Illinois Child Care Bureau News

April - June 2019

Dear Provider:

THE ILLINOIS CHILD CARE BUREAU IS MOVING! Although we are staying in the same office building, the Illinois Child Care Bureau is moving upstairs. Effective, 5.1.19, we will continue to provide the excellent customer service you deserve from our new suite – #303. Please note the change.

Completing two hours of mandatory training each fiscal year is essential to successful participation on the food program. The Illinois Child Care Bureau provides all training free. In addition, you can complete the training online whenever it is best for you (IllinoisChildren.com). You received the quiz for training unit #1 during your home visit between October 1 – January 31. Training unit #2 is distributed at your home visit taking place between February 1 – May 31. Please review the training with your program advisor. USDA and the Illinois State Board of Education require that you complete two hours of mandatory training each fiscal year. We know you are busy, so please submit the training immediately after your home visit to avoid a corrective action in the future. If you cannot locate your mandatory training materials or quiz, please call the Illinois Child Care Bureau office at 773.444.0115.

Recently, USDA made updates on crediting dried meat snacks (shelf-stable, dried and semi-dried meat, poultry, and seafood snacks). You may serve these products to credit towards the meat component in a reimbursable meal or snack. Previously, dried meat snacks were not creditable. If you have any questions about what is creditable towards a reimbursable meal or snack, please call the Illinois Child Care Bureau.

Reminder: 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.

ICCB welcomes **Tayyaba Ahmad** of Hinsdale, **Guadalupe Bonilla** of Waukegan, **Alicia Booker** of Rockford, **Cordale Brown** of Chicago, **Katarzyna Camacho** of Carol Stream, **Vernita Carter** of Midlothian, **Crystal Dudley** of Chicago, **Paula Emanuel** of Rockford, **Mayte Garcia** of Chicago, **Porche Goiston** of Rockford, **Maria Gomez** of Calumet City, **Yesenia Guzman** of Evanston, **Ariel Harris** of Calumet City, **Joi Harris** of Dolton, **Lovey Jeffery** of Chicago, **Alene Johnson** of Chicago, **Latrice Laurent** of Montgomery, **Margarita Lopez** of Chicago, **Maria Elana Morales** of Round Lake Beach, **Mirella Real** of Grayslake, **Ariana Rosales** of Berwyn, **Jade Sumrall** of Chicago, and **Theresa Watson** of Chicago. ICCB welcomes back **Priscilla Burge** of Harvey, **Rita Cook** of Lake Villa, **Alicia Dillon** of Calumet City, **Laverne Howlett** of Chicago, **Tarnavis Lee** of Chicago, **Kasha Mack** of Lockport, **Marie Thomas** of Waukegan, **Jessica Warfield** of Chicago, and **Neidra Williams** of Chicago.

The Illinois Child Care Bureau office will be closed:

- Monday, May 27 in observance of Memorial Day

~ Cathy, Kim, Marguerite, and Sarah

A Provider You Should Know

by Kim Klimek, Compliance Manager

Mr. Angel Torres has owned and operated Joel's Little Angels home day care, located in Chicago's Albany Park neighborhood for the past 6 years. Before opening his business, Mr. Torres studied culinary arts at St Augustine College in Chicago. Following his education, he worked in a Chicago area hospital cafeteria for six years. Mr. Torres resigned from his position at the hospital after a new company took over management of the cafeteria. Mr. Torres' mother also owns and operates a home day care and Mr. Torres would assistant his mother in caring for the children. While working in his mother's day care, she advised him to open his own day care business. After some consideration, Mr. Torres began the day care licensing process which he completed one year later.

Joel's Little Angels cares for children between the ages of 6 weeks – 12 years old. Currently, the day care home cares for children between 1-10 years old. Mr. Torres has a full day

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THE CHILD NUTRITION (CN) LABELING PROGRAM

Where Do I Find Labels?

The Illinois Child Care Bureau has been training you on the Child Nutrition (CN) labeling program for the past several months. Many providers are still asking – just what is the CN program and what does a provider need to do to be compliant?

What Are CN Labels?

The CN labeling program is a voluntary Federal labeling program for the Child Nutrition Programs. It is voluntary for the food manufacturers. It is NOT voluntary participation for day care home providers participating in the Child and Adult Care Food Program. The Federal government works with food manufacturers and packagers in order to assist the day care provider to determine how to accurately claim the commercially prepared, combination processed food for reimbursement. There are hundreds of possible products you may serve that can be creditable on the food program.

What are Product Formulation Statements

A product formulation statement may be on file in place of the CN label. The product formulation statement enables food manufacturers the option to standardized food crediting statement on their product label. The statement explains what portion of the product is creditable towards a reimbursable meal and snack. The product formulation statement must be signed by a representative of the food processor/ manufacturer/packager not from a sales person at the store where it was purchased. In addition, it states the number of servings equivalent to the measure amount required for crediting the component towards the meal or snack.

