Illinois Child Care Bureau News

October - November 2019

Dear Provider:

ENROLLMENT RENEWALS: In August, you received your FY20 *Enrollment Renewal Report* from the Illinois Child Care Bureau. The *Enrollment Renewal Report* should have been completed (signed/dated) and mailed/faxed/emailed to the Illinois Child Care Bureau by Friday, September 13. If you have not already sent them to the Illinois Child Care Bureau, please submit them immediately to continue to receive the greatest allowable reimbursement from the food program.

The state of Illinois has moved up the date that each monthly claim is due. Please submit your menus/attendance no later than the 5th of each month in order for your payment to be processed in the first claim. If you are still using paper menus/attendance, the paperwork must be received in the Illinois Child Care Bureau office by the 5th of the month.

ICCB welcomes **Johana Avila** of Waukegan, **Katrina Brown** of Chicago, **Brenda Cervantes** of Lake Villa, **Kenise Clady** of Chicago, **Joileicia Cobbins-Foster** of Chicago, **Nyesha Collins** of Chicago, **Sheila Crim** of Chicago, **Carmendina Enriquez** of Aurora, **Miesha Fells** of Chicago, **Ashley Fenner** of Chicago, **Rudy and Monica Figueroa** of Chicago, **Chastity Goodrich** of Chicago, **Ashley Harper** of Rockford, **Theresa Henderson** of Rockford, **Callie Jacox** of Chicago Heights, **Shunarah Johnson** of Chicago, **Yolanda Knight-King** of Chicago, **Chanel Myles-Wince** of Chicago, **Felicia Oliver** of Chicago Heights, **Casheema Omowabi** of Joliet, **Patricia Parrish** of Matteson, **Audrell Pleasant** of Chicago, **Latoya Pointer** of Chicago, **Porsha Reasnover** of Chicago, **Alicia Sanchez** of Chicago, **Edith Sanders** of Zion, **Angel Smith-Woods and Raymone Woods** of Bellwood, **Stavondrea Staples** of Chicago, **Marveline Staten** of Rockford, **Kelly Thomas** of Chicago, **Judith Vega Armenta** of Chicago, **Margaret Ward** of Round Lake, **Carol Washington** of Chicago, **Lashonda Whiters** of Dolton, and **Maria Zavala** of Chicago. ICCB welcomes back **Amanda Avalos** of Waukegan, **Savannah Cox** of Chicago, **Tiquita Dubose** of Chicago, **Rosa Gomez** of Zion, **Sharonda Johnson** of Chicago, **Lolita Jordan** of Blue Island, **Lenora Marshall** of La Grange, **Sharon Miller** of Tinley Park, **Sherrita Prather** of Markham, **Tiffiny Presley** of Chicago, **Wilnetta Robinson** of Olympia Fields, **Rainette Smith** of Chicago, **Rubicela Vega Armenta** of Aurora and **Diane Walsh** of Tinley Park.

USDA has published the following reimbursement rates effective July 1, 2019:

	Tier 1	Tier 2
Breakfast	$1.33	$0.48
Lunch / Supper	$2.49	$1.50
Snacks	$0.74	$0.20

As of 5.1.19, the Illinois Child Care Bureau moved to a new office suite (#303). Please use our new suite number to ensure timely delivery.

The Illinois Child Care Bureau office will be closed:

- Monday, October 14 in observance of Columbus Day
- Monday, November 11 in observance of Veteran's Day
- Thursday, November 28 and Friday, November 29 in observance of Thanksgiving
- Tuesday, December 24 and Wednesday, December 25 in observance of Christmas
- Wednesday, January 1, 2020 in observance of New Year's Day

~ Cathy, Kim, Marguerite, and Sarah

A Provider You Should Know

by Kim Klimek, Compliance Manager

For the past three years, Mrs. Nicole Secketa has owned and operated **Little Owl's Home Day Care** located in Lake Villa. Mrs. Secketa became a babysitter at the age of 12. Even at this young age, Mrs. Secketa knew that she wanted to work with children for a career. Upon completing high school, Mrs. Secketa worked as a nanny, then was employed at a day care center. In total, Mrs. Secketa has been caring for children for over 20 years. After having children of her own, Mrs. Secketa decided to open her own day care home.

Little Owl's Home Day Care is licensed to care for children between the ages of 6 weeks – 12 years old. The home day care typically cares for children between infancy – 4 years old. Mrs. Secketa prefers to care for young children and the day care is not set up for school age children. By the time the children are nearing kindergarten, they typically move on from her day care home to a more traditional school

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EAT YOUR FRUITS & VEGETABLES!

