



# CHILDREN FIRST

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Equal opportunity provider.

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

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

## October-November 2011

Mail menus the first mailing day of the month.

Providers may fax menus, however it is the providers responsibility to ensure that the fax is received and legible.

Children First child care providers are **PROFESSIONALS** and should be treated as such. Thank you for allowing Children First to serve you!



Providers must notify Children First of any changes the effect eligibility status. Providers are responsible for any and all overpayments.

## Wash Hands Proper Stop the Spread of Germs



Despite myths to the contrary, you cannot catch colds from drafts, or from failing to wear a scarf or a heavy jacket in cool wet weather. Instead, colds are caused by viruses and are passed from one individual to another. Teach youngsters to wash their hands before meals, properly and frequently. Resource: American Academy of Pediatrics, <http://www.aap.org>

- Prevent cross contamination, clean work surfaces utensils. Use dishwasher if possible.
- Sterilize bottles and nipples.



## Thanksgiving Photo Napkin Rings

Take your daycare children and parents back to the first Thanksgiving with these fun photo napkin rings that double as place cards.

### Materials

- Black paper or card stock
- White paper
- Glue
- White paper doilies
- Tape
- Photos

### Instructions

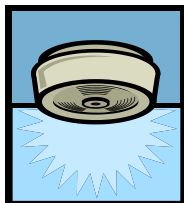
1. For each ring, first cut a 2- by 7-inch strip of black paper or card stock. Cut a white paper collar, as shown, and glue it in place. For womenfolk, glue a section of white paper doily over the collar, then glue the collar in place.



2. Create a hat from black and white paper, or a bonnet from a strip of white paper cut and formed as shown.
3. Glue or tape a photo of a guest to the hat or bonnet and then to a strip. Wrap the strip around a napkin and secure it with tape.

## CACFP Updates and Clarifications

- Block claim form no longer required!
- Child Care Standard forms will be provided with annual training packets, instead of completed during home visits.
- Homemade item's are made from scratch.
- Providers must maintain records for 5 years.
- Expect NEW child enrollments forms for FY 2012.
- **Beginning Oct 1, 2011 for FY 2012:**
  1. Infant Parent Statement no longer required.
  2. No wading pools.
  3. **Carbon Monoxide Detectors required for homes that have gas utilities.**
  4. Menus will have a section reminding all what milk is required for each age group, a reminder to offer water, and a reminder processed lunch meat is high fat unless otherwise noted (deli meat is creditable).
  5. Infant menu will ask the provider to list the type of formula at the top of the infant menu.
  6. The 2012 enrollment form will have a section for infant formula, that the parent will complete for babies 11 months and under.



**Carbon Monoxide Detectors required for homes that have gas utilities, please purchase this item before Oct 1, 2011.**

**Civil Rights Complaint** - Also known as a Discrimination Complaint. The child care provider must serve meals to all enrolled children without regard to sex, race, color, age, disability, or national origin. Any person who believes that he / she have been discriminated against in any USDA - related activity should write immediately to the Secretary of Agriculture, Washington, DC 20250. In accordance with Federal law and U.S. Department of Agriculture policy, this institution is prohibited from discriminating on the basis of race, color, national origin, sex, age, or disability. To file a complaint of discrimination, write USDA, Director, Office of Civil Rights, 1400 Independence Avenue, SW, Washington, D.C. 20250-9410 or call (800) 795-3272 or (202) 720-6382 (TTY). USDA is an equal opportunity provider and employer.



## Follage Friends

Use your imagination (and some paper, glue, and a pen or pencil) to turn ordinary backyard leaves into a whimsical menagerie.

### Materials

- Autumn leaves from your yard
- Paper
- Glue
- Pencils, pens, or crayons

### Instructions

1. Go outside and see what kinds of animals are hiding in your leaf piles. Below are some possibilities. When you've found leaves in your yard whose shapes you like, glue them to pieces of paper and use pencil, pen or crayon to make your creatures complete. To preserve your creations, press them between two books.



2. **MAPLE:** These leaves have three main points and lots of smaller ones; count them as they flutter by.



3. **ROSE:** The rounded shape of this bush's leaves makes them look a lot like little shields.



4. **BIRCH:** As big and tall as this white-bark tree can get, its leaves are as small and as light as feathers.



5. **GERANIUM:** You might flip your wig if you find one of these wild-looking leaves in your yard.



## Chicken and Biscuit Pie

Topped with mini biscuits instead of pastry crust and amply filled with a saucy mix of chicken and your family's favorite veggies, this potpie is sure to warm you up on a wintry evening. Just don't count on leftovers.

