



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!

September 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 **PROFESIONALS** and should be treated as such. Thank you for allowing Children First to serve you!



See Training Location Flyer for Dates and Times

Understanding CACFP Requirements

School Hours Ratio

School age children cannot be claimed while in school. School age children claimed on holiday, non-school days etc. must have a comment noting, i.e. home sick, vacation, no school snow day etc. listed on menu comments.

Hours and Comments on menus

Please list hours in/out on menus. Failing to list hours will result in a disallowance. List activities and all other relevant changes and updates under comments.

Notification

All changes in meal services must be reported.

Past Due

Any fingerprints, inspections, CPR/First aid, etc. past renewal dates will result in invalid meal claims and subject to any and all overpayments.



TRAINING TOPICS Managing CACFP requirements!

- Complete and return NEW Child Enrollment forms before September 15, 2011 (do not use old forms).
- Complete and return NEW Child Care Home Provider Applications before September 15, 2011 (do not use old forms).
- 2012 New menus have a few new comments, see training slides for details.
- 2012 New Sign in/out sheets begin October 1, 2011. Maintain all prior records for 5 years.
- Notify Children First of changes, call, email or text.
- Be prepared for at least 2 unannounced visits a FY. No more than 6 months should laps between visits. Expect at least 3 visit each FY (at least 2 will be unannounced).
- (AA) Private Child Care Renew Annual Fire/Health/CCS. Complete and return Child Care Standard form. Fire and Health inspections will be ordered the month the inspection expires.
- (DES/DHS) Maintain current certification/license (report changes immediate in eligibility status).
- Maintain current CPR and First Aid, send copy of any updates.
- Gas electricity in homes require carbon dioxide detector, effective October 1, 2011.
- Spa and pool owners (water 24") Maintain Basic Water Safety Rescue. No wading pools, effective October 1, 2011.
- Be responsible to track and follow up on all renewals and guidelines.
- Locate and understand how to file a discrimination complaint.
- Organize current and prior fiscal year forms. Use the NEW 2012 clear sleeve for all 2012 forms, just as prior years should be organized by the FY in the sleeves previously provided. Having all staff and providers maintain forms in a uniform manner helps everyone.
- Maintain and have access to CACFP records from Oct 1, 2009 to current. Maintain for 5 years.

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.

Apple Kabobs

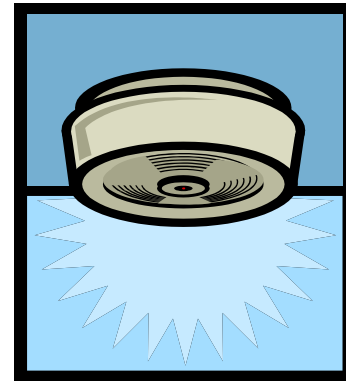
Core and quarter an apple. Cut the wedges into cubes. Slice some cheddar or Monterey jack cheese into similarly sized cubes. Skewer the apples and cheese alternately on toothpicks, adding a raisin or blueberry for contrast between the sections.



Creditable Snack: Cheese/Apple

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



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



School age children may not be claimed while in school!

Expect some small reminders on new menus, please use all menus on hand until you have received new menus during visits or in the mail. The changes are only helpful reminders.

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



**American
Diabetes
Association**

Should Your Child Belong to the ADA and the JDF?



JDRF Juvenile
Diabetes
Research
Foundation
International
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. 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

MORE MONEY FOR EVERYONE, YEAH!

NEW RATES EFFECTIVE JULY 1, 2011 (July 2011 Claim Check)

	Breakfast	Lunch	Dinner	Snacks
Tier I	1.24	2.32	2.32	.69
Tier II	.45	1.40	1.40	.19

OLD RATES JULY 1, 2010 - June 30, 2011 (June 2011 Claim Check)

	Breakfast	Lunch	Dinner	Snacks
Tier I	1.19	2.22	2.22	.66
Tier II	.44	1.34	1.34	.18

All CACFP sponsors in Arizona pay the same rates.



FY 2012 beginning Oct 1, 2011 the Parent Infant Statement no longer required. Instead a NEW section will be added to the child enrollment form. Less paper work! YEAH!

- **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 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).

CACFP Updates and Clarifications

Highlights from the State meeting held July 2011 between the State and Sponsors such as Children First:

- 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.