Illinois Child Care Bureau News

January - March 2020

Dear Provider:

If you are mailing information to the Illinois Child Care Bureau, please use the current suite (#303) to ensure timely delivery. We moved May 1st.

Reminder: As your food program sponsor, the Illinois Child Care Bureau is responsible for providing you with two hours of mandatory training. The training is free and can be accessed online by visiting IllinoisChildren.com. If you do not have the password, please call the Illinois Child Care Bureau office at 773.444.0115 for assistance. If you have not submitted FY20 Unit #1 training, please submit it today. Your program advisor offered you a paper quiz during her last visit. The completed quiz can be emailed to info@illinoischildren.com, faxed to 773.930.4887, or mailed to 5440 N Cumberland, #303, Chicago, IL 60656.

The Illinois Child Care Bureau's bank strongly urges al providers being paid by check to transition to direct deposit. Please call the Illinois Child Care Bureau office for assistance with completing the direct deposit authorization form which is available at IllinoisChildren.com under 'resources' tab.

ICCB welcomes **Melba Doody** of Schiller Park, **Yuli Paola Armijos Rubio** of Chicago, **Cheena Brown** of Evergreen Park, **Tranyece Chatmon** of Zion, **Rebecca Cook** of Stockton, **Mariesha Cunningham** of Glenwood, **Yolanda Gonzalez** of Chicago, **Shonte Hall** of Bollingbrook, **Trinity Heck** and **Thomas Heck Jr** of Freeport, **Carrie Homb** of Scales Mound, **Tameka Jones** of Beach Park, **Torina Keller Benford** of Chicago, **Shirley Land** of Chicago, **Stephanie Lieteau** of Calumet City, **Tamma Martz** of Freeport, **Omni McCollum** of University Park, **Modessa McCree** of Chicago, **Paula Meighan** of Freeport, **Sheila Moss** of Rockford, **Chamisha Myrick** of Berwyn, **Lashanda Shoulders** of Rockford, **Lashawnda Statam** of Lynwood, **Sara Triplett** of Waukegan, **Angela Washington** of Chicago, **Maleka Westbrook Hawkins** of Broadview, **Mika Yamane Boyd** and **Erik Boyd** of Skokie. ICCB welcomes back **Denise Hill** of North Aurora, **Tayyaba Ahmad** of Hinsdale, **Melissa Corona** of Huntley, **Tricia Edwards** of Chicago, **Kena Gayles** of Chicago, **LaDonna Horton** of Naperville, **Laurance Lilja** of Downers Grove, **Tyesha Reyes** of Chicago, **Gabriela Salgado** of Chicago, **Mary Span** of Chicago, and **Mia Williams** of Chicago.

The Illinois Child Care Bureau office will be closed:

- Wednesday, January 1, 2020 in observance of New Year's Day
- Monday, January 20, 2020 in observance of Dr. Martin Luther King's Birthday
- Wednesday, February 12, 2020 in observance of Lincoln's Birthday
- Monday, February 17, 2020 in observance of President's Day

~ Cathy, Kim, Marguerite, and Sarah

A Provider You Should Know

by Kim Klimek, Compliance Manager

Mrs. Denise Noble has owned and operated Neesie's Day Care, located in Rockford for the past 29 years. Before opening her day care home business, Mrs. Noble worked as a tool and dye maker for many years. Mrs. Noble worked outside of the home when her daughter was young. Years later, Mrs. Noble was expecting her son and decided she wanted to stay at home with him. Therefore, Mrs. Noble began the DCFS licensing process immediately. The licensing process moved forward and Neesie's Day Care was founded.

Neesie's Day Care is licensed to care for children 6 weeks – 12 years. Typically, infants start with Mrs. Noble at age 3 months. Most children attend Neesie's Day Care through the age of 12 years. According to Mrs. Noble, marketing/ advertising of her business is through word-of-mouth and referrals without any paid advertising.

