning **October 1, 2017**:

- Fruits and vegetables are now separate components. You need to offer one of each (a fruit and a vegetable at lunch and supper).
- Serve juice (only) once per day. This change is due to the high sugar content in juice.
- Serve at least one serving of WHOLE GRAIN-RICH grains per day.
- You may no longer be reimbursed for serving grain-based desserts, such as granola bars. Serve whole grains instead.
- Meat and meat alternates may be served in place of the entire grains component at breakfast a maximum of three times per week.
- Tofu counts as a meat alternate.
- Read the Nutrition Facts label on yogurt to confirm it contains no more than 23 grams of sugar per 6 ounces.
- Read the Nutrition Facts label on breakfast cereal box to confirm it has no more than 6 grams of sugar per dry ounce.
- Unflavored whole milk must be served to 1 year olds; unflavored low-fat or fat-free milk must be served to children 2 through 5 years old; and unflavored low-fat, unflavored fat-free, or flavored fat-free milk must be served to children 6 years old and older;
- 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.
- Frying is not allowed as a way of preparing foods on-site.

ICCB welcomes **Billie Ammons** of Chicago, **Natasha Berry** of Chicago, **Lawanda Cartledge** of Chicago, **Joy Gaither** of Montgomery, **Ursula Harris** of Chicago, **Roslyn Harris** of Rockford, **Maria Monroy** of Chicago, **Candy Patterson** of Rockford, **Valencia Reasnover** of Chicago, **Janice Rolling** of Chicago, **Gina Rooney** of McHenry, **Erin Schmidt** of Skokie, **Cheryse Singleton-Noble** of Chicago, **Aljeanette Strong** of North Chicago, and **Shaniqua Williams** of Robbins. ICCB welcomes back **Chantal Datte** of Dolton, **Darcy Dussault** of Antioch, **Patricia Evans** of Chicago, **Sonia Figueroa** of Chicago, **Patricia Ford** of Chicago, **Karen Paap** of Rockford, **Helen Pritchett** of Bolingbrook, **Diane Reed** of Bellwood, **Brenda Rockey** of Rock City, and **Mary Terry** of Chicago .

The Illinois Child Care Bureau office will be closed:

- Monday, May 29 in observance of Memorial Day

~ Cathy, Kim, Marguerite, and Sarah

A Provider You Should Know

by Kim Klimek, Compliance Supervisor

For nearly 22 years, Mrs. Erma Edwards-Hatcher has owned and operated **ABC Kidz Academy Home Day Care** located in the Chicago Lawn neighborhood of Chicago. Before opening the day care home, Erma earned her accounting certificate. Erma owned and operated a bookkeeping and income tax service for over 2 decades. Mrs. Edwards-Hatcher also worked as a part-time school bus driver and was assigned to drive children with disabilities to and from school. During that time, Mrs. Edwards-Hatcher found that she truly enjoyed being around the children. A close friend, and administrator of Erma's church day care center, operated a day care home and quickly recognized Erma's extraordinary skills working with children. Erma's close

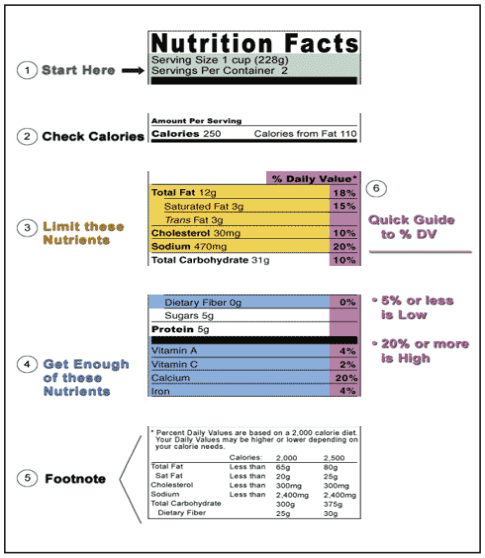
(continued on page 3)

The Nutrition Facts Label from USDA

The Nutrition Facts Label will assist you making healthy choices based on the New Meal Pattern. The information in the main or top section (see #1-4 and #6 on the sample nutrition label below), can vary with each food product; it contains product-specific information (serving size, calories, and nutrient information). The bottom part (see #5 on the sample label below) contains a footnote with Daily Values (DVs) for 2,000 and 2,500 calorie diets. This footnote provides recommended dietary information for important nutrients, including fats, sodium and fiber. The footnote is found only on larger packages and does not change from product to product.

