Illinois Child Care Bureau News

April - June 2018

Dear Provider:

During your home visit this summer, you will receive a training packet to assist you with the changes to the meal patterns. As you know, the meal pattern changes are effective October 1, 2018. If you want to continue to receive reimbursable meals and snacks, the new meal pattern must be followed. Some changes include lower sugar in yogurt and breakfast cereal, serving non-flavored 1 % or skim milk to children ages 2 – 5 years, and serving a whole grain food as a component of a meal or snack at least once per day. Nutritionists recommend serving oatmeal at breakfast (quick cooking, steel cut, or plain instant) to fulfill this requirement. Read the Nutrition Facts label on flavored instant oatmeal to ensure it does not exceed the maximum of 6 grams of sugar per dry ounce in order to be reimbursable.

ICCB welcomes **Mala Jones-Belcher** of Dolton, **Jessica Nunez** of Hillside**, Danielle Puttkammer** of Round Lake, **Alethea Redding** of Dolton, **Suzana Rosas De Sosa** of Gurnee, **Stephanie Tarr** of Chicago, and **Tikiya Theus** of Chicago. ICCB welcomes back **Celia Britton** and **Jeanetta Johnson** of Kankakee, **Lelarn Davis** of Chicago, **Tiquita Dubose** of Chicago, **Michelle Fisher-Rohde** of Deefield, **Nancy Forty** of Beach Park, **Catherine Greenlee** of Homewood, and **Roslyn Pittman** of Matteson.

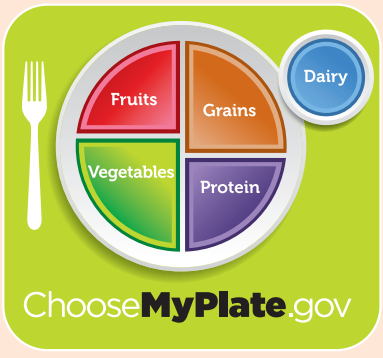
Summer is around the corner which means it is time to take a look at your Minute Menu™ calendar to ensure the out of school dates are correct for your school district. The Illinois Child Care Bureau marks all provider calendars as 'school out' from Memorial Day through Labor Day. You may need to adjust the dates on your calendar to reflect the actual summer/no school schedule.

The Illinois Child Care Bureau office will be closed:

- Monday, May 28 in observance of Memorial Day

Reminder : You must mark your calendar closed (or call the ICCB office) if you will not be open on Dr. King's Birthday, Lincoln's Birthday, President's Day, Columbus Day, Veteran's Day, or the day after Thanksgiving.

~ Cathy, Kim, Marguerite, and Sarah



Choose My Plate

Visit www.choosemyplate.gov/what-healthy-eating-style for more ideas on making healthy choices.

A Provider You Should Know

by Kim Klimek, Compliance Supervisor

Ms. Cencirea Robinson has owned and operated **Raniey's Day Care, LLC**, located in Calumet City, for the past 11 years. Before opening the home day care, Ms. Robinson was a weight loss coach at LA Weight Loss™ for five years. Ms. Robinson is the proud mother of four children. Ms. Robinson's third child was diagnosed with ADHD and autism at a young age. As a working parent, Ms. Robinson had strong concerns regarding the education and care her son would receive, so she decided to educate herself about ADHD and autism. Once her research had begun, Ms. Robinson decided her son would greatly benefit if she was available for him daily in their home. Ms. Robinson's day care was established which allowed her to assist her child daily with the challenges he faced at a tender age.

Raniey's Dare Care LLC typically cares for children 6 weeks through 12 years.