Neesie's Day Care does not follow a formal curriculum to educate the children. Mrs. Noble has created her own curriculum which incorporates materials from a variety of sources. Scholastics® is one of her favorite resources with new lessons

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COMPONENTS OF A MEAL FOR CHILDREN AGE 2 – 12 YEARS

The revised *Meal Pattern for Children* includes a greater variety of vegetables and fruit, more whole grains, and less added sugar and saturated fat. The changes were effective 10.1.17 and are based on the Dietary Guidelines for Americans as well as scientific recommendations from the National Academy of Medicine. If you want to successfully participate on the food program, you are required to comply with the updated meal pattern.

Breakfast

You are required to offer a minimum of three meal components at breakfast.

- Unflavored skim or 1% **milk** (2 years – 5 years) and unflavored or flavored skim or 1% milk (6 years – 12 years (no powdered milk/non-fat dry milk)
- **Vegetable**, **fruit** or portions of both
- **Grains**: children must receive one whole grain per day. Breakfast cereal must contain no more than 6 grams of sugar per dry ounce.
- A Meat/Meat Alternate maybe be served in place of the entire Grain component a maximum of 3 times per week and tofu counts as a meat alternate.

Lunch and Supper

You are required to offer a minimum of 5 meal components at lunch and at supper.

The combined fruit and vegetable component is now a separate vegetable component and a separate fruit component.

- **Milk**
- **Vegetable**
- **Fruit/Vegetable**
- **Grain**
- **Meat/Meat Alternate**

1. Serve unflavored skim or 1% **milk** to children 2 years – 5 years and unflavored or flavored skim or 1% milk to children 6 years – 12 years. Remember: powdered milk/non-fat dry milk is not reimbursable. Non-dairy milk substitutes that are nutrionally equivalent to milk may be served in place of milk to children with medical or special dietary needs.
2. **Vegetable** two different vegetables may be served or ONE vegetable plus ONE fruit.
3. **Fruit** one fruit or one fruit plus one vegetable may be served. If two fruits and no vegetable is served, then this meal will be disallowed.

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Lunch and Supper Meal Patterns

	Ages 1-2		Ages 3-5		Ages 6-12 & 13-18		Adults	
	Previous	Updated	Previous	Updated	Previous	Updated	Previous	Updated
Milk	½ cup	½ cup	¾ cup	¾ cup	1 cup	1 cup	1 cup	1 cup*
Meat and meat alternates	1 oz	1 oz	1 ½ oz	1 ½ oz	2 oz	2 oz	2 oz	2 oz
Vegetables	¼ cup	⅛ cup	½ cup	¼ cup	¾ cup	½ cup	1 cup	½ cup
Fruits		⅛ cup		¼ cup		¼ cup		½ cup
Grains	½ serving	½ oz eq	½ serving	½ oz eq	1 serving	1 oz eq	2 servings	2 oz eq

*A serving of milk is not required at supper meals for adults
Oz eq = ounce equivalents

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4. **Grain** Serve one whole grain-rich component daily. Serving whole grain oatmeal for breakfast, whole grain-rich pizza crust at lunch, or whole wheat pasta for supper fulfills the daily requirement for one whole grain-rich food served daily. If you do not serve a whole grain-rich component each day, then one meal or snack will be disallowed (the lowest reimbursement). Grain-based desserts no longer count towards the grain component.

5. **Meat/Meat Alternate** includes lean meat, poultry or fish; tofu, soy products, 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. Consider creating "meatless Mondays" using tofu, beans, cheese, or eggs for the meat alternate.

Reminder: Yogurt must contain no more than 23 grams of sugar per 6 ounces.

