Illinois Child Care Bureau News

July – September 2018

Dear Provider:

Your Illinois Child Care Bureau program advisor will visit you three times per year to provide assistance with nutrition and to ensure you understand the food program rules and regulations. The fiscal year is broken into three trimesters: October 1 – January 31, February 1 – May 31, and June 1 – September 30. Two of the three visits must be unannounced which means the program advisor does not contact you in advance to announce her visit. One of the three visits may be announced, however, it is not a requirement to have an announced visit. If you need further clarification, please contact the Illinois Child Care Bureau office. You may also receive a visit from an Illinois State Board of Education monitor, namely: John Burton, Kathryn Dundon, Judy Foster, Andrea Gregory, Paul Hansen, Kim Nesler, Mary Newman, Jorge Nieves, Jason Prager, Tess Smith, Matthew Whitaker, or Cheryl Williams.

ENROLLMENT RENEWALS: You will receive your enrollment renewals from the Illinois Child Care Bureau by the end of August. The enrollment forms must be completed (signed/dated) and mailed/faxed/emailed to the Illinois Child Care Bureau by September 14. The Illinois Child Care Bureau must receive the enrollment renewals by September 14 in order for you to continue to receive your food program reimbursement.

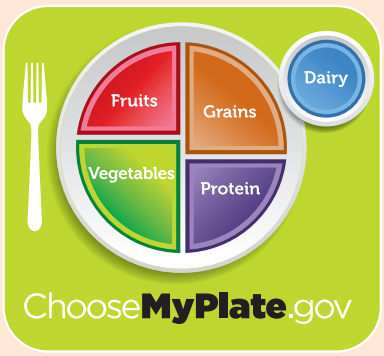
REMINDER: the meal pattern changes are effective **October 1, 2018**. If you want to continue to receive reimbursable meals and snacks, the new meal pattern must be followed. It is important to follow the new meal pattern otherwise the meal or snack will be disallowed causing a reduction in your food program reimbursement.

ICCB welcomes **Jocelyn Alexander** of South Holland, **Artreal Bailey** of Matteson, **Tanya Bolton** of Park Forest, **Priscilla Burge** of Harvey, **Danicka Campbell** of Chicago, **Lafredia Hobson** of Chicago, **Crystal Johnson** of Country Club Hills, **Kimiya Lewis** and **Sharon Fry** of Lansing, **Cynthia Mendoza** of Chicago, **Lasierra Miskel** of Harvey, **Alexandra Tudela** of Chicago, **Taylor Tompkins** of Park Forest, and **Gina White** of Hazel Crest. ICCB welcomes back **Latonya Bostic** of Bolingbrook**, Celia Britton** and **Jeanetta Johnson** of Kankakee, **Mildred Lewis** of Chicago, **Carina Nava** of Beach Park, **Ladrena Stiff** of Maywood, **Loretta Whitsett** of Chicago, and **Joyce Woodfork** of Plano.

The Illinois Child Care Bureau office will be closed:

- Wednesday, July 4 in observance of Independence Day
- Monday, September 3 in observance of Labor Day

~ Cathy, Kim, Marguerite, and Sarah



Choose My Plate

Visit www.choosemyplate.gov/quiz to take the quiz on how much you know about fruit nutrition.

A Provider You Should Know

by Kim Klimek, Compliance Manager

Taylor Day Care, located in the village of Morris, has been providing child care to their community for the past forty years. The day care home is owned and operated by Ms. Jacqueline Taylor. Ms. Taylor began caring for children with the birth of her first son and opened her business with only 3 children --- the children of her husband's coworkers. Taylor Day Care was established prior to the Department of Children and Family Services (DCFS) licensing day care homes. Ms. Taylor completed the requirements and became a licensed day care provider as soon as DCFS began to license day care homes.

Ms. Taylor has dedicated her career to caring for children and her day care home business has grown from a non-licensed day care into a group day care home. Taylor Day Care typically cares for children 6 weeks to 12 years of age with the additional resources required to care for up to 16 children. It is common for the children in her care to attend Ms. Taylor's day care from

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CELEBRATE FRUIT

Summer is a great time to serve fresh fruits. Serving fresh fruits such as apples, bananas, blueberries, cherries, kiwi, nectarines, oranges, peaches, pears, plums, and raspberries provide the sweet taste children love as well as the nutrition that you want to provide to them.

Why is it important to eat fruit?

Eating fruit provides health benefits – people who eat more fruits and vegetables as part of an overall healthy diet are likely to have a reduced risk of some chronic diseases. Fruits provide nutrients vital for health and maintenance of your body.

Nutrients

- Most fruits are naturally low in fat, sodium, and calories. None have cholesterol.
- Fruits are sources of many essential nutrients that are under-consumed, including potassium, dietary fiber, vitamin C, and folate (folic acid).
- Diets rich in potassium may help to maintain healthy blood pressure. Fruit sources of potassium include bananas, prunes and prune juice, dried peaches and apricots, cantaloupe, honeydew melon, and orange juice.
- Vitamin C is important for growth and repair of all body tissues, helps heal cuts and wounds, and keeps teeth and gums healthy.
- Folate (folic acid) helps the body form red blood cells.