Two years ago, USDA (US Department of Agriculture) changed the vegetable serving requirements for lunch and supper. Fruits and vegetables are separate components at lunch, supper and snack.

An allowable lunch or supper includes:
- A vegetable and a fruit Or 2 different vegetables.
- Two fruits cannot be served

LUNCH & SUPPER *Sample Menus for non-infants ages 2 - 12*			
ALLOWED	**ALLOWED**	**NOT ALLOWED**	**NOT ALLOWED**
Chicken	Chicken	Chicken	Chicken
Carrots	Carrots	Carrots	Kiwi
Broccoli	Apples	Carrots (2nd serving)	Apples
Whole Wheat Bun	Whole Wheat Bun	Whole Wheat Bun	Whole Wheat Bun
1% Milk	1% Milk	1% Milk	1% Milk

An allowable snack includes:
- A fruit and a vegetable can be served as 2 required components.
- Items from two different components must be served, therefore, 2 fruits or 2 vegetables cannot be served.

SNACKS *Sample Menus for non-infants ages 2 – 12*		
ALLOWED	**NOT ALLOWED**	**NOT ALLOWED**
Kiwi	Carrots	Strawberries
Carrots	Celery	Bananas

There is no change to the fruit and vegetable requirement for breakfast.

Vegetable and Fruit Serving Size Requirements

The minimum serving sizes for the vegetable and fruit components are:

AGES	1 – 2 years	3 – 5 years	6 – 12 years
Breakfast	¼ cup	½ cup	½ cup
LUNCH & SUPPER			
Vegetables	⅛ cup	¼ cup	½ cup
Fruits	⅛ cup	¼ cup	¼ cup
SNACKS			
Vegetables	½ cup	½ cup	¾ cup
Fruits	½ cup	½ cup	¾ cup

- When 2 vegetables are served at lunch/supper, the serving size of the second vegetable must be at least the same serving size as the fruit component it replaced.
- The serving size of the fruit and vegetable components are equal at lunch/supper and snack for each age group except 6 – 12 year olds at lunch/supper.

Fruit and Vegetable Mixtures

Mixtures of vegetables and fruits, such as a carrot-raisin salad, can only count towards the vegetable or the fruit component, not both.

- Combination vegetables credit as one vegetable.
- If 2 vegetables are served at lunch/supper, the combination item counts as one vegetable, and another vegetable will need to be served. Example: 1) peas and carrots 2) broccoli.
- Double the amount of the combination item cannot be served.

Juice

- Can only be served one meal or snack per day, even if snacks and meals are served to different groups of participants.
- If juice is served at more than one meal or snack a day, the least reimbursable meal or snack serving juice must not be claimed. For example, if juice is served at breakfast and snack, snack must not be claimed.

Record the specific fruit and vegetable served for each meal or snack in KidKare, on *Daily Meal Worksheets* or on paper menus.

How to Vary Your Veggies

- Buy fresh vegetables in season because they cost less and are likely to be at their peak flavor.
- Stock up on frozen vegetables for quick and easy cooking in the microwave.
- Buy vegetables that are easy to prepare.
- Cut up veggies such as celery and carrots (and store) for quick snacks. Crunchy veggies make fun snacks!
- Vary your veggie choices to keep meals and snacks interesting to the children.

Best Nutritional Value

- Select vegetables with more potassium often, such as sweet potatoes, white potatoes, white beans, tomato products (paste and sauce) beet greens, soybeans, lima beans, spinach, lentils, and kidney beans.
- Read/Compare the Nutrition Facts Label sodium level on canned and frozen veggies to ensure you are making healthy choices.
- If you are using canned or frozen vegetables, cook it, then taste it before adding salt.

Best PRACTICES

- Serve a vegetable or fruit for at least 1 of the 2 required components of a snack.
- Serve a variety of fruits and vegetables (fresh, frozen, and canned).

