Illinois Child Care Bureau News

January - March 2017

Dear Provider:

The Dietary Guidelines for Americans have been updated and these new, healthy eating recommendations are coming to the food program beginning **October 1, 2017**. You will receive detailed training from your Illinois Child Care Bureau program advisor in order for you to continue to successfully participate on the food program. A brief summary of the changes include:

- The combined fruit and vegetable component is now a separate vegetable component and a separate fruit; and
- Juice is limited to once per day.
- At least one serving of grains per day must be whole grain-rich;
- Grain-based desserts no longer count towards the grain component; and
- Ounce equivalents (oz eq) are used to determine the amount of creditable grains (starting October 1, **2019**)
- Meat and meat alternates may be served in place of the entire grains component at breakfast a maximum of three times per week; and
- Tofu counts as a meat alternate.
- Yogurt must contain no more than 23 grams of sugar per 6 ounces; and
- Breakfast cereals must contain 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 **Afsar Amini** of Skokie, **Aretha Boatman** of Chicago, **Jacole Carter** of Rockford, **Anita Conner** of Chicago, **Jacqueline Cook** of Chicago, **Nikita Cross** of Chicago, **Romeka Fields** of Chicago, **Christina Ford** of Rockford, **Brenda Freeman** of Chicago, **Lareatha Funches** of Chicago, **Janay Gause** and **Shaurice Gause** of Chicago, **Ana Gonzalez** of Cicero, **Stephanie Goza** of Rockford, **April Holmes** of South Holland, **Denise Jones-Mardis** of Bolingbrook, **Kathryn Matherly** of Cherry Valley, **Sharon Miller** of Tinley Park, **Qiana Moore** of Calumet Park, **Sharlon Moore** of Chicago, **Roslyn Pittman** of Matteson, **Diandra Stokes** of Chicago, **Amie Summers** of Brookfield, **Brenda Thompson** of Aurora, and **Janine Wilson** of Oregon. ICCB welcomes back **Nikhat Ali** of Glendale Heights, **Cynthia Childs** of Rockford, **Tina Hill** of Evergreen Park, **Kausar** and **Razia Khokhar** of Skokie, **Bianey Lara-Ramirez** of Waukegan, **Nelofer Tahsin** of Hoffman Estates, and **Angela Williams** of Poplar Grove.

The Illinois Child Care Bureau office will be closed:

- Monday, January 2 in observance of New Year's Day
- Monday, January 16 in observance of Martin Luther King Day
- Friday, February 13 in observance of Lincoln's Birthday
- Monday, February 20 in observance of President's Day

– Cathy, Kim, Marguerite, Mary, and Sarah

A Provider You Should Know

by Kim Klimek, Compliance Supervisor

For the past 27 years, Suzanne and Rolando Escobedo have owned and operated **Little Kids on the Block Inc.,** home day care which is located in Wheaton. Mrs. Escobedo was born in England and raised in Australia. Mrs. Escobedo earned her teaching degree from Transylvania University and is certified to teach grades K-9. Suzanne met Rolando in Europe, while he was serving in the US Army. Many years ago, the Escobedos moved to the United States and eventually moved to the western suburbs of Chicago. Mrs. Escobedo is proud to have dual citizenship (American and Australian). Before opening a day care home business, Mrs. Escobedo worked as the administrative assistant to the director of the European Division at the University of Maryland.

(continued on page 3)

HEALTHY BREAKFAST

Creditable Foods as of October 1, 2017

Children need a healthy breakfast so they can start the day ready to learn, play and grow. Children have small bellies so they cannot eat a lot of food at one time. Make every calorie count by providing foods packed with fiber, vitamins and minerals. Sugary cereals are high in calories and may provide less of the nutrients children need. Too many calories can cause excess weight gain and even obesity.

USDA published the new requirements for creditable breakfast foods for participating day care home providers on the the Child and Adult Care Food Program. The new requirements are based on the revised Dietary Guidelines for Americans. Americans eat too much sugar, therefore, the new guidelines recommend breakfast cereals with less sugar.

There are natural sugars, such as those in fresh fruit, as well as 'added sugars' which includes 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 the public 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. This target also is informed by national data on intakes of calories from added sugars account on average for almost 270 calories, or more

than 13 percent of calories per day in the U.S. population.

