Illinois Child Care Bureau News

October - December 2016

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, Julie Burd, Kathryn Dundon, Tim Folger, Judy Foster, Andrea Gregory, Paul Hansen, Tim Hostert, Kimberly Nesler, Jorge Nieves, Jason Prager, Jessica (Tess) Smith, Bart Speta, Karen Taylor, Matthew Whitaker, and Cheryl Williams work as monitors for the Illinois State Board of Education.

The Illinois Child Care Bureau has received positive feedback from providers filing their claiming online with KidKare, Minute Menu's newest product. Illinois Child Care Bureau staff is excited about this product because it allows you to record your menus and attendance, enroll children, and file your claim with us by using any device with internet connection including Macs! If you are currently claiming using old-fashioned paper menus and want to make the change, please call the Illinois Child Care Bureau office to receive training on this safe, easy-to-use program.

The Dietary Guidelines for Americans were revised in 2015. The Illinois Child Care Bureau is waiting for direction on how the changes will effect the food program. You will receive training on all changes which will need to be implemented by October 1, 2017 (one year from now).

Enrollments were due September 15, 2016. If you have not submitted your enrollments for FY17 (October 1, 2016 – September 30, 2017), please do so immediately.

USDA has published the following reimbursement rates effective July 1, 2016:

	Tier 1	Tier 2
Breakfast	$1.31	$0.48
Lunch / Supper	$2.46	$1.49
Snacks	$0.73	$0.20

ICCB welcomes **Paulette Amaya Ramirez** of Aurora, **Latoria Brown** of Calumet City, **Michelle Fisher-Rohde** of Deerfield, **Charlotte Johnson** of Chicago, **Anna and Kazimierez Kadlubowski** of Chicago, **Erin Lewis** of Country Club Hills, **Carmen Munoz** of Posen, **Marisol Rosales** of Round Lake Heights, **Andre Sain** of Chicago, **Teresa Salas** of Northlake, **Nicole Secketa** of Lake Villa, **Shanica Smallwood** of Chicago, **Sadia Victor** of Wauconda, **Kirrice Williams** of Rockford, and **Tamora Williams** of Lockport. ICCB welcomes back **Celia Britton and Jeanetta Johnson** of Kankakee, **Joyce Brown** of Chicago, **Leonila Cabrera** of Lake Villa, **Kathy Clifton** of Chicago, **Natolie Drewitt** of Chicago, **Vera Gray** of Chicago, **Shirley Gray-Johnson** of Waukegan, **Falonta Hampton** of Calumet City, **Jacqueline Morris** of Chicago, **Leslie Phipps** of Chicago, and **Ladonna Richard** of South Holland.

The Illinois Child Care Bureau office will be closed:

- Monday, October 10 in observance of Columbus Day
- Friday, November 11 in observance of Veteran's Day
- Thursday and Friday, November 24 and 25 in observance of Thanksgiving Day
- Monday, December 26 in observance of Christmas Day
- Monday, January 2 in observance of New Year's Day

~ Cathy, Kim, Marguerite, Mary, and Sarah

A Provider You Should Know

by Kim Klimek, Compliance Supervisor

Ms. Travon Bonner has owned and operated **Shining Stars Child Care** for the past 16 years. Before opening her Evanston day care home, Ms. Bonner was in the customer service field. Ms. Bonner worked for a temp agency after being laid-off twice. Ms. Bonner's close friend suggested she open a home day care because Ms. Bonner enjoyed being around children.

Ms. Bonner typically cares for children 6 weeks to 12 years old, but is currently caring for toddlers between 2-4 years old. Ms. Bonner enjoys her current age group and enjoys teaching the children new things. The children learn puzzles, art, music, movement, numbers and letters, and enjoy reading time each day. In addition, there is

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Celebrate APPLES!

Apples are a delicious, low-calorie snack that are easy to carry and readily available at grocery stores. The cost of apples tends to be less inexpensive than other fruit choices. Although we tend to select the same variety, hundreds of varieties of apples are grown world-wide. Apples may be sweet, tart, soft, smooth, crisp, or crunchy.

Commercial apple trees are not grown from seed because apple seeds do not produce "true to variety". Instead, apple growers use grafting or budding to produce trees that will bear fruit of the same apple variety.

Apple trees grown from seeds may have the same "parents" however, the seedling siblings will all be a bit different. Therefore, every apple seed can potentially produce a new variety. This is in part why more than 7500 apple varieties have been identified worldwide. To create an apple tree of a particular variety, orchardists graft a twig, called a scion, from the "parent" tree onto a small, young tree called a rootstock – nothing more than a slender whip with roots. The scion contains buds from which twigs and leaves will eventually grow. The trees are protected in nurseries for 1 – 2 years after they are grafted before being replanted by the grower in an orchard.

