



# CHILDREN FIRST

PO Box 862, Payson, AZ 85547

Equal opportunity provider.

1-877-468-8931

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[childrenfirstcacfp.org](http://childrenfirstcacfp.org)

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

## March 2011

**Mail menus the first mailing day of the month.**

### 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](mailto: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.

### State unannounced visits?

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

### 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](mailto:daycarechildrenfirst@hotmail.com)

Recuerde que el CACFP requiere que los proveedores de cuidado infantil mantengan registros durante 5 años. Mantener sus registros a mano y en orden, estos registros se van a ver durante visitas a domicilio; incluyendo visitas de estado sin previo aviso.

#### ¿Indicar visitas sin previo aviso?

Los niños primero completará al menos 2 visitas sin previo aviso un FY y el Estado también llevará a cabo visitas no anunciadas durante ***cada*** FY.

## What got disallowed in January?



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

- Popcorn
- Lettuce
- Residential children without day car children present and served.
- Top Ramen (counts as high fat) limit to twice a week.
- Chips.
- Expired Fingerprint Clearance card.
- Expired CPR and First Aid Certification.
- Lacking pool water safety certification.
- Highlighting over meal count with highlighter, Children First uses highlighters as a tool to identify errors. Providers who highlight over a meal count could easily cause a meal count error.
- 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 not current during home visit.
- Menus claimed that do not match Child Care Home Provider Application.
- Forgetting to list meals on the menu.
- Child care hours not listed.
- Sign in/out sheets not up to date during home visit.
- **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.**

### Auto Insurance Cards

Child care providers that transport day care children, will soon be required to submit a copy of their auto insurance card. This ruling set by the Arizona Department of Education is in the processes of finalization. **Please be prepared to send a copy of auto insurance cards if you are transporting day care children.**

### Meal Count Totals

Notice new menu's that are now in full circulation include a section that allows the provider to add meal count totals. This is in the best interest of the provider, please add meal count totals every month once you have received the new menu's that include this section. Thank!

### Tarjetas de seguro de auto

Proveedores de cuidado de los hijos de que transportan a los niños de guarderías, pronto se requerirá presentar una copia de su tarjeta de seguro de auto. Esta decisión por el departamento de educación de Arizona es en los procesos de finalización. **Por favor estar dispuesta a enviar una copia de tarjetas de seguro de auto si son transporte de cuidado diurno los niños**

### Totales de Conde de comida

Aviso nuevo menú que ahora están en plena práctica incluir una sección que permite al proveedor agregar totales de Conde de comida. Esto es en el mejor interés del proveedor, por favor agregar totales de Conde de comida cada mes una vez que reciba el nuevo menú que incluyen en esta sección. ¡ Gracias!



### Sweet Shamrock Pretzels

Here's a tasty new twist on the traditional St. Patrick's Day shamrock -- sweet green pretzels fashioned from canned refrigerated bread stick dough and coated with a sprinkling of colored sugar and cinnamon.

#### Ingredients

- Canned refrigerated bread stick dough (we used Pillsbury Original Breadsticks)
- Colored sugar
- Cinnamon

#### Instructions

1. Line a cookie sheet with aluminum foil and lightly coat it with cooking spray.
2. To create the clover shape, mold 3 sections of bread sticks into hearts and press them together as shown. Attach a small stem, decorate, bake according to the package directions, and serve them up to your lucky guests.

## 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

## CACFP MENU AND MEAL COUNT Reminders and Updates

1. Please put a ★ on menu next to residential children .

Total	Official Use
22	B
22	A
22	L
	P
	D
	N
Total	Official Use
22	B
22	A
22	L
	P
	D
	N

provider total here

2. New meal count/menus are now in circulation, providers will add the menus next to the official use total column on the meal count sheet. Then eventually the final draft will circulate that also includes a meal count total that should be completed at the bottom of the menu, next to the provider signature. This is an edit check system that Children First will use to ensure each provider gets paid the proper amount.

Provider Monthly Totals:

B \_\_\_ AM \_\_\_ L \_\_\_ PM \_\_\_ D \_\_\_ N \_\_\_

The monthly total should be all the meals total for the month.

The total amount by meal count x's made on the meal count sheet.

Example all the breakfast, AM, lunch total 44 for the month:

Provider Monthly Totals:

B 44 AM 44 L 44 PM \_\_\_ D \_\_\_ N \_\_\_

**Do not** use the official use column, use the provider column total.



### Shamrock Toasties

Celebrate St. Patrick's Day with this easy after-school snack.

Ingredients

- Green pepper
- English muffin
- Cheddar cheese

Instructions

1. To make one, slice a green pepper crosswise near the pointed end to get a small, three-lobed shamrock shape. (If your pepper has four lobes, you've got a lucky clover instead.) Cut a small slice for a stem.
2. Toast half an English muffin, then top it with a slice of Cheddar and the pepper shamrock. Place the muffin on a tray, then broil it in a toaster oven until the cheese is melted.

### Pot of Gold Soup



A pinch of sugar and salt makes this butternut soup a savory holiday soup.

Ingredients

- 2 tablespoons butter
- 1 onion, finely chopped
- 3 medium apples
- 2 medium butternut squashes (about 3 pounds)
- 1 cup apple juice or cider
- 3 cups chicken stock
- 2 tablespoons brown sugar
- 1 tablespoon pumpkin pie spice
- Salt and pepper

Instructions

1. Melt the butter in a saucepan over low heat. Add the chopped onion and saute until soft and translucent. Remove the onion from the heat.
2. Now set your kids to work peeling the apples while you peel, seed, and chop the squash. Core and chop the peeled apples.
3. Add the apples, squash, juice or cider, and chicken stock to the onions and bring to a boil. Then lower the heat and simmer partially covered for 25 minutes.
4. Add the brown sugar, pumpkin pie spice, and salt and pepper. Puree the soup, reheat, and serve. Makes 6 to 8 servings.

### Shamrock Maze

With no rainbow in sight, only you can help this little leprechaun find his way to the pot of gold.