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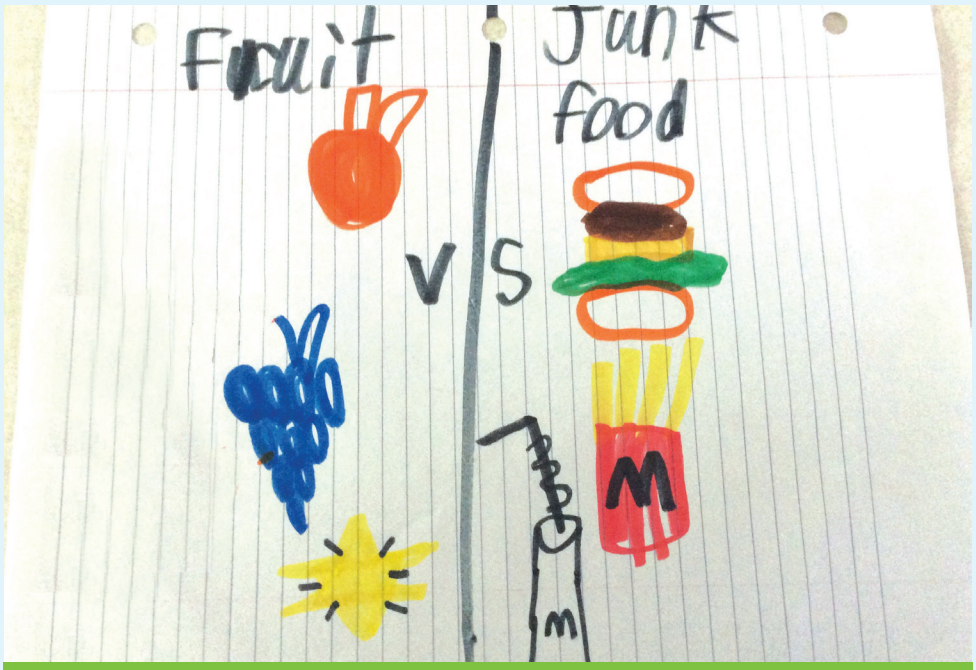
setting. Mrs. Secketa feels strongly that children should be around children of their own age.

A typical day at **Little Owl's Home Day Care** begins with circle time. During circle time, the children learn the days of the week, months of the year, numbers, and the alphabet. Although Mrs. Secketa does not follow a specific curriculum, she makes sure the children are exposed to educational and sensory activities throughout the day. After circle time, the children engage in free play. During free play, the children are encouraged to play and explore the variety of sensory-based educational toys, such as building blocks. On occasion, Mrs. Secketa has visitors come to the home to perform using musical instruments and engaging the children to sing. In December, Mrs. Claus visits the day care home to read to the children. The children love visitors!

Little Owl's Home Day Care believes that communication with the parents is essential to the success of the day care home provider and utilizes its own daily communication app. The parents are able to check the app to see how and what their child(ren) are doing and eating throughout the day. Mrs. Secketa also writes a newsletter twice a year including a review of the day care home handbook and policies, as well as DCFS updated requirements. The newsletter is designed for the parents/guardians to read as well as share with the children.

Little Owl's Home Day Care wants each child to feel safe and secure and prefers to care for a small group of children. There are always extra hands on deck as Mr. Secketa and his mother are approved assistants for the day care home.

Mr. Secketa is the cook for the day care home. He serves homemade meals only and will not serve any processed foods. **Little Owl's Home Day Care** knows the importance of healthy, nutritious meals and snacks. Most of the meals and snacks they serve incorporate a plant-based diet. Once a week, the day care will serve meat to the children. When meat is served, they only use grass-fed beef and free-range chicken. Mrs. Secketa believes it is important to expose the children to a variety of vegetables when they are very young. Offering a variety of vegetables to young children helps to develop their taste buds which will strengthen their interest in eating a variety of vegetables throughout their lives.



Created by a young artist at Little Owls Home Day Care

The day care home serves whole grains as well. They make their own cheese (yummy and fresh) and serve very creative meals. An example is their homemade macaroni and cheese. Although they do serve cheese, sometimes the "cheese" sauce is actually made from butternut squash or sweet potato sauce. The children do not know the difference! Other examples are a carrot dog instead of a hot dog, a chickpea salad sandwich instead of egg salad and pulled jack fruit instead of pulled pork. **Little Owl's Home Day Care** tries to make meal time fun.

Mrs. Secketa keeps up with her food program responsibilities by entering her meals and attendance daily. In general, she will enter the menus in the morning and update the attendance throughout the day. On occasion, their internet connection is down or KidKare is not working properly. Mrs. Secketa prints a *Daily Meal Worksheet* from her KidKare account and records her menus/attendance in order to ensure she is up to date with her menus and attendance. As we know, this is one on the most important ingredients to successful food program participation.

Mrs. Secketa is active on social media day care sites and networks with other providers in her area. She prefers online training and utilizes Gateways, INCCRRA, and ICCB websites to help her complete her required continuing education/training each year. In addition, she utilizes the training resources to stay on top of current issues in the day care industry. When she needs to renew her CPR certification, she has someone come to her home for the training.

