



CHILD CARE  
ANSWERS

# March 2015 Newsletter

## Important News to Know

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Office Hours:  
Monday-Friday  
8am-5pm

### A few notes from your monitors:

1. The Safety and Sanitation training is posted to the website. Please make sure you submit both the quiz and the checklist to us. Providers have until the end of March to submit the training.
2. Please make sure to contact us if you are having computer issues, need help with your menus, or you will not be home for a meal.
3. Please email us with questions or concerns. We are not in the office often enough to respond in a timely manner to voicemails.
4. We are auditing programs after two visits in which the 5 day reconciliation and the number of children do not match. These audits may consist of parent contact and CCDF records. Please make sure you are only claiming children in your care during your approved meal time.
5. Claims and ALL paperwork to process the claim is due to the office by the 5th of the month. We will not process late paperwork or amend a claim because you failed to turn in the required paperwork. Please be aware of the deadline each month.
6. Have a recipe or menu suggestion we could add to the newsletter? Send it to us at emilyb@childcareanswers.com



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# CACFP Policy Spotlight

## Weekend and Holiday Care, Child Care Closings

Providers who claim weekends or holidays are required to submit to Child Care Answers sign in and out sheets for those days when they submit their claim. This is a new policy that was included in the 14-15 Management plan. Failure to submit the sign in and out sheets will result in the meals being disallowed. If you need a copy of the form please contact your monitor.

### Meal service times and policies:

#### *Meal Times*

Meals must be served in the timeframe that was set during your pre-approval appointment. If you wish to change your meal service time you must notify Child Care Answers in writing. Changes to the times will not apply until the following month after your request is received. For example, if you write to CCA August 15th that you wish to change you breakfast time the request will not go in effect until September 1st. This is so that monitors have time to plan scheduled visits during your meal times.

**If you claim meals on a weekend or a holiday you must submit the weekend/holiday form along with your claim. The form can be found online at [www.daynurserycacfp.weebly.com](http://www.daynurserycacfp.weebly.com)**

#### *Field trips, vacations, etc*

If you will be off site during normally served meals you must notify Child Care Answers. Meals served offsite cannot be claimed or reimbursed. If you will be closed for a vacation, holiday, etc. please make sure you have notified your monitor.

## CACFP Proposed Changes

Proposed changes have been published to change the meal patterns for the CACFP program. Your monitor will be bringing you information about these proposed changes during your second visit. Among these changes includes:

- Requiring breakfast cereals to conform to WIC standards
- Prevent grain-based desserts from counting as a grain. This would include items such as cookies.
- Disallow frying as a method for preparing meals on site.
- Require that one grain served each day be whole grain or whole-grain enriched
- Revise the infant age groups
- Eliminate the service of juice to infants

You can learn more about the published rules at [www.cacfp.org](http://www.cacfp.org). The public has until April 15th to comment on them. If you wish to make a comment you can go to [www.regulations.gov](http://www.regulations.gov)

# Recipe of the Month

## Lucky Charms Trail Mix



With St. Patrick's Day coming up celebrate with a fun, interactive snack. We would recommend you place each ingredient out and allow the kids to make their own personal Trail Mix based on their preference.

### Ingredients

- Lucky Charms
- Raisins, craisins or other dried fruit
- M & M's
- Pretzels

Serving Suggestion: Serve with some fresh fruit for a well rounded snack

## Nutritional Information

### Recognizing and Serving Whole Grains

#### Recognizing Whole Grains Is Easy!

Read the ingredients list for the products you purchase. Manufacturers must list ingredients in descending order by weight. Look for products that list whole grains first. For many whole grains, the word "whole" is usually listed before the type of grain, such as "whole-wheat flour," "whole durum flour," "whole-grain barley," "whole cornmeal," or "whole white wheat."

Other ways to identify whole grains are:

- Some whole grains have a standard of identity and do not include the word "whole," such as "cracked wheat," "crushed wheat," and "graham flour."
- The term "berries" or "groats" indicate a whole, unrefined grain – for example, rye berries or buckwheat groats.
- Rolled oats, oatmeal, brown rice, brown rice flour, quinoa, and wild rice are also whole grains

#### Some examples of whole grain-rich foods are:

- 100% whole-wheat bread, bagels, or English muffins
- oatmeal
- 100% whole-wheat crackers
- whole-grain breakfast cereal, such as whole-wheat cereal flakes
- whole-wheat tortillas and whole-corn tortillas that do not have "lime" in the ingredients list
- brown rice, wild rice, quinoa, bulgur (cracked wheat)
- whole-wheat pasta
- whole-grain cornmeal, whole-wheat flour



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## Child Care Answers CACFP

“Where Healthy Eating Becomes a Habit”



National CACFP week is March 15-21st. This is a great chance to talk with you parents about all that CACFP offers to you and showcase the nutritious meals you serve to the children.

This is a great week to try out some new recipes. These resources can help:

Indiana Recipe Book:  
<http://www.doe.in.gov/sites/default/files/nutrition/recipe-book.pdf>

Nebraska Recipe Book:  
[http://www.education.ne.gov/ns/cacfp/WhatsCookin/Whats\\_Cookin\\_II\\_complete.pdf](http://www.education.ne.gov/ns/cacfp/WhatsCookin/Whats_Cookin_II_complete.pdf)

Snack Ideas from Connecticut:  
[http://www.sde.ct.gov/sde/LIB/sde/pdf/deps/nutrition/CACFP/Meal\\_Pattern/Menu5\\_Snack.pdf](http://www.sde.ct.gov/sde/LIB/sde/pdf/deps/nutrition/CACFP/Meal_Pattern/Menu5_Snack.pdf)

## Menu Ideas

Lunch Ideas from Yu-Ying Hou

<b>Korean BBQ</b>	<b>Pesto meatball</b>	<b>Mexican Lasagna</b>	<b>Italian chicken soup</b>
chunk beef	ground turkey	ground beef, cheese	chicken breast
wild rice	penne	corn tortilla	barley
carrot	tomato sauce	mixed vegetables	cabbage, carrot, celery
fresh fruit	fresh fruit	fresh fruit	fresh fruit
organic milk	organic milk	organic milk	organic milk

**Your turn: If you have a great recipe or menu combination to share, please e-mail it to Emily Barrow at [emilyb@childcareanswers.com](mailto:emilyb@childcareanswers.com)**

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