Illinois Child Care Bureau News

October - December 2018

Dear Provider:

As you know, the *Dietary Guidelines for Americans* were revised. The new guidelines impact reimbursable meals and snacks served by day care home providers. These changes are effective October 1, 2018. Over the past 12 months, your Illinois Child Care Bureau program advisor has provided training on the revised *Infant Meal Pattern* and the *Child Meal Pattern*. In addition, you received a copy of the revised meal patterns during one of your recent home visits. The meal pattern charts are a great resource for you to utilize when creating meals/snacks and for determining age-appropriate portion sizes.

Meal Pattern Reminders:

- Juice is reimbursable no more than once per day.
- Grain-based dessert items such as bread pudding, brownies, cake, cobblers, coffee cake, cookies, crisps, cupcakes, donuts, granola bars/cereal bars, pie, Rice Krispie™ treats, rice pudding, sopaipillas, sweet rolls, toaster pastries, and turnovers will no longer be reimbursable for all meals and snacks. During your next home visit, your program advisor will share more information about whole grains.
- Animal crackers and graham crackers will continue to be reimbursable items.
- Serve unflavored whole milk for children age one.
- Serve unflavored low-fat (1%) or unflavored fat-free (skim) milk for children 2 – 5 years old.
- Serve unflavored low-fat (1%), unflavored fat-free (skim), or flavored fat-free (skim) milk for children 6 years old and older.
- Serve 1 vegetable and 1 fruit or 2 vegetables at lunch/dinner.

If you have any questions, please speak with your program advisor during a home visit or call the Illinois Child Care Bureau staff at 773.444.0115.

FY19 Enrollment Renewal Reports: All children must be re-enrolled at the beginning of each fiscal year. The FY19 Enrollment Renewal Reports were due September 14, 2018. If you have not submitted your Enrollment Renewal Report for FY19 (October 1, 2018 – September 30, 2019), please do so immediately.

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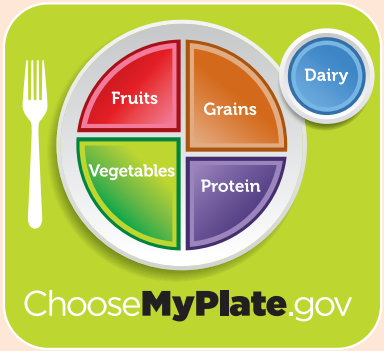

Choose My Plate

Visit www.choosemyplate.gov/grains for more information on how to make half your grains whole grains.

A Provider You Should Know

by Kim Klimek, Compliance Manager

Ms. Taylor Macklin has owned and operated **Taylor's Tots,** located in Rockford, for the past 5 years. Before opening her day care home business, Ms. Macklin conducted rescue work at her local animal shelter for seven years. Ms. Macklin, the mother of four, wanted to be home with her young children therefore, she opened a day care business to accommodate her growing family which gave her family additional financial support.

Taylor's Tots is a group day care home that typically cares for children from 6 weeks – 4 years old. Most of the children in Ms. Macklin's care have been in her care since infancy. Ms. Macklin encourages parents to enroll their children in conventional pre-school once a child reaches the age of 4 year. Ms. Macklin feels it is necessary to allow the children time to transition from day care to a traditional

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Whole Grain – What does it mean?

Any food made from wheat, rice, oats, cornmeal, barley, or cereal grain is a grain product. Bread, pasta, oatmeal, breakfast cereals, tortillas, and grits are examples of grain-rich products. Grains are divided into two groups: *whole* grains and *refined* grains. *Whole* grains are discussed at length in this newsletter and should be offered whenever possible. *Refined* grains have been processed to remove the bran and germ, which removes dietary fiber, iron, and other nutrients. A product may state it has *enriched grains* which is a process that adds nutrients back to the refined grain product. The nutrients that are usually added back in the process are iron and four B vitamins (thiamin, riboflavin, niacin, and folic acid). An *enriched* grain is not a *whole* grain.

Whenever possible, whole-grain versions of these grain products should be offered. Nutritionists believe that most children 2 years and older are not consuming enough of whole grains during the week. The *Dietary Guidelines for Americans* recommends making at least half your grains *whole* grains.

Increase the amount of *whole* grains in children's diets by purchasing, preparing, and serving foods that contain a whole grain as the first ingredient in the ingredient list. Including whole-grain foods in meals and snacks can:

- Give children the B vitamins and minerals they need for energy to play and learn.
- Promote proper digestion and make children's "potty time" easier by providing dietary fiber.
- Help them feel full longer and maintain a healthy weight as they grow.
- Add texture and flavor to their plate.

What types of grains are whole grains?

There are many choices of whole grains which include rice, flour and bread. Changing the children's diet may take time so vary the items you serve. For example, serve brown rice, wild rice, or quinoa instead of white rice. Select whole wheat flour instead of white flour. Toast 100% whole-grain bread instead of white bread. Make whole-wheat pasta or whole-grain noodles instead of noodles, spaghetti, or macaroni. Offer the children whole-grain tortillas and whole-corn tortillas instead of flour tortillas.