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and instructions sent to her home each month. The curriculum focuses on reading, language and math skills for young children. Another resource that Mrs. Noble loves to incorporate is Lovevery® which was designed for infants and the products are designed for each developmental stage of infancy. The "play kits" are separated into stages such as 0 – 2 months, 3 – 4 months, 5 – 6 months, etc and focus on specific developmental areas such as sensory or motor skills. Mrs. Noble receives the infant shipments every two months and utilizes every resource that is included. Denise Noble was thrilled when Lovevery® created products for toddlers. Neesie's Day Care receives the toddler shipments every three months and utilizes this resource for the toddlers in her care.

Mrs. Denise Noble's strong passion for reading is reflected throughout the day care home. There are hundreds of age-appropriate books for the children to pick-up and read. Books are located within easy reach of the children throughout the day care home. Mrs. Noble thoroughly enjoys teaching. Each week she chooses a theme centered around a specific book or books, then the children draw pictures. An "artist of the week" is chosen and their artwork is hung in the day care home for an entire week. The young children love to hear the stories and are actively engaged in each lesson. Music plays an important role in the day care home as well. Mrs. Noble utilizes Kindermusik®, a music-based education program that enhances expressive language, sensory awareness, fine motor movement, whole body movement, social emotional development, cognition and receptive language. Keeping the children active is one of Mrs. Noble's goals, so she encourages the children to sing and dance. Neesie's Day Care utilizes TuneIn, the free smart-phone app, to select music. The app has a "family access card" so the children can hear the music from home or when they are in their parent's car.

Neesie's Day Care makes learning fun. Mrs. Noble and the children plant a garden every year which includes kale, herbs, tomatoes, lettuce and snap peas. The children love to eat their "crops". Mrs. Noble also loves science and her curriculum utilizes STEM (Science, Technology, Engineering, Math) education. For the past several years, she and the children have raised monarch butterflies. The caterpillars live in a special cage until they turn into a butterfly, then, they are released. As you can imagine, it is a fun and exciting day when the monarchs are released!

Field trips are an important part of Neesie's Day Care as well. Many of the field trips include spending time outdoors. The children visit their local fire station, attend programs at the local library, and visit their local parks. The Discovery Center Museum, a hands-on children's science museum in Rockford, is a popular field trip. In addition, the children enjoy visits to the Klehm Arboretum and Botanic Garden which includes active play time at the Nancy Olson Children's Garden.

Neesie's Day Care menus are filled with fresh fruits and vegetables of all colors! Mrs. Noble buys organic produce and engages the children in food preparation and cooking meals. The vegetarian based menu offers steamed broccoli, fresh cauliflower and sweet potatoes which the children thoroughly enjoy. Mrs. Noble offers peanut butter and jelly sandwiches. *Please note: jelly is not creditable on the food program.*

Mrs. Noble keeps up with her food program responsibilities by writing out her menus and entering them into KidKare at the end of each day. On occasion, she will use a Daily Meal Worksheet and enter the information into KidKare at a later time. Mrs. Noble stays up to date on current day care information by networking with other providers and taking many classes at the local YWCA. She stated, "There is always new information for providers."

The most rewarding part of Mrs. Noble's career is being around the children and watching them learn and grow. She stated "I love to teach. I love when the children learn and love being with them." Currently, her two grandsons are enrolled in her day care home which she stated "is the BEST!". She is grateful she is able to care for her grandchildren and see them every day. She also feels honored that so many of her former clients maintain contact with her. Many of her former clients (the children who are now adults) keep in touch with each other. Recently, a former client got married and Mrs. Noble was invited and attended their wedding.

The most challenging part of Mrs. Noble's career is the time it takes to interview the families of prospective clients. She wants to be sure that the day care home is a good fit for both parties. Another challenge is "keeping babies safe when they first learn to walk". The many (unseen) hours of prep time running a day care business can be challenging as well.