The CN Label Is NOT a Nutrition Facts Label

The Nutrition Facts Label lists the serving size, the calories and the nutrition per serving size. In addition, it details the sugar content as well as the sodium content per serving. The Nutrition Facts Label states the amount of carbohydrates too. Although the Nutrition Facts Label will help make healthier choices, it is NOT the CN label. Example: The day care home provider serves breaded chicken nuggets. The Nutrition Facts Label breaks down the amount of sugar, vitamins, sodium and carbohydrates per serving. The CN label furnishes the day care home provider the amount of breading (grains) and the amount of (meat) chicken in each serving. The day care home provider then knows how many chicken nuggets are required to meet the meal pattern requirements.

What Common Food Items Need CN Labels?

The Illinois Child Care Bureau reviews hundreds of menus each month. If you are cooking from scratch/home-made, you will not need to look for and file away any CN labels. If you are serving prepared/processed/packaged food items such as pizza, breaded chicken nuggets, breaded fish sticks, popcorn chicken and shrimp, canned or frozen ravioli, corn dogs, lasagna, chicken pot pie, quesadillas and chili, then you are required to locate the CN label, accurately claim the meal or snack based on the CN label, and file the CN label for review by an Illinois State Board of Education monitor or Illinois Child Care Bureau program advisor.

The label on the King's Delight chicken breast nuggets states that the following is creditable on the food program: 2 oz of chicken rib meat (Meat/Meat Alternate) and .75 oz of grains. Children ages 6 – 12 required 2 ounces of meat/ meat alternate for lunch or supper, therefore, serving 5 chicken nuggets would fill the requirement.

Where Do I Find Information About CN Labels?

There are hundreds of food products and the process used to prepare commercial food changes all the time. Therefore, the Federal government created two online resources for day care home providers to use to access current information about which food items are creditable on the Child and Adult Care Food Program.

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care and feels fortunate that the older children have been in his care since he established his day care home.

A typical day at Joel's Little Angels day care includes circle time for the young children. During circle time, the children learn their numbers and letters. They are also introduced to the months of the year as well as the days of the week. Mr. Torres works with the children so that they are prepared for pre-k. By the time that the children begin pre-k, they know their first and last names and how to count. Mr. Torres also works with each child on their fine motor skills. Mr. Torres is proud that he has helped to prepare the children for their school years. Mr. Torres readily admits it can be challenging to teach the alphabet to 2 year olds who are more interested in play time. The children also enjoy story time before nap time.

Mr. Torres works with his school-aged children on their homework assignments and strongly encourages them to complete it immediately after school. Joel's Little Angels wants each child to have a fulfilling experience while they are in his care. One way that Mr. Torres keeps the older children busy is by "thinking games". The games that they are offered are challenging and require the children to think and make logical decisions. An example of a "thinking game" is Blokus™, an abstract strategic game that requires the children to think and strategize in order to win. The game is recommended for children age 7 and up. In addition, Mr. Torres engages the children in board games, dominos, and card games. He does not utilize computer games in his day care business.

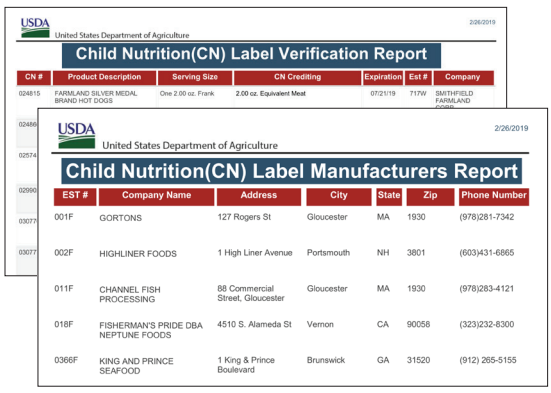
The most challenging part of his career is meeting every child's needs, especially with meals and snacks. Most day care home providers will agree that picky eaters can be challenging. Like most day care home providers, he has cared for a few picky eaters too. He employs a few strategies to engage the children in trying new foods. First, he understands that it takes a child an average of 14 tries before they will like a new food. Secondly, he is very patient with the children trying new vegetables. He has found that blending a variety of vegetables (in a blender) helps disguise the vegetables and still provides the nutrition. It is also a way of having the children try the vegetable without any fuss. Children often state they do not like a food before they have tried it. Mr. Torres does not give up. He continues to offer the vegetable – sometimes prepared in a different way – until the child tries it. Another strategy is to use a food they enjoy – like his homemade pizza – then he adds vegetables under the cheese. The children see the cheese and believe it is a cheese pizza because the veggies are 'hidden'. He also mixes vegetables in rice to add color, flavor, and to add nutrition. Mr. Torres' spaghetti and meatballs is the favorite meal of many children in his care.