(continued on page 3)

HEALTHY SNACKS

CACFP allows reimbursement for 2 meals and 1 snack OR 2 snacks and 1 meal per child per day. A reimbursable snack is comprised of 2 out of the 5 components:

1. Fluid Milk: Must be unflavored whole milk for children age 1. Must be unflavored low-fat (1%) or unflavored fat-free (skim) milk for children 2 – 5 years old. Must be unflavored low-fat (1%) or unflavored fat-free (skim) or flavored fat-free (skim) milk for children 6 years and older.
2. Meat/Meat Alternate: lean meat, poultry or fish; tofu, soy product or alternate protein products; cheese; large egg; cooked dry beans or peas; peanut butter or soy nut butter or other nut or seed butters; yogurt, plain or flavored unsweetened or sweetened
3. Vegetables
4. Fruits
5. Grains: whole grain-rich or enriched bread; whole grain-rich or enriched bread product, such as biscuit, roll, or muffin; whole grain-rich, enriched or fortified cooked breakfast cereal, cereal grain, and/or pasta; whole grain-rich, enriched or fortified ready-to-eat breakfast cereal (dry, cold) – flakes or rounds, puffed cereal, granola

Fresh, frozen, canned, and dried fruits are all great choices. Introduce kids to the whole rainbow of fruit choices – each fruit has its own unique flavor and nutrients.

Limit fruit juice by serving only one ½ cup (4 oz) serving of 100% juice, once per day. While 100% fruit juice can be part of a healthy diet, it does not contain the dietary fiber found in other forms of fruit.

Include good sources of potassium, such as bananas, dried plums, cantaloupe, honeydew melon, nectarines, raspberries, and orange juice. Potassium can help children maintain a healthy blood pressure.

It is easy for children to get too many added sugars from foods and beverages. The extra calories from these added sugars can make children feel full before they have had a chance to get the nutrients they need from other foods. Extra calories from added sugars also make it harder for children to maintain a healthy weight. Since fruits are naturally sweet, it can be easy to get children to eat them without adding sweeteners like sugar, corn syrup, and honey.

Purchase fruit canned in water or 100% fruit juice instead of syrup. Offer unsweetened applesauce and try sprinkling ground cinnamon on top.

Suggestions for preparing and storing fresh fruits:

- ✓ Cut away any damaged or bruised areas on fresh fruits before preparing or eating. Produce that looks rotten or has mold on it should be thrown away.
- ✓ Keep fruits separate from raw meat, poultry, and seafood while shopping, preparing, or storing them.
- ✓ Store perishable fresh fruits, like strawberries, in a clean refrigerator at a temperature of 40 degrees Fahrenheit or below. Refrigerate all produce that is purchased precut or peeled to maintain both quality and safety. If you are not sure whether an item should be refrigerated, ask the produce manager at your supermarket.

Fresh, frozen, or canned vegetables are all great choices. Each vegetable contains different amounts of nutrients and fiber, so vary the vegetables you serve. Providing different choices each day helps children get the nutrition they need.

Suggestions for reasonably-priced, healthy, and easily-served snacks:

- Fresh fruit (cantaloupe or grapes) and milk
- Baked apple and milk
- Cottage cheese and oranges
- Cheese chunks and peaches
- Whole grain toast and watermelon
- English muffin and plums
- Mozzarella cheese and sliced tomatoes
- Corn tortilla and Chihuahua cheese
- Pizza bagel and milk
- Yogurt with fresh strawberries

A few reminders:

- ➢ Milk and juice may not be served as a snack together unless a grain or meat/meat alternate is also served.
- ➢ Pasteurized full-strength juice may only be used to meet the vegetable or fruit requirement at one meal, including snack, per day.
- ➢ Yogurt must contain no more than 23 grams of total sugars per 6 ounces.
- ➢ At least one serving per day, across all eating occasions, must be whole grain-rich.
- ➢ Grain-based desserts do not count towards meeting the grains requirement.
- ➢ Breakfast cereals must contain no more than 6 grams of sugar per dry ounce (no more than 21.2 grams sucrose and other sugars per 100 grams of dry cereal).
- ➢ Potatoes are a vegetable, not a grain, and are only creditable as a vegetable.

(continued from page 1)

This group day care home is licensed to care for up to 16 children at a time and, currently, it is at full capacity. Ms. Robinson feels blessed that her day care is full and that she does not need to advertise. Most of her clients come to her through word-of-mouth advertising and remain in her care for many years. Ms. Robinson takes her responsibility of caring for children very seriously and has a difficult time when the children are old enough to transition out of day care.