Whole grain – Bran, Endosperm, and Germ

Whole grains consist of the entire cereal grain seed or kernel. The three parts of a kernel include the bran, the endosperm, and the germ. The bran is the outer layer of the kernel which contains fiber, B vitamins, trace minerals and other health-promoting substances called phytochemicals. The endosperm is found in the inner layer of the kernel. The large, starchy endosperm of the grain kernel contains complex carbohydrates, protein, and smaller amounts of B vitamins. The germ is a small area found in the inner area of the kernel. The germ provides nourishment for the seed and contains B vitamins, vitamin E, trace minerals, healthy fats, antioxidants, and phytochemicals.

Is it whole grain?

Reading the marketing statements on the product may be misleading. Read the ingredients label to ensure you are purchasing whole grain products. Choose products that name a whole-grain ingredient first on the list, or second after water – that means there is more of it than the other ingredients. Look for "whole wheat", "brown rice", "oatmeal, "bulgur", "buckwheat", "whole corn", "whole-grain cornmeal", "whole oats", "whole rye", or "wild rice". For foods made of multiple grains, make sure the whole-grain ingredients appear near the beginning of the ingredient list.

Serving whole grains

At least one serving of grains per day must be whole-grain rich. Vary the choices of whole grains by offering the children a variety of whole grain foods from oatmeal for breakfast to whole grain pasta for dinner. Try mixing whole and non-whole grain foods in your recipes and meals. Then, gradually increase the amount of whole grains each time you make them. For example, mix regular and whole-grain pasta or combine brown rice with white rice in a recipe. Or, start with 1 slice of white bread and 1 slice of whole-wheat bread for a sandwich, and eventually make both sides whole wheat.

Remember, children learn from watching you.

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USDA did not change the reimbursement rates for day care homes, therefore, the following rates still apply (effective July 1, 2018):

	Tier 1	Tier 2
Breakfast	$1.31	$0.48
Lunch / Supper	$2.46	$1.48
Snacks	$0.73	$0.20

If you serve processed combination food items such as breaded popcorn chicken or shrimp, chicken nuggets, chicken tenders, chili, chili mac, corn dogs, fish sticks, frozen soups, lasagna, ravioli, pizza, pot pie (chicken), or quesadillas (beef, cheese, chicken or fish), you are required to read/save the CN label (Child Nutrition) from the packaging. CN label training is available on the Illinois Child Care Bureau website (IllinoisChildren.com)

ICCB welcomes **Alicia Dillon** of Calumet City, **Cynthia Gilbert** of Country Club Hills, **Yvonne Hicks** of Chicago, **Crystal Lewis** of Zion, **Martha Magana** of Waukegan, and **Kimburlie Montano** of Plano. ICCB welcomes back **Shawana Brown** of Chicago, **Antonette Edwards** of Evanston, **Consuella Fenner** of Chicago, **Lillian Gibson-Dixon** of Chicago, **Wilnetta Robinson** of Homewood, **Armelia Sengstacke** of Richton Park, **Carol Starks** of Chicago, **Cynthia Stuart** of Richton Park, **Linda Watson** of Chicago, and **Neidra Williams** of Chicago.

The Illinois Child Care Bureau office will be closed:

- Monday, October 8 in observance of Columbus Day
- Monday, November 12 in observance of Veteran's Day
- Thursday and Friday, November 22 and 23 in observance of Thanksgiving Day
- Tuesday, December 25 in observance of Christmas Day
- Tuesday, January 1 in observance of New Year's Day

~ Cathy, Kim, Marguerite, and Sarah

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kindergarten program in order to be successful student.

Taylor's Tots is a structured day care that focuses on the development and education of young children. The day care employs two full time assistants to ensure that all of the children receive the necessary attention. The day care space is located in the lower level of the Macklin home which includes a kitchen which helps make meal preparation easier. The 1500 square feet of space includes a dedicated infant room as well as a play room. Playground equipment was installed in their backyard which is fenced off for the day care children. The rest of the yard is dedicated to the family.

Ms. Macklin follows the Mother Goose Time© curriculum which is in line with Illinois Early Learning Guidelines. The curriculum includes teaching children letters, and numbers as well as colors, reading, writing, math and science. Each activity is carefully selected for a specific age. A structured schedule is followed each day which prepares the children for school when they leave the day care. Television and screen time are not allowed at Taylor's Tots. In addition to educating the children, the day care keeps the children very active. Part of the daily routine includes dance parties and yoga. They go on walks daily and play outside in the playground. Ms. Macklin knows the importance of daily physical activity for the children. In addition, the children enjoy arts and crafts and sensory exercises.

Taylor's Tots utilizes the Brightwheel© phone app for the parents of children in their care. The app enables parents to check on their children anytime throughout the day. Ms. Macklin and her assistants routinely update the day care activities including ordinary items such as an infant's diaper change or what a child ate for morning snack. Updates also include the daily craft activity or any special learning activity for the day.

