



# CHILDREN FIRST

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Equal opportunity provider.

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childrenfirstcacfp.org

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

## October 2010

Mail menus the first mailing day of the month.

New Child Enrollment Forms and Child Care Home Provider Application due in office October 1st. These forms will be mailed to each provider mid to late September. May even be last few days of September, Children First is awaiting state approval before forms can be printed.

**DO NOT USE OLD CHILD ENROLLEMNT FORMS or CHILD CARE HOME PROVIDER APPLICATIONS THEY WILL NOT BE ACCEPTED!**

**Note: Overpayments not paid by child care provider will result in pursuit from county attorney (this is federal funds).**

**Relocating?** Claims are not valid until state approval, after home has current inspections etc. complete, this takes time so inform Children First of any changes.

**DES and DHS** child care providers you **may not** drop certification/ license and remain eligible for the CACFP. You must report changes first and **IF** you wish to switch to AA private care, you must be in good standing, have inspections, and state approval **BEFORE** your claims are valid. You will be responsible for overpayments.

### Understanding the CACFP guidelines:

Why is tofu not creditable as a meat alternate?

Because there is no standard of identify for tofu, so product can vary from one manufactory to another.

Why is vegetable protein in beans allowed?

Vegetable proteins such as beans have enough protein to meet the meat alternate requirement.

Corn tortillas are not considered high fat, tostada shells and tacos are. If you are serving corn tortilla in enchilada or something other than hard or fried shell, list corn tortilla. Soft tacos are not considered high fat, but must be listed as soft taco.



### Apple Crackers

Slice a cored and quartered apple into 1/4 inch slices and fan out on a plate. Place a little dab of peanut butter on top of each slice and then mini Ritz crackers. Serve immediately.

### Creditable Snack: Apple/Cracker

(PB not recommended as part of the count at snack because it only counts as 1/2 the meat alternate requirement).

**Beginning October 1, 2010 child care providers can no longer be staff members. Please expect some changes in Children First personal.**

### Children First Cookbook



Each child care provider is invited to provide a recipe and picture that will be added to the upcoming cookbook. Please submit recipes before November 1st, 2010. Email or text pictures. Complete instructions can be found in the renewal packets. Children involvement recommended. **Who knows better what children like, then children?** This cookbook will then be compiled over the next several months and distributed as part of FY 2011 training.

### What got disallowed in August?

Common disallowances for the month of August. Please avoid these errors, the following errors were found on at least (1) or more menus in August. **LOSS OF MONEY!**

- **Over ratio ...YIKES every meal that is over ratio is disallowed (not paid), in some cases that can be every day of the month!**
- Fries and T. Tots (high fat count)
- Taco and Tostada (high fat count)
- Fry Bread (high fat count)
- Hours not listed on menu
- Not submitting a Child Enrollment Form
- Chips
- Olives
- Ramen (high fat count)
- Not completing meals on menu
- Please list infant name on infant menu (parent infant statement not submitted)
- Raisins at snack or breakfast
- Jelly with PB at lunch or dinner (jelly does not count plus it is a high sugar and at lunch and dinner cannot have a high sugar)
- Claiming own children with no daycare children present and claimed
- Hot dog, Pizza, Corn dog, Chkn Nuggets (high fat count)

## Teach Kids to Cook (Have children get involved in the Children First Cookbook)

Cooking can be a fun learning experience for your child, teaching them basic kitchen safety, elementary cooking techniques, and even a lesson or two on good nutrition while you bond together as a unit. Adult supervision is the key to cooking or baking with kids. Since children develop cooking skills, using small motor skills, at different rates, here's a general guide of what to expect from children in the following age groups:

### Ages 3 to 6 years:

- can stir ingredients in a bowl
- able to wash fruits and vegetables
- under direction, can add ingredients to a bowl
- can hold a portable electric mixer with adult supervision, the adult turning the mixer on and off and controlling the speed while the beaters are in the bowl (be prepared for some splatters at first)

### Ages 6 to 8 years:

- able to fill and level measuring spoons and cups
- can pour liquid ingredients into a measuring cup
- coordinated sufficiently to beat ingredients with a wire whisk
- can use a dull knife to cut and spread soft foods

### Ages 8 to 10 years:

- can use an electric can opener
- ready to learn how to operate and use a microwave
- able to prepare simple recipes with few ingredients with little adult intervention (In case of an apparent problem, don't immediately 'jump in' to help, unless safety is the issue-this affords them an excellent lesson in simple problem solving)

### Ages 10 to 12 years:

- can use the oven; can be taught proper use of oven mitts and where to place the hot dish when removing it from the oven to avoid burned fingers or scorched countertops)
- use a knife with supervision
- use a hand-held grater to shred ingredients (warn about keeping little knuckles away)

*Resource: [http://www.diabetic-lifestyle.com/articles/apr04\\_fkids\\_1.htm](http://www.diabetic-lifestyle.com/articles/apr04_fkids_1.htm)*



American  
Diabetes  
Association

### Should Your Child Belong to the ADA and the JDF?



dedicated to finding a cure

The American Diabetes Association and the Juvenile Diabetes Foundation makes sense for anyone with diabetes in their families.

For diabetes-related questions or to request a diabetes information packet, email us at [AskADA@diabetes.org](mailto:AskADA@diabetes.org). In order to better serve you, please provide your name and address along with your request. You can also call our Center for Information and Community Support at 1-800-DIABETES (1-800-342-2383). Our hours of operation are Monday - Friday, 8:30 AM - 8 PM Eastern Standard Time. <http://www.diabetes.org/>

Juvenile Diabetes Research Foundation International, 26 Broadway, 14th Floor, New York, NY 10004, Phone: 1-800-533-CURE (2873), Fax: (212) 785-9595, E-mail: [info@jdrf.org](mailto:info@jdrf.org)

Thank you Pat M of Globe for the wonderful idea to print renewal dates for each provider.

