



CHILDREN FIRST

PO Box 862, Payson, AZ 85547

Equal opportunity provider.

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childrenfirstcacfp.org

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

June-July 2011

Mail menus the first mailing day of the month.

Special prayers to former staff member Linda Harvey! Linda has recently been diagnosed with cancer, she has approved her contact information to be listed for those who wish to contact her and wish her well. Please keep her in prayer! Linda the providers and staff think of you often, wishing you a fast recovery!

**Linda Harvey
4510 N Bonner Street
Flagstaff, AZ 86004
1-928-830-4258**

Income applications are required on each child care provider. Income application FY July 1, 2011 - June 30, 2012. Income applications must be returned and dated before July 1, 2011.

New Rates will be posted on the Children First web site when the USDA has made the update OR
http://www.fns.usda.gov/cnd/care/ProgramBasics/Rates/ReimbursementRates_Current.htm

July Child Care Activity Idea's

In the month of July, activities often enjoyed by the children might be planned around the such things as:

- *The celebration of Canada's Day*
- *The celebration of Independence Day*
- *Clouds* - In the summer, many children enjoy lying on the ground and considering the pictures made by clouds in the sky.
- *Shadows* - With the sun high in the sky, children enjoy chasing their shadows, and creating shadow puppets.
- *Fresh and saltwater animals* - With family trips to beaches at the sea, or lake, and a high desire by children to experience water play activities, this is often a favorite exploration for July.
- *The moon, stars, and space* - During camping trips, and evening walks in the country, children often have a more extensive experience with the night sky than at other times of the year.
- *Camping* - Whether children are able to enjoy the camping experience themselves, or hear about it from others, children are often fascinated with the idea of sleeping in tents.

June 2011 State Unannounced Visits

Children First staff and child care providers did an outstanding job. The Board has said this is one of the best State visits to date. Thank each of you for your professionalism.

Areas we can all work on:

- Maintain required copies (have them organized).
- Make sure child care sign in/out sheet hours match the meal claim.
- Know where to locate non-discrimination, WIC and building for the future information.
- As always remember the State does not except "I did not know" as an acceptable answer to not following CACFP guidelines.
- Report changes in care when away from home during a regular meal service.

A special thank you staff members Katie and Mvra for helping Children First shine.

How to avoid loss of CACFP reimbursement: Highlighting Recent Disallowance Reports

- Meals served out of time frame.
- Serving more than 2 high sugar or high fat item's in a 7 day period.
- Claiming residential children without daycare children present and claimed.
- Not listing meals claimed.
- Not listing time on meal count.
- Not being available for home visit.
- Claiming more than 4 children for compensations at one time (DES or AA) over ratio.



A view of 2012 CACFP calendars.

What else is happening in the near future?

Children First director will be attending a required state meeting July 2011 for FY 2012. Please look to the website for updates to be posted. After July 2011 meeting Children First will incorporate updates and changes into the FY 2012 child care provider training packets. Newsletters, website and special mailings will inform providers of any CACFP changes.

CPR AND FIRST AID RESOURCES

It is a good idea to call around to local hospitals, fire departments, etc. to find a class that works for your needs. **Remember America Heart Association Certification is usually for 2 full years! Ask around...and share resources with Children First.**

Resus '4' Life Mobile CPR and First Aid Training
Resus '4' Life will come to you in groups of 6 or less, Call: 1-866-466-6632 **Mobile & Statewide Locations** - Groups of 6 or more, Call for details they will work with your schedule come to your area of location and the only \$30.00 for training.

*Yavapai County-American Red Cross \$57, Call: 1-928-445-4981

*Coconino County-Family Resource Center, American Red Cross Certified, \$10, Paula Stephanie willing to add classes BUT you must call to schedule! Call: 1-928-714-1716 ex 13.
* **America Heart Association 2 Year Certification Deborah** 1-928-773-0093

* 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. \$35, Call 1-866-466-6632
Martha Wright, Saturday, \$55 Call:1-520-836-7248. Casa Grande Fire Department M-F, Call: 1-520-421-8777

*Gila County
(Globe) Tri-City Fire Department- Classes every 3rd Wednesday of the month. \$35.00, Call: 1-928-473-2362
(Payson) Payson Regional Hospital, Call: 1-928-474-3222 or Diversified Solutions-special classes and evenings. Call: 1-928-472-3288

Resources for Healthy Snacks

The following is a list of selected resources on snack ideas and recipes for children. These resources, and many others, are available through the Office of Child Nutrition's Nutrition Resource Library.

A Tool Kit for Healthy School Meals. U.S. Department of Agriculture, 1995. Some portions available at:
www.nalusda.gov:8001/Training/train.html

Breakfast and Snack Basics: A Guide for Child Care Providers. Florida Department of Citrus, 1995. Designed to help child care providers develop a healthy and tasty selection of breakfast and snacks for kids.

CACFP Menus and Recipes for Children. New York State Department of Health, 1996. Includes 15 days of menus (breakfast, a.m. snack, lunch, p.m. snack) and 38 recipes.

Celebrating Diversity: Approaching Families Through Their Food. Arlington, VA: National Center for Education in Maternal and Child Health, 1994.

Ordering information at:
www.ask.hrsa.gov/detail.cfm?id=MCHJ024

Child Care Recipes, Food for Health and Fun. U.S. Department of Agriculture, 1999. Available at:
www.fns.usda.gov/tn/Resources/buildingblocks.html

Choose Healthy Snacks – Nutrition & Activity Education Program Based on the US Dietary Guidelines, Levels 1-5. Healthy Choices for Kids, Growers of Washington State Apples, 1995.

Connecticut Cooks for Kids: A Collection of Recipes from Childcare Providers Throughout Connecticut. Ellen L. Shanley, M.B.A., R.D., Colleen A. Thompson, M.S., R.D., and Susan S. Fiore, M.S., R.D. Connecticut State Department of Education and the University of Connecticut, 1996. Recipes include CACFP meal pattern contribution and nutrient analysis.

Cycle Menus for After-School Snacks (U.S. Department of Agriculture): Includes menus for both traditional and limited kitchen facilities.

www.fns.usda.gov/cnd/CyclesMenu/CycleMenus.htm

Food, Family and Fun – A Seasonal Guide to Healthy Eating. U.S. Department of Agriculture, 1996. Family recipes including nutrition information. Ordering information and online version at:

www.fns.usda.gov/tn/Resources/foodfamilyfun.html.

Great Tasting Snacks. Linda Fox Simmons, Nutrition and Health Training Alternatives, 1990.

Healthful Menus and Recipes for Children Over 2 Years of Age in the Child and Adult Care Food Program.

Pennsylvania Department of Education, 1996. A comprehensive guide to meal planning in the CACFP, including cycle menus, recipes, information on nutrition and food safety.