Ms. Macklin incorporates the common favorite menu items when meal planning. Common favorites include homemade mac-n-cheese made with whole grain pasta and fresh cheeses to ensure the children receive the best nutrition. Day care providers are often challenged by children who are fearful to try new foods. Taylor's Tots has a "no thank you bite" rule. A child must take a bite and then can say "no thank you" if the child does not want a full portion. Ms. Macklin does not give up after one "no thank you". She continues offering the particular food in future menus until the child will finally eat the food. It can take quite a few times before the child finally eats the food with no fuss.

Ms. Macklin keeps up with her food program responsibilities by entering her menus and attendance into KidKare on her smart phone daily. She does not like to use daily meal worksheets, however, she keeps a few copies in case there are any issues with her internet connection. In addition, Ms. Macklin keeps informed of current day care information by attending training classes regularly. She is also very involved with her local YWCA and is part of the Professional Child Care Providers Network.

The most rewarding part of Ms. Macklin's career is watching the children and families grow. She has witnessed a new mother sad and frustrated when she has to leave for work not wanting to leave her new baby. She has seen the stress of early morning feedings and no sleep when a parent drops off their infant. The reward for Ms. Macklin is watching the family develop and grow together. The most challenging part of her career is working from home. She works long hours and does not get to leave her home for many hours a day. She stated that working from home "is a blessing and a curse".

When asked if she would choose the same career again, she stated "Yes. I can not imagine doing anything else".

recipes

Red Beans And Rice

Ingredients

- 1 TB olive oil
- 1.5 cups onions, fresh, peeled, 1/4" diced
- 1.5 cups green bell peppers, fresh, 1/4" diced
- 3 cloves garlic, fresh, minced (1 clove is about 1/2 tsp minced)
- 3/4 cup brown rice, instant, uncooked
- 2 tsp cumin, ground
- 2 tsp oregano, leaves, dried
- 1/2 tsp salt, table
- 1/2 tsp black pepper, ground
- 2 cups chicken broth, low-sodium
- 3 cups dark red kidney beans, canned, low-sodium, drained and rinsed or kidney beans, dry, cooked

Instructions

1. Heat oil on medium-high in a medium skillet.
2. Add onions and peppers and sauté for about 3 minutes or until onions are soft.
3. Reduce heat to medium.
4. Stir in garlic, brown rice, cumin, oregano, salt, and pepper. Cook for 1 minute or until rice and spices become toasted, stirring constantly.
5. When rice and spices are toasted, immediately add chicken broth. Stir, increase heat to medium-high, and bring to a boil.
6. Stir in kidney beans. Reduce heat to medium and simmer for 5 minutes or until rice becomes tender. Heat to a temperature of 140 °F for at least 15 seconds.
7. Serve 3/4 cup.

Servings: 6

Chicken Flatbread Pizza

Ingredients

- Nonstick cooking spray
- 1/2 tsp turmeric, ground
- 1/4 tsp salt, table
- 1/2 tsp cumin, ground
- 1/4 tsp cinnamon, ground
- 10 1/2 ounces chicken tenderloins, boneless, skinless, fresh or frozen, raw (about 2 1/4 oz per tenderloin)
- 3 TB Greek yogurt, plain, non-fat
- 2 tsp canola oil
- 2/3 cup onion, fresh, peeled, 1/2" chopped
- 3 cloves garlic, fresh, minced (1 clove is about 1/2 tsp minced)
- 4 ounces spinach, fresh, roughly chopped (4 oz = about 4 cups packed)
- 2 whole-wheat flatbreads (about 126 gm each whole flatbread)
- 1 cup tomatoes, fresh, 1/4" diced
- 1 1/2 ounces mozzarella, low-fat, shredded

Instructions

1. Preheat oven to 350 °F.
2. In a small bowl combine turmeric, salt, cumin, and cinnamon. Divide seasoning mixture in half.
3. Coat chicken tenderloins with 1/2 of the seasoning mixture from step 2.
4. Place chicken tenderloins on a baking sheet lightly coated with nonstick cooking spray.
5. Bake for 12-15 minutes. Heat to an internal temperature of 165 °F or higher for at least 15 seconds.
6. Dice chicken into 1/2" pieces.
7. While chicken is baking, combine the remaining seasoning mixture with the yogurt. Set aside.
8. Heat oil on medium-high heat in a medium skillet.
9. Sauté onions for about 3-5 minutes or until onions are tender.
10. Add garlic and spinach and cook for 3 minutes or until spinach is wilted. Remove from the heat.
11. Slice 2 flatbreads into 6 even pieces.
12. Place flatbreads on a baking sheet coated with nonstick cooking spray.
13. Spread 1/2 TB of seasoned yogurt from step 7 on each piece of flatbread.
14. Top each piece with:
    1/4 cup cooked vegetables
    1 1/4 oz chicken
    2 2/3 TB tomatoes
    1 TB cheese
15. Bake for 15-20 minutes. Heat to 140 °F for at least 15 seconds.
16. Serve 1 piece.

Servings: 6

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