A typical day at Raniey's Day Care LLC always begins with a nutritious breakfast. Ms. Robinson understands the importance of eating a healthy breakfast which has been proven by dieticians and other scientists. Although some children may arrive after Raniey's Day Care approved breakfast serving time (which Ms. Robinson understands cannot be reimbursed by the food program), Ms. Robinson serves the children a hearty breakfast. She feels strongly that a snack in not enough for them since they have not been served breakfast at home. Circle Time occurs after breakfast and begins with a daily exercise routine. Circle Time also includes activities to develop the children's ability to recognize colors, shapes, numbers and sounds. Ms. Robinson uses the Your Baby Can Read© curriculum for infants and toddlers because of the great success she has seen with this program. The children are taught the alphabet and fundamental reading and writing skills before they enter kindergarten.

Raniey's Day Care LLC also takes the children on field trips throughout the year. They visit the great museums in Chicago and also enjoy attending local theaters to watch plays. Most recently, Ms. Robinson and the children attended *Disney on Ice*. In addition, the children enjoy reading time which occasionally includes special guests. The children are excited to meet the author of "Teaching Little Minds To Think Big" when she visits Raniey's Day Care in the near future. Hosting author visits is not new to Ms. Robinson, however, this visit is special because the author lives in the community. Ms. Robinson believes in the power of suggestion. The children see successful members from their community which hopefully will cause the children to emulate.

Ms. Robinson keeps up with her food program responsibilities by recording her menus and attendance on KidKare® using her mobile phone. She stated that, "KidKare makes it easy". Occasionally, she utilizes her desktop computer to record menus and attendance. In addition, Ms. Robinson keeps blank copies of *Daily Meal Worksheets* in case her internet connection is not working correctly. Ms. Robinson selects foods that are cost efficient, easy to prepare, and meals which she knows the children will eat – a key ingredient to meal planning. She currently has a picky eater in care who does not like vegetables. She will not force the child to eat them, however, she knows the importance of eating vegetables so, she patiently asks the child to taste the vegetable (and she tastes it with him) to encourage him to eat it. She has served three vegetables at lunch just so he will eat a vegetable and found that he likes carrots. Hurray!

She also has a great tip for moving the children from drinking whole milk or 2% milk to the food program requirement of 1 % milk or skim milk. Ms. Robinson has studied the *Child Meal Pattern* and knows that children over 2 years of age must be served 1% or skim milk in order for the meal to be reimbursable. She also knows that transitioning from whole milk (or 2% milk) can be a challenge. Children are smart and pay attention to details. She has found that by simply replacing the cap on the milk (after thoroughly cleaning it), the children drink the 1% or skim without any questions. She asks the children what 'color' milk would they like today? They always choose 'red' -- whole milk containers typically have a red cap. Ms. Robinson simply places the red cap on the 1% or skim milk container then has no issues getting the children to drink the lower fat milk. Brilliant!

Ms. Robinson is not part of an association but does network with other providers in her area. Ms. Robinson is in the process of opening a day care center as well. Opening a day care center has many challenges and Ms. Robinson is up for that challenge. After all, a challenge is what motivated her to open Raniey's Day Care LLC. Due to her son's diagnosis of ADHD and autism, Ms. Robinson was offered medication for him. Instead of medicating her son, Ms. Robinson chose to educate herself so that he could overcome his obstacles. Working with his doctor, and all the resources Ms. Robinson found through her research, she was empowered to assist her son who is now 15 years old and shows no signs of ADHD or autism. In addition, he is a very successful student. Ms. Robinson will keep Raniey's Day Care LLC open because "I could not imagine coming home and it not being here".

The most rewarding part of Ms. Robinson's career is "the impact that I have on the little lives". She is so proud to watch them develop all the while knowing she has played a significant role in their learning process. She feels the parents have entrusted her with their most valuable asset – their children – therefore, she works very hard to make sure each child becomes the best that she (or he) can be. She stated, "I have to be the example". She treats the day care children as if they were her own children and "showers them with love and respect". The most challenging part of her career is when there is an issue with payments. Ms. Robinson would "absolutely" choose the same career again.

recipes

BANANA NUT ROLL-UP

Ingredients

- 1 whole wheat tortilla
- 1.5 TB peanut butter
- 1 tsp honey
- 1 medium banana, peeled

Instructions

1. Warm the tortilla to soften (microwave for 15 – 20 seconds).
2. Spread peanut butter evenly across the tortilla.
3. Drizzle honey over peanut butter.
4. Lay banana across the bottom half of the tortilla. Tightly roll tortilla around banana. Press gently to close roll-up.
5. Cut in half and enjoy.