Joel's Little Angels only serves home cooked meals. Every meal that is served must include vegetables and many colors. We are all familiar with the phrase "serve a rainbow of colors of fruits and vegetables". Mr. Torres stressed that he learned this concept in culinary school and follows it daily. He stated that we "eat with our eyes". The colors entice the children into eating a better variety of food. When a child is first enrolled into care, Mr. Torres speaks with the parent and the children (if they are older) and explains his firm policy on eating many different types of vegetables. He explains to the parents/guardians and the children that they will eat the vegetables that they are served. He knows the importance of proper nutrition. He also cooks each child a special birthday meal of their choice.

Mr. Torres takes his role as a day care provider very seriously. He stated, "I have to be prepared for any child, any age, with any needs". He plans to begin taking Special Needs training in the near future.

Mr. Torres keeps up with his food program responsibilities by recording his menus and attendance daily. He very rarely uses Daily Meal Worksheets. He stated, "Even if I am tired, I take the 10 minutes to enter my menus and attendance before closing the day care each day". He does not want to lose reimbursement for not recording his information daily. Mr. Torres is a member of SEIU (Service Employees International Union) and attends their monthly meetings. He completes day care continuing education through INCRA, Gateways and by using the Illinois Child Care Bureau's free food program training available online. In addition, he networks with providers for ideas when new training rules are introduced.

The most rewarding part of Mr. Torres' career is that it allows him to spend valuable time with his own son which he finds priceless. Mr. Torres would choose the same career, although he would focus on opening a day care center.


USDA
United States Department of Agriculture
2/26/2019

Child Nutrition(CN) Label Verification Report

CN #	Product Description	Serving Size	CN Crediting	Expiration	Est #	Company
024815	FARMLAND SILVER MEDAL BRAND HOT DOGS	One 2.00 oz. Frank	2.00 oz. Equivalent Meat	07/21/19	717W	SMITHFIELD FARMLAND CORP

USDA
United States Department of Agriculture
2/26/2019

Child Nutrition(CN) Label Manufacturers Report

EST #	Company Name	Address	City	State	Zip	Phone Number
001F	GORTONS	127 Rogers St	Gloucester	MA	1930	(978)281-7342
002F	HIGHLINER FOODS	1 High Liner Avenue	Portsmouth	NH	3801	(603)431-6865
011F	CHANNEL FISH PROCESSING	88 Commercial Street, Gloucester	Gloucester	MA	1930	(978)283-4121
018F	FISHERMAN'S PRIDE DBA NEPTUNE FOODS	4510 S. Alameda St	Vernon	CA	90058	(323)232-8300
0366F	KING AND PRINCE SEAFOOD	1 King & Prince Boulevard	Brunswick	GA	31520	(912) 265-5155

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- The Child Nutrition (CN) Label Verification Report is available at: https://fns-prod.azureedge.net/sites/default/files/cn/cnl_verificationreport.pdf Please note: This report is 800 pages long. Search for the item you are serving, then print that page ONLY.
- The Child Nutrition Label Manufacturers Report is available at: https://fns-prod.azureedge.net/sites/default/files/cn/cnl_manufacturers.pdf Please keep a copy of the food item being served – not the entire report.

recipes

Baked Chicken Nuggets

Ingredients
- 5 chicken thighs, boneless, skinless (5-6 medium thighs)
- 1 cup cereal crumbs, cornflake type
- 1/2 teaspoon Italian herb seasoning
- 1/4 teaspoon garlic powder
- 1/4 teaspoon onion powder
- 1 teaspoon paprika

Instructions
1. Cut thighs into bite-sized pieces.
2. Place cornflakes in plastic bag and crush by using a rolling pin.
3. Add remaining ingredients to crushed cornflakes. Close bag tightly and shake until blended.
4. Add a few chicken pieces at a time to crumb mixture. Shake to coat evenly.

Microwave
1. Lightly grease an 8x12 inch baking dish.
2. Place chicken pieces on baking dish so they are not touching. Cover with waxed paper and cook on high.
3. Rotate chicken every 2 to 3 minutes. Cook until tender, about 6-8 minutes.

Or Bake in a Conventional Oven
1. Preheat oven to 400 degrees. Lightly grease a cooking sheet.
2. Place chicken pieces on cooking sheet so they are not touching.
3. Bake until golden brown, about 12-14 minutes.

Servings: 4

Anytime Pizza

Ingredients
- ¼ mini baguette or Italian bread (split lengthwise, or 2 split English muffins)
- ½ cup pizza sauce
- ½ cup mozzarella or cheddar cheese (part-skim, shredded)

- ¼ cup green pepper (chopped)
- ¼ cup mushrooms (fresh or canned, sliced)
- vegetable toppings (other, as desired, optional)
- Italian seasoning (optional)

Instructions
1. Toast the bread or English muffin until slightly brown.
2. Top bread or muffin with pizza sauce, vegetables and low-fat cheese.
3. Sprinkle with Italian seasonings as desired.
4. Return bread to toaster oven (or regular oven preheated to 350 degrees).
5. Heat until cheese melts.

Servings: 2

Source: University of Massachusetts, Extension Nutrition

For more information about Child Nutrition Labeling please visit https://www.fns.usda.gov/cnlabeling/child-nutrition-cn-labeling-program

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