



CHILD CARE
ANSWERS

July 2015 Newsletter

Important News to Know

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Office Hours:
Monday-Friday
8am-5pm

A few notes from your monitors:

- Just a reminder that both the parent and the provider must sign the enrollment forms. We will not activate incomplete enrollment forms turned into our office.
- You should have submitted by June 30th your last training for the calendar year. Please make sure you have completed all the trainings.
- Our office will be closed Friday, July 3rd in observance of Independence Day. Please contact our office if you will be closed that day.
- **Plus 3 certificates must be turned into our office if you wish to use them for summer care. They MUST be from 2015. You will only be able to claim your licensed capacity if we do not receive your certificate!**



Important contract signing information on the back of your newsletter this month!

Inside this issue:

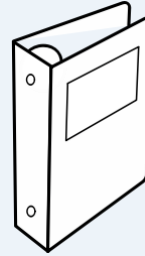
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CACFP Policy Spotlight

CACFP Binder

All providers enrolled on the CACFP program should have a binder at their site that contains the required documentation for the program. All employees on site should know where the binder is located. The binder should be well organized and include the following documents:

1. Enrollment forms for all children currently enrolled, plus three years worth of records.
2. Re-enrollment forms
3. Permanent Agreement
4. Annual Agreement for current year plus the past three years
5. Tiering determination letter
6. Training certificates for the current contract year
7. Visit forms for the current contract year



Please make sure your enrollment forms are separated into two sections: currently enrolled children and dis-enrolled children. If a child has a food allergy or parent preference a note needs to be attached to the enrollment form on file.

Menu of the Month

Monday	Tuesday	Wednesday	Thursday	Friday
WW English Muffin Blueberries Milk	WW Pancakes Banana slices Milk	Cheerios Strawberries Milk	WW Toast Mixed fruit Milk	WW Tortillas Strawberries Milk
Chicken breast baked Sweet potato Pineapple Brown rice Milk	Mozzarella Cheese Pizza Sauce Green salad WW English Muffin Milk	Hamburger Meat Lettuce and tomato Peaches WW Tortillas Milk	Tilapia Baked Sliced Tomatoes Blueberries Quinoa salad Milk	Chicken breast Bell peppers Pasta sauce WW Angel hair pasta Milk
Graham crackers Milk	Low fat vanilla yogurt Mixed fruit	WW Tortillas Peanut butter Fruit	WW English Muffins Mozzarella cheese	WW crackers Peanut Butter

Recipe of the Month

American Flag Toast

Ingredients for one serving:

- 1 slice of whole wheat bread
- 1/4 of banana sliced
- Small handful of blueberries
- 2 Tbsp of low-fat cottage cheese
- 2 tsp. of strawberry jam

Directions: Toast the bread until it is a light brown color. Spread the cottage cheese on the toasted bread. Spread the strawberry jam on all of the toast except the top left corner. In the top left corner add the blueberries in rows. Add the bananas in rows where the strawberry jam is.

Serve with a glass of milk for a complete breakfast or serve alone for a complete snack.



Nutritional Information

Reducing Sodium in kids diets

Choosing foods that are low in sodium is important to healthy eating. Nearly all Americans have developed a taste for salty foods and consume more sodium than they need. When students taste salty foods on a regular basis, they learn to prefer salty flavors. By offering lower sodium versions of popular menu items and recipes at the beginning of a school year, students' tastes can change. Adding less or no salt and using tasty sodium-free alternatives, such as herbs and spices, can help students learn to like foods with a less salty flavor. They may not even notice the difference!

Tips for Reducing Sodium Intake

- Choose fresh foods instead of processed food products. Make recipes from scratch to control the sodium content instead of using pre-packaged "heat and serve" items.
- Use spices and herbs to add flavor to foods instead of salt and seasoning salts. Many condiments commonly added to foods, such as soy sauce or salad dressings, are often high in sodium.
- When using processed and packaged foods, compare Nutrition Facts labels and choose items with lower sodium content. Foods that contain less than 140 mg of sodium per serving are considered low-sodium.
- Because sodium is found in many foods, high calorie intake usually leads to high sodium intake. Consuming in moderation and avoiding overeating in general can help keep sodium intake at the recommended level

Tips from the National Food Service Management Institute





CHILD CARE ANSWERS

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Indianapolis, Indiana 46204

Child Care Answers CACFP

“Where Healthy Eating Becomes a Habit”



2015-2016 Contract Signing

Contract signing is fast approaching. This year we will sign contracts in person. We ask that you bring with you signed re-enrollment forms to contract signing. If you do not bring your forms you will not be able to sign your contracts! Your monitor will be giving you information about the contract signing during your 3rd monitor visit. You will need to sign up for the date of your choice so we know how many people to expect.

If you have any questions about contract signing please contact us.

The following dates are scheduled for contract signing:

August 17, 18, 19, 24, 25, and 26 from 7pm—8pm

Location: Early Learning
Indiana Office,
615 N. Alabama St, Ste.
300, Indianapolis, IN 46204



Have something you would like to see in the newsletter? Some menu ideas we could share? Questions you have about the program? Let us know and you could be featured in our next newsletter!

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