According to Mrs. Secketa, the most rewarding part of her career is, "watching the children learn, grow and explore". **Little Owl's Home Day Care** strives to make every child feel special and important. For the children in care, it is their home away from home. The most challenging issues are behavioral such as biting, hitting and pushing. When the children do not get along, it is very difficult. Mrs. Secketa admitted that this career can be challenging. When asked if she would choose this career again, she readily agreed by stating, "Oh yes! Of course, until I retire".

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- Offer at least 1 serving of each of dark green vegetables, red & orange vegetables, beans & peas (legumes), starchy vegetables, and other vegetables each week.
- Plan meals around a vegetable main dish, such as a vegetable stir-fry or soup. Then add other foods to complement it.
- Include a green salad at supper. Allow the children to choose the items in the salad and let them choose their salad dressing.
- Shred carrots or zucchini into meatloaf and casseroles.
- If age-appropriate, teach the children how to clean, peel, and cut veggies. Some children may prefer that you store each vegetable separately.

Snack Menu Ideas

- Bagel and blueberries
- Baked apple and milk
- Carrot sticks with dip and oyster crackers
- Celery sticks with cheese and peanut butter
- Cheese chunks and pineapple chunks
- Grapes and cheese
- Lettuce salad and bread sticks
- Mixed fruit & cheese
- Slice tomatoes and mozzarella cheese
- Wheat toast and fresh fruit cup
- Yogurt with fresh strawberries

recipes

Apple Banana Salad with Peanuts

Ingredients – for the salad

- 12 ounces lettuce mix
- 2 ripe bananas
- 2.5 medium apples, sliced (14 oz of sliced apples)
- ¾ cup unsalted dry roasted peanuts

Ingredients – for the salad dressing

- 1/3 cup plain low-fat yogurt
- 2 TB fat-reduced mayonnaise
- 1 TB honey
- 2 tsp paprika

Instructions

1. Whisk together the salad dressing ingredients.
2. Slice bananas
3. In a large salad bowl, toss mixed greens, bananas, and apple slices, peanuts, and dressing

Servings: 4

Super Rescue Soup

by Peter Murphy, age 9

"We live on Long Island, and when Hurricane Sandy struck, we were without power for 15 days," reports Peter's mom, Jill. "The grocery stores had no produce, dairy, or meat, but it was harvest time at our local farm stand, so there was plenty of fresh produce available there. We filled a wagon with fresh produce, added some pantry staples, and came up with this soup, which we could cook on our gas stovetop."

Ingredients

- ½ cup dried cannellini beans (or 1 15 oz can, drained, and rinsed)
- ½ cup pearl barley
- 2 TB olive oil
- 1 small onion, finely chopped
- 2 medium carrots (scrubbed and finely chopped)
- 2 cups finely chopped celery
- 1 medium zucchini (quartered lengthwise and cut into ½ inch pieces)
- ¾ cup green beans (cut in ½ inch pieces)
- 1 russet potato (peeled and cut into ½ inch cubes)
- ½ cup tomato sauce (or one medium tomato, chopped)
- ½ tsp salt (or to taste)

Instructions

1. If using dried beans, soak them overnight or do a quick soak (boil for 2 minutes, then remove them from the heat and let soak for 1 hour).
2. In a medium saucepan over moderate heat, cover the presoaked beans with 2 inches of water and cook until tender, about 30 minutes. Add 1 ¼ cups of water, bring to a boil, and add the barley. Lower the heat and simmer for 45 minutes. Set aside. (If using canned beans, wait to add them to the soup until step 4.)
3. In a large saucepan over moderate heat, warm the olive oil. Add the onion, carrots, and celery and sauté, stirring occasionally, until translucent, about 5 minutes. Add the zucchini and green beans and sauté until beginning to soften, about 3 minutes. Add the potato and sauté, stirring occasionally, for 3 minutes.
4. Add 6 cups of water and the tomato sauce, raise the heat, and bring the soup to a boil. Lower the heat and simmer for 20 minutes. Add the beans and barley and continue to simmer for 5 more minutes. Season with salt, and purée with an immersion blender, if desired.

Servings: 6

Special thanks to Wisconsin Department of Public Instruction.

For more information about adding more vegetables please visit https://www.choosemyplate.gov/ten-tips-add-more-vegetables-to-your-day. Looking for fruits and veggies the children in your care will eat? Visit https://www.choosemyplate.gov/ten-tips-kid-friendly-veggies-and-fruits.

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