Nutrition and Health Benefits

Apples are low in calories (about 80 calories for a medium-size apple) and the apple skin is high in fiber which provides bulk

in the intestines. Leave the skin on the apple and eat it in order to benefit from the fiber and antioxidants in the apple peal. Apples are fat-free, gluten-free, sodium-free, and have vitamin C. A medium-size apple equals 1 cup of fruit.

How to Select

Look for smooth-skinned apples and avoid bruised apples or those with soft spots or wrinkled skin. Color also tells you about the taste of the apple. If the apple is not solid red it should have a yellow-green undertone. If the undertone is too green it may taste less sweet or not be ripe.

How to Store

Be gentle when moving or handling fruit including apples. Place apples in the refrigerator to keep them juicy and crisp. Storing apples in a plastic bag with air holes helps to maintain high moisture and prevent withering. Apples darken when exposed to air and may get mushy if stored at room temperature. Apples ripen 6 – 10 times faster when stored at room temperature. To prevent apple slices from browning, dip into a mix of 1 part lemon juice and 3 parts water. Do not wash apples until they are ready to eat.

Apple Facts

- The crabapple is the only apple native to North America.
- The pilgrims planted the first US apple tree in the Massachusetts Bay Colony.
- Apples come in all shades of reds, greens, and yellows.
- 2500 varieties of apples are grown in the USA.
- Apple trees take 4 – 5 years to produce their first fruit. Some apple trees will grow over 40 feet high and live over 100 years.
- Apples make a great tasting bar! With all of the varieties of apples, set up an apple tasting bar and have the children in your care try as many different varieties as you can purchase at your local grocery store.

So, no matter which variety you enjoy – Ambrosia, Braeburn, Cameo, Cortland, Cripps Pink, Crispin, Empire, Fuji, Gala, Golden Delicious, Granny Smith, Honeycrisp, Jazz, Jonagold, Jonathan, Macoun, McIntosh, Paula Red, or Red Delicious – eat an apple a day!

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physical activity available for the children as well. Ms. Bonner's backyard has bikes and big wheels for the children to ride as well as a basketball hoop for a game or for shooting baskets.

This year, Ms. Bonner's day care held its first *Family Garden Day*. A former client built two large garden boxes for the day care. In addition to a garden box, the children made bird feeders. The families assisted by planting tomatoes, lettuce, onions, carrots, squash, eggplants, and watermelon. *Family Garden* Day was a success because the children as well as their families enjoyed the day. All summer-long the children watched the plants grow. The children are amazed to see all of the fresh vegetables and fruit. The children and the parents are rewarded for their hard work by taking some of the fresh produce home. Ms. Bonner is very grateful to her local Home Depot ™ for donating the soil for the garden and to her local flower shop for donating the flower seeds and bulbs.

Ms. Bonner also teaches the children to be independent and to learn how to be their own advocate. Ms. Bonner used the recent Illinois budget crisis to teach the children how to use their voices in government. Shining Stars Child Care relies on the Child Care Assistance Program (CCAP), a state subsidy program for day care home providers. The children and Ms. Bonner wrote letters to their local state representatives explaining why CCAP is so important to families in their community. The children illustrated their letters as well. Ms. Bonner stated that the children were "very proud their voices were heard" by their local state representatives.

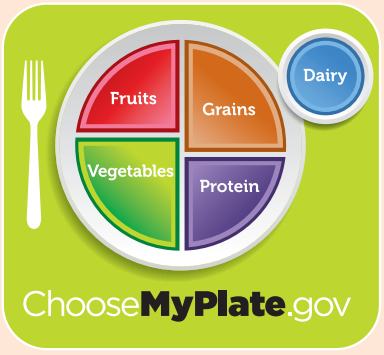
The most rewarding part of Ms. Bonner's career is witnessing the growth and development of the children. Ms. Bonner gets "super excited" when she sees a child who had struggled to handle a task become the child that had mastered the task. Ms. Bonner enjoys her role as an educator and has formed lifelong relationships with some of the families as they have become a part of her extended family.

The most challenging part of Ms. Bonner's career is something all of you know. The job is physically-demanding and the provider usually does not employ an assistant. It would make her job less demanding if she had an assistant to provide that extra set of hands and eyes that are so often needed in child care. The cost of a full-time assistant would cause her small business to operate without any profit meaning Ms. Bonner would not earn anything herself. The long days contribute to Ms. Bonner feeling as if she has not accomplished enough today and wishing there were more hours in a day to complete all her day care business tasks.

Ms. Bonner believes the food program has changed her life in a positive way due to the free nutrition training she has received. The children in Ms. Bonner's care eat fresh fruits and vegetables as often as possible – instead of canned fruits and veggies. As you know, recording your menus and attendance daily is a food program requirement. This can be a challenge from time to time for Ms. Bonner. To avoid a costly disallowance, Ms. Bonner has *Daily Meal Worksheets* available for those times when she cannot enter the information into KidKare each day.