In the following Nutrition Facts label we have colored certain sections to help you focus on those areas that will be explained in detail. You will not see these colors on the food labels on products you purchase.

Sample Label for Macaroni and Cheese



(Packaged macaroni and cheese is creditable toward the grain component.)

1. The Serving Size and 2. Check Calories

Serving Size 1 cup (228g)
Servings Per Container 2

The first place to start when you look at the Nutrition Facts label is the serving size and the number of servings in the package. Serving sizes are standardized to make it easier to compare similar foods; they are provided in familiar units, such as cups or pieces, followed by the metric amount, e.g., the number of grams.

The size of the serving on the food package influences the number of calories and all the nutrient amounts listed on the top part of the label. **Pay attention to the serving size, especially how many servings there are in the food package.** In the sample label, one serving of macaroni and cheese equals one cup. If you ate the whole package, you would eat **two** cups. That doubles the calories and other nutrient numbers, including the %Daily Values as shown in the sample label.

3 and 4. The Nutrients: How Much?

Look at the top of the nutrient section in the sample label. It shows you some key nutrients that impact on your health and separates them into two main groups:

Limit These Nutrients
(#3 on sample label)

Total Fat 12g	**18%**
Saturated Fat 3g	**15%**
Trans Fat 3g	
Cholesterol 30mg	**10%**
Sodium 470mg	**20%**

The nutrients listed first are the ones Americans generally eat in adequate amounts, or even too much. They are identified in yellow as **Limit these Nutrients.** Eating too much fat, saturated fat, *trans* fat, cholesterol, or sodium may increase your risk of certain chronic diseases, like heart disease, some cancers, or high blood pressure.

<u>Important</u>: Health experts recommend that you keep your intake of saturated fat, *trans* fat and cholesterol as low as possible as part of a nutritionally balanced diet.

Get Enough of These
(#4 on sample label)

Dietary Fiber 0g	**0%**
Vitamin A	**4%**
Vitamin C	**2%**
Calcium	**20%**
Iron	**4%**

Most Americans don't get enough dietary fiber, vitamin A, vitamin C, calcium, and iron in their diets. They are identified in blue as **Get Enough of these Nutrients**. Eating enough of these nutrients can improve your health and help reduce the risk of some diseases and conditions. Eating a diet high in dietary fiber promotes healthy bowel function. Additionally, a diet rich in fruits, vegetables, and grain products that contain dietary fiber, particularly soluble fiber, and low in saturated fat and cholesterol may reduce the risk of heart disease.

Remember: You can use the Nutrition Facts label not only to help *limit* those nutrients you want to cut back on but also to *increase* those nutrients you need to consume in greater amounts.

5. Understanding the Footnote on the Bottom of the Nutrition Facts Label
(#5 on sample label)

* Percent Daily Values are based on a 2,000 calorie diet. Your Daily Values may be higher or lower depending on your calorie needs.

	Calories:	2,000	2,500
Total Fat	Less than	65g	80g
Sat Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Note the ***** used after the heading "%Daily Value" on the Nutrition Facts label. It refers to the Footnote in the lower part of the nutrition label, which tells you "**%DVs are based on a 2,000 calorie diet**". This statement must be on all food labels. But the remaining information in the full footnote may not be on the package if the size of the label is too small. When the full footnote does appear, it will always be the same. It doesn't change from product to product, because it shows recommended

dietary advice for all Americans--it is not about a specific food product.

