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# The Provider Communicator

## Early Childhood Nutrition & Education

Spring 2010

### This Quarter's CARES Kit & Training

This quarter's CARES kit book is: Growing Vegetable Soup by Lois Ehlert.

The CARES training is: **Meals and Snacks, the What, Why and How of Providing Food for Kids in the Meal Program. Early Education Fun Based on the Book, Growing Vegetable Soup by Lois Ehlert.**

This CARES Kit includes:

- ❖ Growing Vegetable Soup by Lois Ehlert
- ❖ CARES cards
- ❖ Set of 3 food puzzles

### Food For Thought: Crediting Grains/Breads

The grain or bread that you offer to children on the CACFP meal program must be whole grain or enriched or made from whole grain or enriched meal and/or flour, bran or germ. Cereals must be whole grain, enriched or fortified.

In order to determine the serving size to offer children, a calculation must be done based on the amount of flour contained in the product. We are providing you with a "cheat sheet" titled "**Easy to Use Grains and Breads Chart**" that gives common grain/bread serving sizes for the CACFP. Contact your Field Representative to assist you in determining serving sizes for grains or breads not included on this chart.

#### What's Inside!

#### News You Can Use

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#### Important Program Notes

- Checks and direct deposits are mailed and paid on the 8<sup>th</sup> of each month.
- Don't forget! Call your Field Representative if you are not going to be home during a meal or snack or if you do not have any kids on a particular day.



## Activity to Stay Fit:

### Laundry Pick-up!

Pretend to carelessly drop laundry all over the floor or yard. Young children will happily run and pick it up and bring it back to you!

Skill building: Practice running, jumping, galloping

### Equipment:

- ✓ One laundry basket
- ✓ Many pairs of socks, at least five pairs for each child

### Instructions:

**Tell** the children that you have some laundry in the basket that you have to put away. Explain that sometimes you are messy. Laundry might fall out of the basket, onto the floor or ground, before you get it put away. Ask them to help you if any falls out.

**Walk** around the room or yard quickly, throwing socks wildly from the basket in every direction. Say out loud, "I'm so messy, I'm so messy. I'll never get this laundry put away unless some children help me bring the laundry back!"

**Continue** walking briskly around the yard throwing socks. After the basket is empty, place it on the floor or ground. Encourage children to help you by picking up the socks and returning them to the basket by running, jumping or galloping.

Activity taken from: Active Play! Fun Physical Activities for Young Children. Diane H. Craft, PhD and Craig L. Smith.

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## Important Claiming Information

### Weekend/Holiday Log Disallowances

Are you being disallowed for Weekend/Holiday Care? Here are the most common mistakes causing providers to be disallowed on their claims:

1. No children listed on the log.
2. No times listed on the log.
3. No parent signature listed on the log.
4. Partial Documentation- Some dates and times are listed and some are not. Some children are listed and some are not.
5. Provider's children listed with day-care children on the same log. Each family needs a separate log.

### Record Retention Policy

To be in compliance with federal food program requirements, you are required to keep 3 years plus the current year of USDA claim paperwork including weekend/holiday logs, income eligibility forms, IEP's and enrollment forms and have them easily accessible upon request.

### Civil Rights Compliance

To be in compliance with federal food program requirements, please post two important documents in a visible area of your home. The "And Justice for All" civil rights poster and "Building for the Future". Also post the CACFP Meal Pattern for Infants and Children poster.

## Complete your claims ONLINE

Don't forget if you have a computer in your home and you have internet services you could complete your monthly claims online! Many providers are taking advantage of this great service!

Advantages online providers receive:

- Less paperwork
- View reimbursement amounts online
- View error reports online
- Print your own enrollments and enrollment renewals
- Print your own tax reports
- Less postage

If you are interested in signing up, please send an email to Terri Scholl at: [mminternetclaims@childrenshungeralliance.org](mailto:mminternetclaims@childrenshungeralliance.org)

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## Upcoming Provider Trainings

The table below lists the months and county locations tentatively planned to host nutrition trainings. These nutrition trainings will be conducted by the Children's Hunger Alliance staff. As specific dates, times and locations are scheduled, you will get a notice in the mail with instructions on reserving your spot at the training. Remember, you are required to attend a 2 hour nutrition training every year in order to be part of the food program. Don't miss out on the opportunity to get this on your calendar!

### CARES Nutrition and CACFP Trainings

Month	Location (county)
Saturday April 17, 2010 10am-12pm	Cuyahoga County Cleveland Public Library 325 Superior Ave. Cleveland
Monday May 24, 2010 6-8 pm	Mahoning/Trumbull Counties Eastwood Mall Community Room, Niles
Monday June 21, 2010 6-8 pm	Summit/Stark Counties Stark County Library, Plain Community Branch Canton
July 1, 2010 6-8 pm	Fayette County Bible Baptist Temple 4361 State Route 41 NW Washington Court House
August 2010	Huron County
September 2010	Licking/Knox Counties

This institution is an equal opportunity provider.