Thank you Heather T of Gilbert for the great idea of excel worksheet online for child care expenses (this is now in the works and should be posted online soon).

**OVER RATIO NOTICE**-Children First can no longer disallow the overratio meals claimed on non-residential, non-compensated children in order to assist the provider in avoiding over ratio status. **WE MUST FIND YOU OVER RATIO!** Although most child care providers already track this properly the occasional one or two may complete menus as allowed with past ratio guidelines (everyone must follow the current ratio guidelines). **It is very important that no child care provider has in care or claims more than 4 children at any one time (unless the additional 2 children are income eligible residential children, or the home is DHS license).**

## Pumpkin Recipe Pancakes

- 2 1/2 Cups pancake mix
- 2 Tablespoons brown sugar
- 1 Tablespoon cinnamon
- 1 12-ounce can evaporated milk
- 1/2 Cup pumpkin
- 3 Tablespoons vegetable oil
- 2 teaspoons vanilla extract
- 2 eggs



Mix first pancake mix, brown sugar and cinnamon in bowl. Add in milk, pumpkin, vegetable oil, vanilla and eggs and blend together until smooth. Fry on griddle or skillet. Then have kids decorate with raisins or banana and other fruit slices to make a jack o lantern face. Serve with milk.

Creditable Breakfast: Milk/Mix Fruit/Pancake

## Gluten-free Apple Snacks for Kids

### Apple Tortilla

Lay out a gluten-free tortilla wrap. Spread margarine or butter on it. Arrange three or four apple slices in the middle and sprinkle cinnamon on top of the slices. Fold up the wrap and heat in the microwave for 30-40 seconds on high. Let it cool for a minute before eating. This treat also goes well with a glass of skim milk or gluten-free rice milk.

Creditable Snack: Apple/Milk

### Apple Parfait

In a parfait glass make alternate layers of apple sauce, yogurt, and gluten-free cereal. Place fresh apple slices or raisins on top.

Creditable Snack: Apple Sauce/Yogurt

*Remember to provide letter from doctor when meal substitutes are needed.*

## Kids Cook Applesauce

Cut and core two apples and place in a saucepan with about 1/4 cup of water. Cover it tightly and cook on high for about 15 minutes or until the apple is soft. Pour the mixture into a blender and blend on high until everything is pureed. Add a little cinnamon to taste. Chill and serve in small snack containers. Have an adult supervise the cooking and blending.

If you have not received the new menus that are 31 days which have the provider add column to the far right, you will soon. **Please add totals.** Track your check totals, compare with the check you receive, **this is a good business practice.**

\*Please read all regulations (including the Agreement). It is **SO** important all child care **providers understand they are responsible to meet regulations and responsible for over payments.** Children First staff can only assist the provider, but remember the responsibility is ultimately that of the provider. **Overpayments will be paid by the provider. All over claims are the providers responsibility.**

Notify Children First of changes in schedule, changes in inspections, re-locating, phone numbers, DES or DHS status, etc. Any regulations not current result in non-valid claims (no payment). Contact numbers are listed on most Children First documents!

**Child care providers are responsible to make sure all requirements are up to date including fingerprint clearance, CPR and First Aid, health and fire inspections, i.e., all eligibility status.** If you are unsure of your renewal dates, please call, text or email the office we will be happy to inform you of your renewal dates. **Renewal dates are on copies you should be maintaining as part of your supporting documents!**

**New Rates Effective July 2010 Claim**

Maximum reimbursement 3 meals per child, per day. Meals can be 2 snacks and 1 main meal or 2 main meals and 1 snack.

Rate for July 1, 2010 – June 30, 2011  
Increase in pay for lunch and dinner only.

	Breakfast	AM Snack	Lunch	PM Snack	Dinner	Night
Tier 1	1.19	.66	2.2	.66	2.22	.66
Tier 2	.44	.18	1.34	.18	1.34	.18

*Mixed homes can receive a mix of tier 1 rates and tier 2 rates, depending on child care eligibility.*

*If this applies to your child care setting you have been notified.*

**All CACFP sponsors in Arizona pay the same rates** *Mixed homes can receive a mix of tier 1 rates and tier 2 rates, depending on child care eligibility.*

*If this applies to your child care setting you have been notified.*

Checks will be signed from Christy Barrowdale, estimated start date September claim checks (October mailing). Christy France has changed her name to Christy Barrowdale.

**Please refer to child care providers!**

**Apple Kabobs**

Core and quarter an apple. Cut the wedges into cubes. Slice some cheddar or Monterey jack cheese into similarly sized cubes. Skewer the apples and cheese alternately on toothpicks, adding a raisin or blueberry for contrast between the sections.



Creditable Snack: Cheese/Apple

**Pumpkin Chip Cookies**



- 2 Cups whole wheat flour
- 1 cup uncooked oats
- 1 teaspoon baking soda
- 1/2 teaspoon salt
- 3/4 Cup butter
- 3/4 Cup brown sugar
- 1 egg
- 1 teaspoon vanilla
- 1 Cup pumpkin puree
- 1 teaspoon pumpkin pie seasoning
- 1 Cup mini chocolate chips

In a large, bowl blend flour, oats, baking soda and salt. Stir together. In mixing bowl, blend butter, brown sugar and egg. Add in vanilla, pumpkin, and pumpkin pie seasoning. Blend together. Add in flour mixture and continue to blend. Stir in chocolate chips.

Make small balls and place on cookie sheet. Bake in a 350 degree oven for about 10 minutes or until light golden brown. Cool and serve with milk.

**Creditable Snack: Milk/Cookie counts as high sugar.**