### Ingredients **FILLING:**

- 4 tablespoons butter
- 1 cup finely chopped onion
- 1 rib celery, finely chopped
- 1/3 cup flour
- 1 1/2 cups chicken stock
- 1 1/2 cups whole milk
- 1/2 teaspoon dried sage
- 1/2 teaspoon dried thyme
- 2 1/2 cups diced cooked chicken
- 2 cups vegetables of your choice (left-overs or frozen ones that have been thawed)
- Salt and pepper

### **BISCUIT TOPPING**

- 2 cups flour
- 1 tablespoon baking powder
- 1 teaspoon sugar
- 1/2 teaspoon salt
- 1/4 cup cold unsalted butter, cut into 1/4-inch pieces
- 3/4 cup milk

### Instructions

1. Melt the butter on the stovetop in a Dutch oven or other oven-safe sauté pan with high sides. Stir in the onion and celery, then cover the pan and cook them for 7 to 8 minutes over medium heat, stirring occasionally. Add the flour, stirring for 1 to 2 minutes to lightly brown it.
2. Whisk the chicken stock into the pan. When it starts to thicken, whisk in the milk. Add the sage, thyme, chicken, and vegetables, continuing to stir until the mixture is heated through, about 5 to 7 minutes. Add salt and pepper to taste.
3. Remove the pan from the stovetop and heat the oven to 375 F. Meanwhile, make the biscuit topping by combining the flour, baking powder, sugar, and salt in a mixing bowl. Add the butter and use your fingertips to rub it into the dry ingredients. Add the milk and stir briskly, just until the dough pulls together.
4. Flour your work surface and turn the dough onto it. Using floured hands, knead the dough two or three times, then flatten it to about 1/2 inch thick. Using a small round cutter, cut the dough into biscuits and place as many as will fit, barely touching, on top of the filling. (You can bake any extras separately, on a lightly greased pie plate, for about 15 minutes.)
5. Bake the potpie until the biscuits are golden brown and the filling is bubbly, about 20 to 30 minutes. Then let it cool for 5 to 10 minutes before serving it. Makes 6 to 8 servings.

Counts: Bread, Mix Veg and Chicken

A fun fall activities would be to make these place mats adorned with fun facts about each day care child use them during November and then give to the parents as a special thank you gift. Placemat topics could include: I am grateful for ...

When I grow up, I want to be ...  I admire ...



### USDA Recommended Internal Cooking Temperatures

#### Ground Meat

Beef, Pork, Veal, Lamb.....160°F  
Turkey, Chicken.....165°F

#### Fresh Beef, Veal Lamb

Medium Rare.....145°F  
Medium.....160°F  
Well Done.....170°F

#### Poultry

Chicken & Turkey, whole.....165°F  
Poultry Parts.....165°F  
Duck & Goose.....165°F

#### Fresh Pork

Medium.....160°F  
Well Done.....170°F

#### Ham

Fresh (raw).....160°F  
Pre-cooked (to reheat).....140°F

\* For more information visit [www.charbroil.com](http://www.charbroil.com)

Actual cook time will vary depending on outdoor temperatures.  
Internal temperatures are at or above recommendations by the  
USDA Food Safety &  
Inspection Service.



**Picnics** - Picnics are allowed (remember to keep food temperatures safe) and the food must be prepared in child care providers home. Notification of such activities and changes in schedules are required.

#### Maintain current fingerprint clearance card.

Children First suggest you begin the reprint process at least 4 months before the expired fingerprint date in the event the processing takes longer. **How to Obtain a Fingerprint Clearance Card:**

1. Complete fingerprints, application for fingerprint clearance card and notarized criminal history to start the fingerprint process (*forms may be attached or can be obtained from Children First staff*). Take the forms to the local police department or any organization that provides fingerprinting services and have forms completed.
2. Send completed forms to Children First, we will be happy to submit to DPS on your behalf and deduct the DPS fee from your claim check or send a money order to DPS along with completed forms. DPS does not take personal checks.
3. DPS will send notification directly to you the child care provider stating either something needs corrected OR a fingerprint clearance card will be issued. Forward any and all notifications to Children First. (*DPS can take several weeks or months to process prints the timeline is not guaranteed*).

- **Providers are responsible for all corrections and follow-up. In the event no notice is given from DPS the provider is still responsible for follow-up.**

Call Department of Public Safety (DPS) 1-602-223-2279

## Apple Turnovers

### Counts as High Fat/High Sugar

This recipe is one the kids will love to put together but it has many steps. So if you have a younger chef break the steps into smaller tasks. For example, prepare the dough and the filling yourself, then call the kids in to help put the turnovers together.

- 1 8oz pkg. cream cheese, softened
- $\frac{3}{4}$  Cup butter or margarine, softened
- 1 egg, separated
- 3 Tablespoons cold water, divided
- 2 Cups flour
- 7 Cups thinly sliced peeled apples (about 6)
- $\frac{3}{4}$  Cup sugar
- 1  $\frac{1}{2}$  teaspoons ground cinnamon



In a mixing bowl, mix cream cheese and butter together until smooth. Then separate egg yolk from egg white. Chill the egg white to use later. Beat egg yolk and 2 Tablespoons cold water into cream cheese mixture. Gradually beat in flour until well blended. Shape mixture into a ball and chill 1 hour. This will be the turnover dough.

In saucepan, toss apples with sugar and cinnamon. Bring to a boil. Reduce heat. Cover and simmer for 8-10 minutes until apples are tender. Roll pastry dough to  $\frac{1}{8}$  in. thickness; cut circles with a biscuit cutter. If you'd like bigger turnovers use a small bowl and cut out around the bowl. Top each circle with a tablespoon or more of apple mixture. Fold pastry over filling and press together with a fork.

In small bowl, whisk egg white and 1 tablespoon water. Brush over pastry and sprinkle with sugar. Place on greased cookie sheets and bake at 375 degrees for 18-20 minutes.