Servings: 2

PEACHY PEANUT BUTTER PITA POCKETS

Ingredients

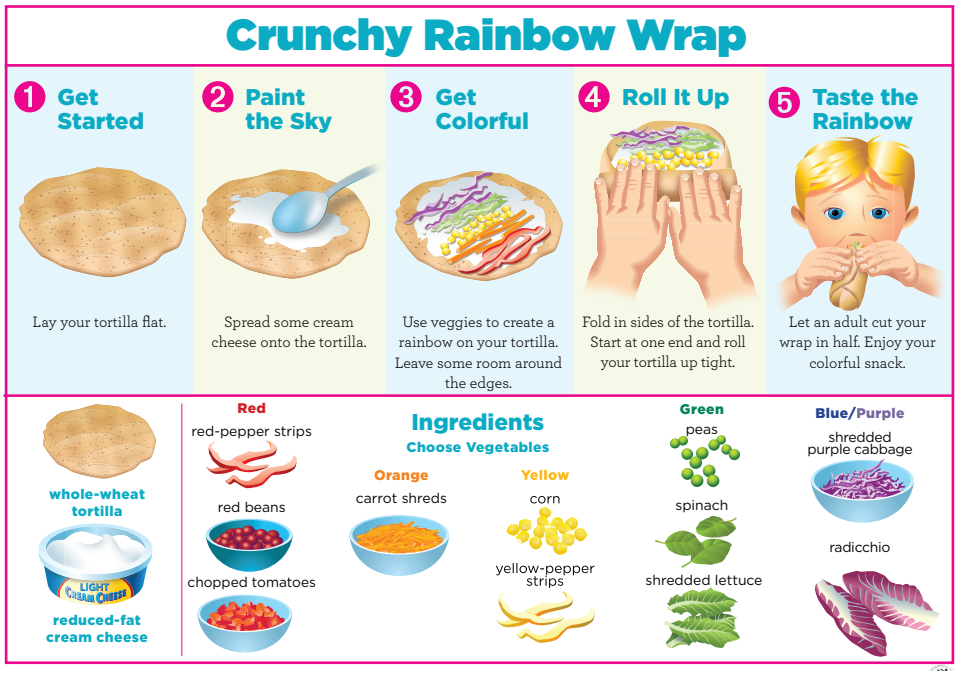
- 2 medium whole wheat pita pockets
- ¼ cup reduced-fat chunky peanut butter
- ½ apple, cored and thinly sliced
- ½ banana, thinly sliced
- ½ fresh peach, thinly sliced

Instructions

1. Cut pitas in half to make 4 pockets.
2. Warm in microwave for about 10 seconds to make them more flexible.
3. Carefully open each pocket and spread a thin layer of peanut butter on the inside walls.
4. Fill with a combination of apples, bananas, and peach slices.
5. Serve at room temperature.

Servings: 4

HEALTHY SNACKS – AND FUN TO MAKE TOO!



APPLESAUCE

(lower in sugar than store bought applesauce)

Ingredients

- 3 lbs (about 12) cooking apples; peeled, cored, and sliced
- ½ to ¾ cup of sugar
- ½ cup water
- 1 tsp ground cinnamon

Instructions

1. In a large microwave-safe bowl, combine all ingredients, stirring well.
2. Cover bowl with wax paper, microwave 9 minutes, then stir.
3. Cover and continue microwaving 5 – 8 minutes or until apples are soft.
4. Mash apples and serve warm or cold.

TIPS: Tart apples, such as Granny Smith and Jonathon, make the best applesauce.

Apples should be washed before being cooked. Washing helps remove dirt, germs, and any pesticides that may be on the skin. Even if you peel apples, wash them first.

Servings: 4 cups

Serve with one more component for a healthy snack.

Special thanks to California Department of Health and K-State Research & Extension Family Nutrition Program.

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