When asked if she would choose the same career, she stated "Oh yes. Definitely."

recipes

Black Beans with Plantains

Ingredients

- ½ cup Brown rice, long-grain, uncooked
- 1 cup water
- 1 tsp canola oil
- 1 ¼ cup onions, fresh, peeled, ¼" diced
- 1 clove garlic, fresh, minced (1 clove is about ½ tsp minced)
- 1 quart black beans, low-sodium, canned, drained or rinsed; or black beans, dry, cooked
- ½ cup wáter
- 1 cup tomato sauce, low-sodium, canned
- 2/3 cup plantains, fresh, ripe (yellow), peeled, ¼" diced
- 1 TB cumin, dried, ground
- 1 tsp paprika
- ½ tsp black pepper, ground
- 2 TB salsa, traditional (optional)
- 2 TB fresh cilantro, chopped (optional)
- 2 TB fresh green onions with tops chopped (optional)

Instructions

1. Combine brown rice and 1 cup water in a small stockpot. Stir once.
2. Heat on medium-high heat to a rolling boil.
3. Cover and reduce heat to medium. Cook 15 – 20 minutes, until water is fully absorbed. Fluff the rice gently with a fork.
4. Heat oil in a medium stockpot on medium-high heat.
5. Add onions, and sauté until soft.
6. Add garlic. Continue cooking until garlic is fragrant, 1 – 2 minutes. Stir frequently.
7. Add cooked rice, black beans, ½ cup water, tomato sauce, plantains, cumin, paprika, and pepper.
8. Stir well, and bring to boil. Stir frequently.
9. Reduce heat to medium – low, and simmer for 5 minutes or until liquid is absorbed into the ingredients. Heat to 140 degrees (Fahrenheit) for at least 15 seconds.
10. Serve 1 cup.
11. Garnish each serving with 1 tsp of salsa, 1 tsp of cilantro, and 1 tsp of green onions (optional).

Servings: 6

Easy Zucchini Lasagna

Ingredients

- 2.5 ounces mozzarella cheese, low-fat, shredded (2.5 oz equals ½ cup plus 2 TB)
- 1 cup cottage cheese, fat-free
- 3 TB tomato paste, canned, low-sodium
- 1 cup tomato sauce, canned
- 1 tsp oregano, dried
- 1 tsp basil, dried
- 2 5/8 ounces fresh onions, peeled, ¼" diced (1/2 cup plus 1 TB)
- 2 cloves garlic, fresh, minced (1 clove is about ½ tsp minced)
- ¼ tsp black pepper, ground
- 1.5 cups zucchini, fresh, unpeeled, thinly sliced
- 3 2/3 ounces lasagna noodles, enriched, oven-ready (6 sheets)
- 1 TB Parmesan cheese, fresh, shredded
- Nonstick cooking spray

Instructions

1. Preheat oven to 350 degrees.
2. Reserve 1/3 cup of mozzarella cheese, and set aside for later use.
3. Make cheesy tomato sauce: combine remaining mozzarella cheese, cottage cheese, tomato paste, tomato sauce, oregano, basil, onions, garlic, and black pepper in a small bowl.
4. Divide zucchini evenly into two parts, about ¾ cup.
5. Lightly coat a medium baking dish (about 8" x 8") with nonstick cooking spray.

Assembly:

6. First layer. Spread ¾ cup of cheesy tomato sauce evenly on the bottom of the pan. Cover sauce with 3 sheets of oven-ready noodles. Then, cover noodles with ¾ cup of zucchini slices.
7. Second layer. Repeat first layer.
8. Third layer: Top layers 1 and 2 with the remaining cheesy tomato sauce (about ¾ cup), and then finish by sprinkling on the reserved shredded mozzarella cheese (1/3 cup) and the Parmesan cheese (1 TB).
9. Cover tightly with foil, and bake until zucchini is tender, about 30 minutes.
10. Remove from oven.
11. Remove foil, and bake uncovered until cheese starts to brown slightly, approximately 15 minutes. Heat to 140 degrees (Fahrenheit) for at least 15 seconds.
12. Let lasagna stand 10 minutes before serving.

Servings: 6

For more vegetarian meal ideas, please visit https://www.nal.usda.gov/fnic/recipes-and-meal-planning.

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