



# May 2015 Newsletter

## Important News to Know

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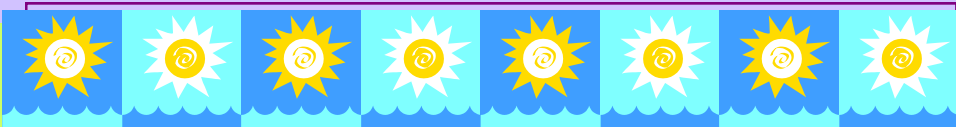
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### A few notes from your monitors:

1. The Safety and Sanitation training was due at the end of March. Please make sure you have completed all parts and submitted the training.
2. Meals must be served during approved meal times and you may only claim children in attendance during the approved time.
3. Please notify your sponsor at least 15 minutes prior to meal service if you will not be serving a meal.
4. Make sure you submit a weekend form along with your claim if you are claiming weekends.
5. Your claim along with all documentation and enrollment forms need to be turned in by 5pm on the fifth of the month.
6. Please make sure you send us a copy of your child care license when it is renewed or changed. Without a current copy of your license we cannot process your claim.
7. Check your email for your training certificates. We are sending out all training certificates electronically this year.
8. Please make sure you are recording your meals into Minute Menu by the end of the week. Menus should be scheduled and posted prior to the beginning of your business week. This is a policy in both our contracts and Management plan.

### Inside this issue:

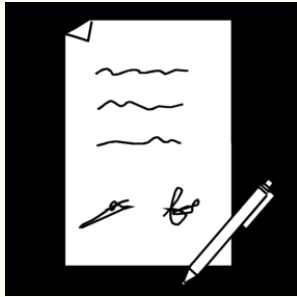
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**Will you be changing your hours for the summer?  
 Make sure you send it to your monitor in writing prior to changing your hours.**

# CACFP Policy Spotlight

## Trainings



On page 8 of the Management Plan this contract year we listed all of the trainings for the contract year. During contract signing we went over the Management Plan with each provider and highlighted where the training information was listed and when training were due. Please make sure you refer to your management plan for the training information. Each training is listed along with the due date of the training. Providers should be completing a training every three months. The Let's Move Childcare training is up on the website and should be completed by the end of June. If you have not completed your Sanitation, Health and Safety training yet it is due ASAP, as it was due at the end of March. Failure to complete the training is the timeline may result in a serious deficiency.

To access the trainings please use the [www.daynurserycacfp.weebly.com](http://www.daynurserycacfp.weebly.com) website. We do not have regular access to Child Care Answers website to update it with new trainings. If you have any questions feel free to contact your monitor.

**Important Note:** Please make sure you are sending in ALL the required parts of the trainings! We have gotten many incomplete trainings. Check your email for your training certificate once you have submitted your training.

## Let's Move Child Care

Have you started setting goals for your Let's Move Child Care training yet? Here are the five elements addressed in the checklist:

- **Physical Activity:** Provide 1-2 hours of physical activity throughout the day, including outside play when possible.
- **Screen Time:** No screen time for children under two years. For children age two and older, strive to limit screen time to no more than 30 minutes per week during child care, and work with parents and caregivers to ensure children have no more than 1-2 hours of quality screen time per day, the amount recommended by the American Academy of Pediatrics.
- **Food:** Serve fruits or vegetables at every meal, eat meals family-style when possible, and no fried foods.
- **Beverages:** Provide access to water during meals and throughout the day, and do not serve sugary drinks. For children age two and older, serve low-fat (1%) or non-fat milk, and no more than one 4-6 ounce serving of 100% juice per day.
- **Infant feeding:** For mothers who want to continue breastfeeding, provide their milk to their infants and welcome them to breastfeed during the child care day; and support all new parents in their decisions about infant feeding.

# Recipe of the Month

## Healthy Fruit Popsicles

3 cups watermelon puree (about 1/4 to 1/2 a watermelon)  
1/2 cup fresh blueberries  
1/2 cup chopped fresh strawberries  
1 kiwi, peeled and sliced  
1 peach or nectarine, diced small  
handful fresh cherries, pitted and chopped

Summer Popsicles- It's easy as 1 2 3!

Cut the watermelon into chunks and then puree it in a blender until smooth. Set aside.

Set out about 1 dozen popsicle molds (amount needed will vary depending on size of molds).

Fill each one with the chopped fresh fruit.

Then pour in the watermelon puree until each mold is full to the top.

Place a popsicle stick into each one. Place into your freezer and freeze for about 6 to 8 hours.



## Nutritional Information

### Limiting Sweets and Dessert Items

Child Care Providers play an important role in teaching kids how to make healthy choices when it comes to nutrition. Although, sweets are allowed on the CACFP program we strongly urge you to provide more nutritious options for the children. Did you know that if you serve a “dessert item” more than twice a week on the CACFP program the meals will be disallowed? USDA is currently looking at changing the CACFP meal patterns to completely remove the category. Now is the time to start finding better choices for the children and begin reducing the amount of sugar and dessert items being served at your child care.

Here are some tips and ideas to begin limiting sweets in your child care:

- Serve fruits in place of sweets. Try the homemade popsicle recipe above to give kids something sweet but healthy.
- Work with families to set up a healthy list of birthday treats instead of cake and cupcakes
- Try replacing one sweet a week with a new fruit or vegetable. Make it part of your curriculum to learn about it.
- Focus on healthy eating with the children making sure they understand that sweets and sugar should only be eaten in moderation.
- Swap cookies for whole-grain crackers.
- Limit juice and soda. Instead of juice serve fruit. It is not only lower in sugar but also contains more fiber than a cup of juice.





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**Child Care Answers  
CACFP**

"Where Healthy Eating Becomes a Habit"

Live 5-2-1-Almost None everyday:

Five or more fruits and vegetables  
Two hours or less of screen time  
One hour of physical activity  
Almost none of items such as soft drinks, sports drinks, and fruit drinks that are not 100% fruit juice

## Become an On My Way Pre-K Provider



The Office of Early Childhood and Out-of school learning is seeking Level 3 and 4 Marion county providers to become a provider for the On My Way Pre-K program. On My Way Pre-K is a pilot preschool program being offered to low income families of 4 year olds in Marion county. It is a chance to give these children a high quality preschool program prior to entering into kindergarten. The On My Way Pre-K pilot will shape the future of Indiana's early learning programs for years to come and it is essential that qualified early learning programs enroll as On My Way Pre-K providers so that families have a wide range of choices when looking for a Pre-K program for their children.

For information on signing up to be a provider go to the website, <http://www.in.gov/fssa/4931.htm> or contact :

**Beth Barrett**  
OECOSL Pre-K Manager  
(317) 234-8882  
[beth.barrett@fssa.in.gov](mailto:beth.barrett@fssa.in.gov)

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Individuals who are deaf, hard of hearing, or have speech disabilities and wish to file either an EEO or program complaint please contact USDA through the Federal Relay Service at (800) 877-8339 or (800) 845-6136 (in Spanish).