



CHILDREN FIRST

PO Box 862, Payson, AZ 85547

Equal opportunity provider.

1-877-468-8931

Cell: 1-928-978-2151 Fax: 1-928-468-8351

childrenfirstcacfp.org

Looking for new quality child care providers please refer Children First!

April 2011

Mail menus the first mailing day of the month.

What to have ready for unannounced visits?

Children First will complete at least 2 unannounced visits a FY and the State will also conduct unannounced visits during each FY.

Please **STOP** what you are doing, turn your child care manual to the back cover and refer to the home review section and double check you have everything in order. **Remember the State and Children First cannot honor, "I did not know the regulation" as an answer.**



Cute side for April Fools Day, try an apple with a gummy worm hanging out of the side. Gummy worm not creditable for the CACFP if served counts as high sugar and does not count toward meal requirement.

What got disallowed in February?

YIKES!!!!



Many of these disallowance (loss of payment) are repeating month-after-month, please comply with CACFP regulations or you are sure to lose money.

CUT BACK ON HIGH FATS AND HIGH SUGAR FOODS!

- Wafers, granola bars, raisin bread, graham crackers: high sugar (limit high sugar 2 times week)
- Top Ramen, hot dog, croissants, corn dogs, fries, bologna (counts as high fat) limit to twice a week.

Please double check you have hours listed on your menu, and double check the meals claimed are within the time listed on your child care home provider application! This error can BE HUGE! \$\$\$\$\$

- Expired Fingerprint Clearance card.
- Expired CPR and First Aid Certification.
- Shift care must allow a 30 minute lapse between shifts (for all over ratio days provider disallowed all meals on all children).
- Provider's not available for home visit during regular child care hours.
- Menus claimed that do not match Child Care Home Provider Application.
- Forgetting to list meals on the menu.
- Child care hours not listed.
- **Photo copying the same menu every month? Copied menus must be of an approved 5 week meal cycle plan!!!!**
- **Do not serve same meal for lunch and dinner, meals must be a variety.**

**KEEP RECORDS ON HAND REMEMBER THE STATE DOES NOT ACCEPT THE ANSWER THAT:
"I DID NOT KNOW I HAD TO KEEP RECORDS UP TO DATE AND ON HAND."**

Faxing menus?

1. The fax number is located on most if not all Children First forms, including the menu, fax: 1-928-468-8351
2. It is in the providers best interest to call some time after the fax has been sent to ensure the fax was received and is legible via fax.

Emailing menus?

Allowed? Yes! Email: daycarechildrenfirst@hotmail.com

Remember the CACFP requires child care providers maintain records for 5 years. Keep your records on hand and in order, these records will be viewed during home visits; including unannounced State visits.

Menús de correo el primer día de correo del mes.

¿Menús de envío de fax?

- 1 El número de fax se encuentra en la mayoría, si no todas las formas Children First, incluyendo el menú, fax: 1-928-468-8351
- 2 Es en el mejor interés de los proveedores para llamar a algún tiempo después de que se ha enviado el fax para el fax fue recibido y sea legible por fax

¿Envío por correo electrónico los menús?

¿Permitido? Sí! Correo electrónico: daycarechildrenfirst@hotmail.com

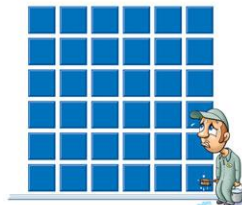
April Fools' Lunch Labels

This April Fools', use these funny labels to "trick" your kids into thinking you made them a caterpillar sandwich.



go to: <http://familyfun.go.com/printables/april-fools-lunch-labels-872923/>

Spot the Phantom Dots



Slim, the custodian, thought his spring cleaning would be a breeze, but ghostly smudges kept appearing between the tiles of his shower wall. Was someone playing an April Fools' prank on him?

The Mystery: Slim had been scrubbing tiles all morning, but every time he stepped back to admire his work, he'd spot a smudge -- then another, and another -- where the white lines of grout intersected. Then he noticed something peculiar: if he stared at any one smudge, it would vanish, only to reappear when he looked elsewhere on the wall. See for yourself. Can you spot the tricky dots that are making Slim's job a chore?

What's Going On: It's not an April Fools' prank, but a very convincing optical illusion known as Hermann's grid. The tile pattern plays with our peripheral vision, causing us to see ghostly images where the white lines come together. However, when we stare directly at one of the dots, we use our central vision, which is not so easily fooled. For a more detailed explanation of how this illusion works, visit pbs.org/wnet/brain/illusions/color.html.

CPR and First Aid



- Do not let renewal dates expire!
- Be proactive and find local classes and resources.
- Start the planning process long before expiration dates.

These resources are to help assist you in locating a class. However, each child care provider is responsible to ensure these certifications are current.

Please find local accredited resources by calling to Fire Departments, Hospitals, Health Departments, etc., each area will offer classes you must be resourceful to find classes that work for your schedule.

Provider who do not have current qualification are not eligible for CACFP reimbursement. As part of the "increase the integrity" in Arizona CACFP the State has identified areas such as renewals that must comply with CACFP regulations, which no grace periods.

It is the providers responsible to renew all requirements before expiration dates occur.

New resource: Deb Martin provides a 2 year CPR class in the Flagstaff area through American Red Cross. Please call 928-773-0093 if you are interested. Thank you Alice. S. of Flagstaff for this resource.

Dahna C and Laurie S of Flagstaff are also interesting in sharing resources on line, by way of the Children First website. If you are interested please email Children First idea's.

All child care providers in Arizona that are a part of the CACFP must maintain current CPR and First Aid certification.

- CPR must be done in person.
- First Aid may be done in person or online.

Water Safety Certification (required for those who own spa, pool that is 24" or more deep), must be done in person/in water. Basic Water safety is offered by American Red Cross, course code 34400.

American Heart Association - 1-800-242-8721 (nationally)

American Red Cross - 1-602-336-6490 (Arizona)

**Arizona Chapter National Safety Council:
First Aid & CPR - 1-602-234-1698 (Arizona)**

American Red Cross Basic Water Rescue

Mary Jo Mann 1-602-743-8937

Basic Water Rescue: Offered year round, base cost \$60, cost does not include possible travel fee-state wide, certification valid for 3 years, flexible, class preference at child care providers home, class must be done in water.

Resus '4' Life will come to you in groups of 6, 1-866-466-6632 Mobile & Statewide Locations

Yavapai County

American Red Cross 1-928-445-498

Coconino County

Family Resource Center, American Red Cross Certified, 1-928-714-1716 ex 13.

American Heart Association

(2 year class) 1-928-773-0093 or Deb

Pinal County

Casa Grande Regional Hospital – 2nd Friday of every month. Every Saturday Resus '4' Life will be in Eloy, Arizona City or Casa Grande 1-866-466-6632

Martha Wright, Saturday, 1-520-836-7248.

Casa Grande Fire Department 1-520-421-8777

Gila County

(Globe) Tri-City Fire Department- Classes every 3rd Wednesday of the month, 1-928-473-2362

