

Reminder: Home-canned foods are not creditable

Home-canned foods are not creditable on the federal food program due to health concerns.

Tier renewal materials were mailed June 29

Your tier is important because it determines how much you're paid.

- All income eligibility forms expired June 30, 2012. New forms were mailed 6/29/12.
- If you re-apply, your new application must be received by 7/31/12 for a possible July 1 effective date.
- Federal rules do not allow adjustments for late, missing or incomplete tier applications.
- If you don't receive your tier information between 7/1/12 and 7/16/12, [email Rita](#) or call 800-783-9322, ext. 7237.

Your 2013 child re-enrollment packet is coming

Each year the WECA Food Program is required to collect updated information for all currently-enrolled children. Be sure to follow the directions in your re-enrollment packet:

- Each parent/guardian must sign and date their children's form(s) in the month of September.
- The bottom section must include the parent/guardian's name (signed and printed), current mailing address and telephone number, including area code.

On August 31st your re-enrollment packet will be mailed to you.

You must complete and return the entire packet to the WECA Food Program office before October 5, 2012.



Have you completed your lime green training requirement?

The USDA requires all participants of the Food Program to fulfill an annual training requirement.

- Check with your area coordinator if you do not have your lime green training packet.
- Or to print another training packet, click [here](#).

In this issue: We focus on fruits and vegetables.

- See page three for an article from the April 1990 *Wheat Stalk*. It's still excellent information, 22 years later!
- Check out the last page for a tip sheet to post on your fridge – how to make fruits and veggies more appealing for kids.

How to request a claim adjustment

Do you believe your claim was not paid properly? Complete and submit a Claim Adjustment Form to the WECA Food Program office. Forms are available at wisconsinearlychildhood.org, from your area coordinator or from the WECA Food Program office, or click [here](#) to complete the online form.

The completed form and any required documentation must be received by the 15th of the month in which the affected reimbursement check was received.

- Adjustments are not made on late claims.
- Adjustments cannot be made for provider error, including late or missing paperwork.
- Adjustments can be made for processing errors by the WECA office.

Provider Teresa Storm receives recognition in Washington, D.C. from *Let's Move!* Child Care

On May 5, Teresa Storm was recognized for her exceptional work in promoting young children's health and for working to prevent childhood obesity at the *Let's Move!* Child Care Recognition Luncheon in Washington, D.C.

Over a two-year period, Teresa has integrated physical activity into nearly every aspect of her program.

Teresa is from Polk County and has been a WECA provider since April 2001.

Learn about *Let's Move!* Child Care at letsmove.gov ([en Español](#)).

Here's our most recent cookbook winner

The winner of the March/April cookbook drawing was Cynthia Lee of Dunn County. Cynthia has been with the WECA Food Program since January 1994. Congratulations, Cynthia!

To enter the drawing, find the cookbook code in this issue's online version and click on the link. Complete the online form and Submit.

IMPORTANT



Child ID numbers must match

When you submit a Child Enrollment Form to the Food Program office, the number you assign to the child on that form (one through 35) must match:

- The ID number that you used to pre-enroll the child online or;
- The ID number that you used to claim the child on your scanned menu forms.

If not, you'll lose reimbursement. Unfortunately, incorrect information on enrollment forms is provider error and is not adjustable.

Review your copies of submitted enrollments and notify us about incorrect information. We can correct the information so it won't affect future claims.

When will you be paid?

- Direct deposits are made on or before the 10th of each month.
- Submit your claim by the 5th of the month following the claim month for on-time payment.
- A claim received more than 30 days after its due date is too late to process; reimbursement is lost.
- Call 1-800-783-9322, ext. 4001, to hear when the next direct deposit will occur. The message is updated as soon as we have current information available for you.

Non-creditable baby foods

The following commonly-fed infant foods are not creditable on the food program:

- Baby food desserts (if the product label says it's a "dessert," the food is not creditable).
- Baby food mixed (combination) dinners don't have enough of each component to meet food program requirements.
- Iron-fortified infant cereals that already contain fruit.

This is not a complete list. For more information, see p. 37 in your 08/09 provider manual.

Here's a riddle fit for a kid!

Q: Why did the banana go to the doctor?

A: Because it didn't peel well!

Three ways to save on bank fees

1. Keep all your accounts in the same bank.
2. Maintain the required minimum balance.
3. Meet the conditions: Use direct deposit, use your debit card, bank online.

Real Simple, September, 2011. "3 ways to save money on checking."

Avoid these foods when serving infants

Infants can be allergic to:

- Nuts, seeds and nut/butters.
- Citrus fruits.
- Egg whites.
- Shellfish (shrimp, lobster, crawfish, scallops, oysters, crab, clams, etc.).

Infants can choke on:

- Dried fruits, such as raisins.
- Hot dogs.
- Grapes.
- Peanut butter.
- Meat sticks.
- Raw vegetables.

This is not a complete list. For more information, ([cookbookcode07](#)) consult your area coordinator or go to teamnutrition.usda.gov.

The challenge of vegetables and fruits

USDA's MyPlate recommends that we fill our plate so that half of it contains fruits and vegetables.