Health Benefits

- Eating a diet rich in vegetables and fruits as part of an overall healthy diet may reduce risk for heart disease, including heart attack, stroke and may protect against certain types of cancers.
- Diets rich in foods containing fiber, such as some vegetables and fruits, may reduce the risk of heart disease, obesity, and type 2 diabetes.
- Eating vegetables and fruits rich in potassium as part of an overall healthy diet may lower blood pressure, and may also reduce the risk of developing kidney stones and help to decrease bone loss.

Cup of Fruit Table

	AMOUNT THAT COUNTS AS 1 CUP OF FRUIT	OTHER AMOUNTS (COUNT AS 1/2 CUP OF FRUIT UNLESS NOTED)
Apple	1/2 large (3-1/4" diameter)	1/2 cup, sliced or chopped, raw or cooked
	1 small (2-1/4" diameter)	
	1 cup, sliced or chopped, raw or cooked	
Applesauce	1 cup	1 snack container (4oz)
Banana	1 cup, sliced	1 small (less than 6" long)
	1 large (8" to 9" long)	
Cantaloupe	1 cup, diced or melon balls	1 medium wedge (1/8 of a med. melon)
Grapes	1 cup, whole or cut-up	16 seedless grapes
	32 seedless grapes	
Grapefruit	1 medium (4" diameter)	½ medium (4" diameter)
	1 cup, sections	
Mixed fruit (fruit cocktail)	1 cup, diced or sliced, raw or canned, drained	1 snack container (4 oz) drained = 3/8 cup
Orange	1 large (3-1/16" diameter)	1 small (2 3/8" diameter)
	1 cup, sections	
Orange, mandarin	1 cup, canned, drained	
Peach	1 large (2-3/4" diameter)	1 small (2" diameter)
	1 cup, sliced or diced, raw, cooked, or canned, drained	1 snack container (4 oz) drained = 3/8 cup
	2 halves, canned	
Pear	1 medium pear (2-1/2 per lb)	1 snack container (4 oz) drained = 3/8 cup
	1 cup, sliced or diced, raw cooked, or canned, drained	
Pineapple	1 cup, chunks, sliced or crushed, raw, cooked or canned, drained	1 snack container (4 oz) drained = 3/8 cup
Plum	1 cup, sliced raw or cooked	1 large plum
	3 medium or 2 large plums	
Strawberries	About 8 large berries	½ cup whole, halved, or sliced
	1 cup, whole, halved, or sliced, fresh or frozen	
Watermelon	1 small (1" thick)	6 melon balls
	1 cup, diced or balls	
Dried fruit (raisins, prunes, apricots, etc.)	1/2 cup dried fruit	1/4 cup dried fruit or 1 small box raisins (1-1/2 oz)

TOP 10 Reasons to Eat Fruits and Veggies

- Color & Texture: Fruits and veggies add color, texture and appeal to your plate.
- Convenience: Fruits and veggies are nutritious in any form – fresh, frozen, canned, and dried. Fruits are ready to eat when you are hungry!
- Fiber: Fruits and veggies provide fiber that helps fill you up and keeps your digestive system happy. It helps reduce constipation and diverticulosis. Whole or cut-up fruits are sources of dietary fiber; fruit juices contain little or no fiber.
- Low in Calories: Fruits and veggies are naturally low in calories.
- May Reduce Disease Risk: Eating plenty of fruits and veggies may help reduce the risk of many diseases.
- Vitamins & Minerals: Fruits and veggies are rich in vitamins and minerals that help you feel healthy and energized.
- Variety: Fruits and veggies are available in an almost infinite variety. There is always something new to try.
- Quick, Natural Snack: Fruits and veggies are nature's treat and easy to grab for a snack.
- Fun to Eat: Some crunch, some squirt, some you peel and some you do not. Some may grow right in your own backyard.
- Fruits & Veggies are Nutritious and Delicious!

Daily Fruit Table

Daily Recommendation

Children	2-3 years old	1 cup
	4-8 years old	1 to 1 ½ cups
Girls	9-13 years old	1 ½ cups
Boy	9-13 years old	1 ½ cups

**These amounts are appropriate for individuals who get less than 30 minutes per day of moderate physical activity, beyond normal daily activities. Those who are more physically active may be able to consume more while staying within calorie needs.*

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infancy though 12 years old. Ms. Taylor feels fortunate that she does not need to advertise. Her cliental comes from word of mouth. In addition, she is currently caring for the children of children who attended her day care home! Ms. Taylor is honored that the children that she helped raise, are now entrusting her with their own children. Ms. Taylor's daughter assists her in the day care home.