Look at the amounts circled in red in the footnote--these are the Daily Values (DV) for each nutrient listed and are based on public health experts' advice. DVs are recommended levels of intakes. DVs in the footnote are based on a 2,000 or 2,500 calorie diet. Note how the DVs for some nutrients change, while others (for cholesterol and sodium) remain the same for both calorie amounts.

6. The Percent Daily Value (%DV)

The % Daily Values (%DVs) are based on the Daily Value recommendations for key nutrients but only for a 2,000 calorie daily diet--not 2,500 calories. You, like most people, may not know how many calories you consume in a day. But you can still use the %DV as a frame of reference whether or not you consume more or less than 2,000 calories. The %DV helps you determine if a serving of food is high or low in a nutrient. Do you need to know how to calculate percentages to use the %DV? No, the label (the %DV) does the math for you. It helps you interpret the numbers (grams and milligrams) by putting them all on the same scale for the day (0-100%DV). The %DV column doesn't add up vertically to 100%. Instead each nutrient is based on 100% of the daily requirements for that nutrient (for a 2,000 calorie diet). This way you can tell high from low and know which nutrients contribute a lot, or a little, to your **daily** recommended allowance (upper or lower).

Quick Guide to %DV

	% Daily Value*
Total Fat 12g	18%
Saturated Fat 3g	15%
Trans Fat 3g	
Cholesterol 30mg	10%
Sodium 470mg	20%
Total Carbohydrate 31g	10%
Dietary Fiber 0g	0%
Sugars 5g	
Protein 5g	
Vitamin A	4%
Vitamin C	2%
Calcium	20%
Iron	4%

5%DV or less is low and 20%DV or more is high **(#6 on sample label)**

(continued on page 4)

(continued from page 1)

friend encouraged her to go into the day care business.

Erma attended classes and seminars to earn a day care home license through DCFS (Department of Children and Family Services). ABC Kidz Academy Home Day Care typically cares for children 6 weeks old to 12 years old. Erma's very first client was her next door neighbor. Keona, Erma's daughter, helped spread the word that her mother was opening a day care business which helped build clients through word-of-mouth instead of paid advertising. Two generations of families have been in her care which continues to help Erma build her business. Erma was awarded an Accreditation for Family Child Care in August 2015 and has earned a Star Level Three in the Quality Counts Rating System (rating system for Illinois child care programs).

ABC Kidz Academy Home Day Care focuses on educating children by using a strong literacy enriched program based on Mother Goose Time© preschool curriculum as well as the Early Head Start curriculum. The day care is divided into specific areas for nursey, toddlers, and kindergarten-aged children. The children learn letters, numbers, shapes and colors, reading, science and math. All of the children are reading by the time that they enter school. Erma also assigns homework and sends progress reports home for each child.

The most rewarding part of Mrs. Edwards-Hatcher's career is visiting with the children who were once in her care and are now adults. In addition to managing her day care business, Erma has volunteered on Saturdays at her local school to tutor neighborhood children. The doors are always open to children that need help and she does not have many challenges with her career. Erma stated, "I want to be the best always. I always try to give my best. I love being with the children and families. Every day is different and we all need each other. The children bring me joy".

ABC Kidz Academy Home Day Care serves home cooked soul food and does not serve any junk food. Many of the children have been in day care since 6 weeks of age, therefore they are accustomed to eating lots of fruits and vegetables. Mrs. Edwards-Hatcher often serves beans as the protein component. The children love greens and cornbread. ABC Kidz Academy Home Day Care often serves meals and snacks family-style. The children help set the table before each meal. When it is time to eat, the children sit at the table and serve themselves. Erma believes it is important for the children to eat together as a family.

Erma's day care home has been under the sponsorship of the Illinois Child Care Bureau for 16 years. She thinks the food program has deepened her nutrition knowledge for which she is grateful. She also loves the ILLINOIS CHILD CARE BUREAU NEWS (newsletters) and maintains her food program responsibilities by completing her menus and attendance every single day.