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 Americans to include limited amounts of added sugars in their eating patterns, including to improve the palatability of some nutrient-dense foods, such as fruits and vegetables that are naturally tart (e.g., cranberries and rhubarb).

Breakfast cereals may have high amounts of sugar. The Nutrition Facts Label provides the necessary information on the amount of sugar per serving. Serving breakfast cereals with less sugar is the healthy choice for the children in your care. Effective **October 1, 2017**, the food program will reimburse for cereal with less than 6 grams of sugar per dry ounce. The following cereals are creditable and may be served with milk:

Alpha-Bits
Corn Flakes
Scooby Doo
Corn Chex (gluten-free)
Kix (plain and honey)
Rice Chex (gluten-free)
Grapenuts
Complete Bran Flakes (wheat)
Grapenut Flakes
Cream of Wheat (whole grain)
Life (plain)
Original Malt-o-Meal
Rice Krispies (original)
Mini-Spooners (frosted, blueberry, strawberry cream)
Quaker Oatmeal Squares (brown sugar or cinnamon)
Cheerios (plain, dulce de leche, multi-grain)

In addition to offering cereal with less sugar, day care home providers should serve whole grain-rich, enriched or fortified cooked breakfast cereal or cereal grain OR whole grain-rich, enriched or fortified ready-to-eat breakfast cereal (dry, cold). Whole grains have more nutrients and fiber than refined enriched grains. Foods in the Grains group include food made from wheat, rice, oats, cornmeal, barley, or another cereal grain. Grains should not be confused with potatoes (which is a vegetable).

Grains are an essential component of a meal or snack because they provide health benefits and carbohydrates for energy. Whole grains are an important source of many nutrients including dietary fiber, B vitamins, iron, magnesium, and selenium.

A whole grain contains the entire grain: bran (fiber and B vitamins), endosperm (energy, carbohydrates and protein) and germ (vitamin E, B vitamins and antioxidants). Examples of whole grains are oatmeal, brown rice, and whole wheat flour. Consuming products with white flour as a main ingredient only provides energy, protein, and carbohydrates. In addition, it is important to limit the grains high in solid fats, added sugar and sodium.

Just because the package reads “wheat” does not mean it is whole grain. Look for “100% whole wheat” on the Nutrition Facts label. Or “whole wheat flour” or “whole grain” should be the first ingredient on the ingredients list. The label/packaging are not always truth tellers. The ingredients lists tell the whole story.

(continued from page 1)

Mr. and Mrs. Escobedo decided to open the day care because they thought that their business and teaching experience would make the career choice a good fit. Mr. Escobedo has a full-time job outside the home, however, he works behind the scenes by providing his marketing and business experience to Little Kids on the Block. He occasionally assists with child care when he is available. Little Kids on the Block Inc. is fortunate to employ three part-time assistants specializing in infant care and curriculum who contribute greatly to the well-being of the children. Mrs. Escobedo has trained three people to act as her substitute if she needs to be away from the day care home.

Little Kids on the Block Inc. is a group day care home and is licensed to care for children 6 weeks to 12 years old. Mrs. Escobedo typically cares for children 6 weeks to 5 years old. The day care follows the state of Illinois STEM curriculum. The acronym STEM stands for: Science, Technology, Engineering and Mathematics. One of the main goals of STEM is to prepare children and promote STEM fields of learning. STEM is a challenging curriculum and is dedicated to helping Illinois children stay competitive and ahead in their field of study. Recently, art was added to the curriculum making STEM become STEAM.

Although there is a lot of learning time at Little Kids on the Block Inc., there is also plenty of time for fun. Mrs. Escobedo plans seasonal activities as well as field trips for the children. Recently, they planned their fall festival. The children practiced songs and dances for the festival, then dressed in costume to perform for their parents. This annual activity is enjoyed by both the children and their parents.

The most rewarding part of Mrs. Escobedo’s career is, “observing the children’s progress with breakthroughs on developmental milestones”. Mrs. Escobedo is challenged by time. She often feels that there is not enough time in the day to do everything that she wishes to accomplish.

The Escobedos serve organic food and keep the menu simple. Mrs. Escobedo has found that children do not like to eat casseroles or complex recipes. She has found that the children prefer when she serves the food items separately, and not mixed together in a casserole. The children really love eating quesadillas which are filled with cheese. Mrs. Escobedo serves them often. Mrs. Escobedo has had picky eaters as well. Her advice is, “Keep trying. They will eventually try it. Just don’t give up”.