Taylor Day Care has a designated area within the Taylor home. The 20' x 20' day care room is adjacent to the provider's kitchen which makes meal preparation and day care activities much easier to handle. The children learn letters, numbers, reading, writing, math and science. The children are well prepared when they enter kindergarten. The children enjoy arts and crafts in her day care home as well as story time at their local public library. Ms. Taylor stated that she has four cabinets full of past projects made by her day care children which she enjoys keeping. When she has free time, she enjoys looking through past projects to provide ideas for future ones. She enjoys teaching skills to the children as well as making their day care time active and fun. Being a role model for the children is important, however, Ms. Taylor also loves to do the unexpected or, in her words, "goofy" things, such as surprising the children by squirting them with a hose on a hot summer day. The children enjoy Ms. Taylor's playful side as well as her ability to make learning fun. During the summer, the village of Morris offers a wide range of free activities for the children. Taylor Day Care is grateful for this tremendous community resource and the children happily join all the free activities.

The most rewarding part of her career is the connection to the children. Many children start at her day care when they are babies and stay through elementary school. The children develop strong relationships between them and some become almost as close as siblings. The children in her care are part of the Taylor extended family getting close to Ms. Taylor's own children. Some of the children have attended sleepovers as well.

Ms. Taylor has attended the graduation ceremonies and the wedding ceremonies of former day care children. In addition, a former day care child who studied Early Childhood Education in high school utilized Taylor Day Care to fulfill her course requirements. For Ms. Taylor, the most challenging part of her career is fighting among the children. Years of caring for children has made Ms. Taylor an expert on resolving disputes amongst children.

Ms. Taylor keeps up with her food program responsibilities by completing a Daily Meal Worksheet and entering the data on a weekly basis into KidKare. Maintaining a Daily Meal Worksheet works best so that she can focus her attention on the children. Ms. Taylor has long days --- starting early in the morning with the children and completing her business chores in the evening. Currently, Ms. Taylor is not part of an association however, she is thinking about joining one. Unfortunately, there are not many licensed day care home providers in her area. She enjoys attending workshops which also provides her with an opportunity to network with other day care home providers since so much of her training is offered online. She completes many classes with her local CCRR. Ms. Taylor utilizes the FREE training resources on the Illinois Child Care Bureau website to meet her annual DCFS licensing requirements.

Meal and snack time can be a challenge in any day care home. Ms. Taylor has found that children are picky and it can be very difficult to get them to try new items. She introduces new foods a little at a time. She has also makes food items in different ways to keep it interesting. Traditional pizza is often made on an English muffin or as a tortilla. Ms. Taylor has found that with a little creativity, meal and snack times can be stress-free and nutritious.

Taylor Day Care offers a fun environment for the children to learn and grow. Ms. Taylor enjoys spending time with the children and, as she stated, she enjoys "being like a kid". Ms. Taylor found her calling and would definitely choose the same career again.

recipes

Tropical Fruit Snacking Cup

Ingredients

- 1/2 fresh pineapple, peeled, cored, and cut into cubes
- 1 mango, peeled, pit removed, and cut into cubes
- 2 bananas, peeled and cut into large cubes
- 3 kiwifruit, peeled and cut into large dice
- 1.5 cups purple grapes, stemmed
- 1 TB grated gingerroot
- 1 TB lime juice
- ¾ cup mango nectar*

**Fruit nectars area available in the canned juice area of most grocery stores. They are fruit beverages that have high levels of both fruit juice and pulp and carry a more concentrated fruit flavor.*

Instructions

1. Combine all ingredients and chill for 30 minutes. To serve, spoon into chilled or frosted glasses.
2. Serve cold.

Servings: 6

Symphony of Fruit Pizza

Ingredients

- 1 English muffin
- 2 TB whipped fat-free strawberry cream cheese
- 1/3 cup strawberries, sliced
- 1/4 cup red grapes, quartered
- 1/4 cup canned mandarin oranges, drained

Instructions

1. Toast the English muffin until golden brown.
2. Spread cream cheese on toasted muffin.
3. Arrange sliced strawberries, grapes, and orange slices on top of the cream cheese.
4. Slice into quarters.

Servings: 4 (depending upon the age of the child)

ABOUT RASPBERRIES

Raspberry Facts

- Raspberries belong to the genus *Rubus,* which is a part of the Rose family. Cultivated raspberries have been derived mainly from two species, the wild red raspberry *(Rubus ideaus)* and black raspberry *(Rubus occidentalis).* The purple type is a cross between the black and red raspberry, and yellow type is a mutant red raspberry.
- Raspberries' underground root stem and crown are perennial, and canes from underground buds are biennial — primocanes (first year canes) and floricanes (canes in second year).
- There are over 200 species of raspberries.
- Raspberries can be grown from the Arctic to the equator.
- Fruits are red, yellow, orange, purple or black.
- Raspberries can be harvested from early summer through fall.

Nutrition Facts – Raspberries:

- Contain potential anti-cancer agent ellagic acid.
- Are rich in vitamin C.
- Are a source of soluble fibers and may lower high blood cholesterol levels and slow release of carbohydrates into the blood stream of diabetics.

Select

- Choose dry, plump, firm raspberries
- Avoid wet or moldy berries

Storage

- Do not wash raspberries until ready to eat
- Refrigerate for use within 1 – 2 days

Special thanks to Illinois Extension Program and FruitsandVeggiesMoreMatters.org.

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