Erma is currently enrolled in a bachelor's degree program as well as taking Care Course classes. Also, she is a member of the Child Care Association of Chicago. On Saturdays, Erma spends time with the elderly at the local nursing home. In addition, she assists a nearby homeless shelter to feed those in need. Erma sees the needs of others and is always willing to help when she can. Erma would definitely choose the same career again.

recipes

Healthy Fruit Snack Ideas

(and reimbursable too)

- Cheese chunks and pineapple chunks
- Bagel and blueberries
- Baked apple and milk
- Raisins and milk
- Applesauce and milk
- Mixed fruit & cheese
- Grapes and cheese
- English muffin and pears
- Cottage cheese and peaches
- Yogurt with fresh strawberries
- Bagels and apples

Spicy Black Bean Burgers

Meat Alternate *from the Michigan Bean Commission*

Ingredients

- 1 (16-ounce) can Black Beans, drained 1/3 cup onion, finely chopped
- 1/4 cup red bell pepper, finely chopped
- 1 tablespoon green chili pepper, finely diced
- 1 teaspoon ground cumin
- 1 tablespoon sesame seeds, toasted
- 1 tablespoon pumpkin seeds, toasted
- 1 tablespoon sunflower seeds, toasted
- Salt and finely ground black pepper
- 2 tablespoons peanut oil
- 4 slices fontina cheese
- 4 whole-wheat hamburger buns
- Lettuce and tomato for garnish
- 8 bread and butter slices

Instructions

1. Place beans in a medium-size bowl and lightly mash them with a fork until you have a coarse-textured mixture.
2. Add onion, bell pepper, chili, cumin, sesame seeds, pumpkin seeds, sunflower seeds, salt and pepper. Mix well.
3. Divide mixture into four equal parts, then form by hand into four large flat patties.
4. Heat peanut oil in a skillet over medium heat. Cook burgers on one side until browned.
5. Turn the burgers over with a wide spatula and place a slice of fontina cheese on top of each patty. The bean burgers are done when the underside is browned and the cheese is soft.

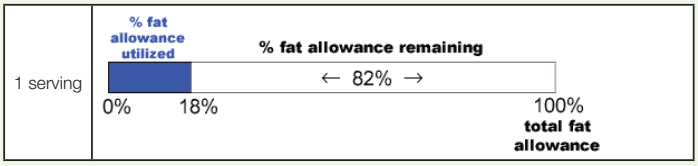
Serving suggestion: Serve on open face whole-wheat buns. Top each empty bun half with a lettuce leaf, a tomato slice, and two pickle slices.

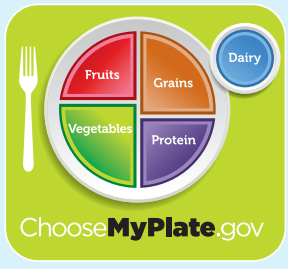
Servings: 4

(continued from page 3)

This guide tells you that **5%DV or less is low** for all nutrients, those you want to limit (e.g., fat, saturated fat, cholesterol, and sodium), or for those that you want to consume in greater amounts (fiber, calcium, etc). As the **Quick Guide** shows, **20%DV or more is high** for all nutrients.

Example: Look at the amount of Total Fat in one serving listed on the sample nutrition label. Is 18%DV contributing a lot or a little to your fat limit of 100% DV? Check the **Quick Guide to %DV**. 18%DV, which is below 20%DV, is not yet high, but what if you ate the whole package (two servings)? You would double that amount, eating 36% of your daily allowance for Total Fat. Coming from just one food, that amount leaves you with 64% of your fat allowance (100%-36%=64%) for *all* of the other foods you eat that day, snacks and drinks included.





Choose My Plate

Visit www.choosemyplate.gov/healthy-eating-style for more info on making healthy choices within the new meal pattern.

Special thanks to the Michigan Bean Commission (MichiganBean.org).

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.