Besides running the day care, Mrs. Escobedo is very active in her community. She serves on several boards, including her church and the Early Child Care Collaborative Common Messaging (DuPage County Human Services Division). She is part of the Wheaton/Glen Ellyn Day Care Association and has served on the board as well. Mrs. Escobedo has earned the Silver Circle of Quality from ExceleRate® Illinois and is currently working on her infant/toddler credentials through Care Course.

Mrs. Escobedo keeps up with her food program responsibilities by preplanning her meals and entering the information into KidKare on her phone. Mrs. Escobedo generally enters her menus at the end of the day. Webinars, Care Course, and workshops help keep Mrs. Escobedo up to date on current day care information. Mrs. Escobedo would definitely choose the same career again.

recipes

Oatmeal Pancakes

Ingredients

- 1.5 cups non-fat milk
- 1 cup dry oatmeal
- ¼ cup oil
- 2 eggs, beaten
- 1 cup flour
- 2 TB sugar
- 1 TB baking powder
- 1 tsp salt

Instructions

1. Combine milk and dry oatmeal in a medium bowl. Let stand 5 minutes.
2. Add oil and eggs to the milk and oatmeal. Mix well.
3. Mix together flour, sugar, baking powder, and salt in a separate bowl. Stir four mixture into oatmeal mixture until just moistened.
4. Cook pancakes in greased skillet over low-medium heat until lightly browned on both sides.

Tip: Top with fruit to add sweetness without the extra sugar in syrups!

Servings: 8

Breakfast Burrito

Ingredients

- 12 oz lean ground turkey sausage
- ½ cup onion, chopped
- ¼ tsp garlic powder
- 1 cup potatoes, diced and cooked
- ½ cup water
- ¼ cup canned green chilies, diced
- ½ tsp chili powder
- ½ tsp cumin (optional)
- 6 whole wheat tortillas
- ½ cup tomatoes, diced
- ¾ cup low-fat shredded cheese
- 6 TB salsa

Instructions

1. Combine sausage, onion, and garlic in 2 quart microwave safe dish and cover with waxed paper.
2. Microwave on high for 5 to 6 minutes or until turkey sausage juices run clear.
3. Drain sausage mixture on paper towels and return to dish.
4. Add potatoes, water, green chilies, chili powder, and cumin. Mix to combine.
5. Microwave on high for 2 to 4 minutes or until thoroughly heated.
6. Wrap tortillas in towel and microwave for 30 seconds until warm.
7. Spoon ½ cup sausage mixture, 1 TB tomato, and 2 TB shredded cheese in center of tortilla.
8. Fold in sides of tortilla and roll up.
9. Repeat steps 7 – 8 with remaining tortillas.
10. Serve with salsa.

Servings: 6

Pita Pocket Veggie Breakfast

Ingredients

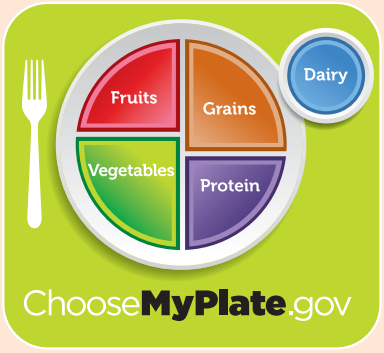
- 4 eggs
- ¼ cup low-fat milk
- 2 pita pockets
- 2 TB mozzarella or jack cheese
- ¼ cup vegetables, chopped

Instructions

1. Spray microwave-safe dish with non-stick spray.
2. Crack eggs and place in a mixing bowl.
3. Add milk to eggs and stir well with wire whisk or fork.
4. Pour mixture into microwave dish; cover and microwave on high for 4 minutes.
5. Remove dish from the microwave using potholders.
6. Remove the lid and use a fork to break the eggs into bite size pieces.
7. Stuff each split pita pocket with half of the eggs.
8. Top with shredded cheese and chopped vegetables.

TIP: Great vegetable choices include bell peppers, onions, mushrooms, or tomatoes!

Servings: 2



Choose My Plate

Visit www.choosemyplate.gov/grains for more info on creditable grain components as of **10.1.17**.

Special thanks to the University of Illinois Extension Program, Nebraska Department of Education, and to FRAC (Food Research and Action Center).

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.