Have you ever had a picky eater? Ms. Bonner tries to build her menus around the food the children like to eat to avoid the picky eater's comments from taking away from the meal or snack time. The children love tortillas so, Ms. Bonner will serve ground beef, chicken breast, black beans, or turkey in tortillas. The children enjoy the variety of food and colors in a taco and Ms. Bonner knows they are getting proper nutrition at the same time. Ms. Bonner's method for trying new things is to keep offering the new food item to the children until they try it. Ms. Bonner uses encouraging words and spices. For example, the children love broccoli however they do not want to try other vegetables. Ms. Bonner sprinkles parmesan cheese on the new vegetable as a means of motivating the children to try it.

Running a day care business has caused Ms. Bonner to learn more about child development through taking classes offered at Oakton College, her local community college, as well as classes and webinars online. Education is the key to understanding all the changes in the day care industry. In addition, Ms. Bonner subscribes to a variety of children's magazines which offer a wealth of information. Ms. Bonner feels her career has helped her grow as a person and she enjoys being her own boss. Furthermore, Ms. Bonner believes the strong support she has received from her two children, family, and friends enabled her to become the successful day care home provider she is today. Ms. Bonner enjoys her career choice and would choose it again.



Choose My Plate

Visit www.choosemyplate.gov/apples to discover more information about apples or explore information on other delicious fruits.

recipes

Apple Cider Baked Beans

Ingredients

2 cups dried white navy beans, picked over, washed and soaked (may substitute canned beans by using three 15 ounce cans of navy beans or great northern beans. Drain and rinse. Proceed with recipe.)
1 small onion, diced
4 TB molasses
8 tsp Dijon mustard
2 TB tomato paste
½ tsp salt
2 tsp black pepper
2 tsp dried thyme
1 small bay leaf
1 tsp cider vinegar
4 tsp soy sauce
1 1/3 cups apple cider, boiling
Boiling water

Instructions

1. Pour beans onto a flat surface (clean countertop) in a single layer. Pick out rocks, dirt balls, off colored and broken beans. Discard. Wash beans in two changes of cold water.
2. Cover with 3 inches of water and allow beans to soak overnight for 8 – 10 hours. (Quick soak method: cover cleaned beans with 3 inches of cold water and bring to a boil over medium heat. Boil for 10 minutes, turn heat off and let stand for 2 hours or more. Proceed as directed.)
3. Preheat oven to 250 degrees.
4. Drain beans, reserving liquid. Bring liquid to a boil.
5. Pour beans into a deep oven-proof casserole dish. Add all ingredients, stir and add enough reserved boiling liquid to cover beans.
6. Cover the casserole dish with foil (or the casserole dish lid). Bake for 6 hours, adding a little more water if necessary after 3 hours of baking.

Servings: 6

Spiced-Fruit Stuffed Apples

Ingredients

2 TB lemon juice
1 quart water
4 medium cooking apples (Jonathan, Granny Smith, Golden Delicious)
¼ cup currants or raisins
¼ cup cranberries, fresh or dried, chopped
2 TB brown sugar
2 TB butter or margarine, melted
½ tsp cinnamon
¼ tsp nutmeg
1/3 cup apple cider or apple juice
4 TB vanilla yogurt, optional
Garnish: sprinkle of cinnamon

Instructions

1. In a large bowl, combine water and lemon juice; set aside.
2. Prepare apples. Working with one apple at a time, slice ½ inch from the stem end and remove core; use a paring knife or apple corer. From the cut edge of each apple, peel away a ½ inch strip. Place each prepared apple in lemon-water; cut side down to prevent browning, until ready to stuff.
3. In a medium bowl, combine currants, cranberries, brown sugar, butter, cinnamon, and nutmeg. Drain apples. Stuff each apple with spiced fruit mixture.
4. Place apples in a greased 8” x 8” baking dish. Pour apple cider over apples. Bake 350 degrees Fahrenheit for 45 – 50 minutes.
5. Serve warm with a little concentrated apple cider or juice in the bottom of the pan. Top each apple with 1 tablespoon vanilla yogurt and sprinkle with cinnamon, if desired. For smaller serving, cut each apple in half and garnish.

Servings: 4

Quick-Mix Applesauce

Ingredients

7 apples (quartered)
½ cup of water
¼ cup of sugar

Instructions

1. Wash and cut apples in quarters. Apples can be peeled, but fiber will be decreased.
2. Combine apples and water in saucepan. Heat to boiling. Turn heat to low as soon as the water is boiling.
3. Simmer over low heat for 15 to 20 minutes or until apples are tender. Stir occasionally to prevent sticking.
4. Stir in sugar and heat until sugar is dissolved.
5. Serving suggestion – add 1 Tablespoon cinnamon and stir before serving.

Servings: 7

Special thanks to US Apple Association (usapple.org), University of Illinois Extension Program (http://web.extension.illinois.edu), and MissouriFamilies.org.

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