Here are simple ways to serve more veggies and fruits every day:

- Keep a bowl of washed fruit handy for quick and healthy snacks.
- Puree cooked vegetables like potatoes and use them to thicken stews, soups and gravies.
- Challenge children to eat a "rainbow" of fruits and vegetables each day.
- Serve a fruit or veggie at every meal and every snack.
- Have cut-up fruits and vegetables in a container in the refrigerator, ready for munching.
- Try a new fruit or vegetable each week, depending on what's in season.
- Ask the older children to help clean, peel or cut up fruits and vegetables for serving.
- Garnish kids' plates with fruit or vegetable slices.
- Set an example for children by eating a variety of fruits and vegetables.
- Grow a garden (or container garden) with the children. Kids are most likely to eat produce after they've been involved in its growing process.
- Keep trying! Children may need to see or try a new food several times before they accept it.

At breakfast:

- Add fresh spinach to scrambled eggs or toss sweet peppers into an omelet.
- Top off cereal, pancakes, waffles or French toast with fresh berries or other fruit (continued on next page).

(Continued from previous page)

At lunch:

- Serve a fruit salad.
- Serve fresh veggies or fruits with a dip or a salad dressing.
- Add vegetables to your homemade pizza; add tomatoes, green peppers, onions and/or mushrooms.

At dinner:

- Serve vegetables separately rather than mixed. It's usually more appealing to kids.
- Add color to your salads with baby carrots, shredded red cabbage or spinach.
- Shred carrots or zucchini into your meatloaf, casseroles, quick breads and muffins.
- Add chopped vegetables to your pasta sauce, lasagna, soups and chowders.

Eating a variety of vegetables and fruits helps everyone get the nutrients and fiber we need each day. If you can help children learn to appreciate a variety of nutritious foods, you will help them develop good eating habits that can last a lifetime.



From the WECA archives: Fruits and vegetables need “affirmative action!”

There's no doubt that vegetables and fruits have an image problem. They're about the last thing many people would think of when asked to name their favorite foods. Why is it that the group of foods that offers the greatest variety of color, aroma, flavor and texture scores so low on popularity? You can blame our taste buds, for starters.

For most people, their sense of taste responds with the most enthusiasm to foods with a fair amount of fat, sugar or salt. In general, fruits and vegetables have very little fat or salt unless it's added. (It usually is!)

Fruits are noted for their natural sugar content, but their sweetness is lightweight compare to the heavy-duty sweetness of foods made with a lot of refined sugar – candy, ice cream, soft drinks, etc.

To put it simply, once a person gets used to eating super-fatty, -salty, or -sugary foods, their taste buds get “spoiled.” Vegetables and fruits seem “boring” – unless they're jazzed up with lots of fat, sugar or salt.

You can help to change the fruit and vegetable image problem. Serve an appealing variety of vegetables fruits prepared in appealing ways (continued).

(Continued) Instead of telling kids to eat their vegetables, let each child decide how much of each she or he is going to eat. Do food activities with vegetables and fruits to help children get to know these foods.

Just as important, try to avoid serving foods that have a lot of fat, sugar or salt. Why not take some “affirmative action” to give healthy and tasty vegetables and fruits a fair shake?

The Wheat Stalk, April 1990. “Do fruits and vegetables have a chance?”
Editor: Will Fellowes.

How to shop smart for fruits and veggies

- Use fresh fruits and vegetables that are in season. They are easy to get, have more flavor and may be less expensive than other produce.
- Check the local paper, look online, and pay attention at the store for sales, coupons and specials to cut your food costs.
- Make a list and stick to it. Plan your meals ahead and then make your list.
- Try canned and frozen; they may be less expensive than fresh. Choose fruit packed in 100% juice, and vegetable that are low-sodium or have no salt added.
- Buy small amounts often if you buy fresh and can't use them all at once.
- Buy in bulk when items are on sale, if you can use them or have space to store them.
- Try store brands for savings.
- Buy in the simplest form. Each convenience adds to your cost.
- Plant your own garden or container garden.
- Plan ahead and cook smart. Prepare and freeze, or add leftover veggies to casseroles or blend them into soups. Use overripe fruit in smoothies or in baking.

ChooseMyPlate.gov. “Smart shopping for veggies and fruits.”

Required foods and portion sizes

The federal food program's required foods and serving sizes are based on a child's age. As the child gets older, you must offer larger portions. Children from 1 to 12 years are divided into three age groups; infants have their own special food requirements.

See pages 35-37 of your food program manual for what is required. Required serving sizes are explained on pages 21-34.

What's online this time?

- Provider anniversaries for [July and August](#).
- “Christie's list” of [best monthly produce buys](#).
- [Free cookbook registration](#).

10 tips

Nutrition
Education Series

kid-friendly veggies and fruits

10 tips for making healthy foods more fun for children



Encourage children to eat vegetables and fruits by making it fun. Provide healthy ingredients and let kids help with preparation, based on their age and skills. Kids may try foods they avoided in the past if they helped make them.

1 smoothie creations

Blend fat-free or low-fat yogurt or milk with fruit pieces and crushed ice. Use fresh, frozen, canned, and even overripe fruits. Try bananas, berries, peaches, and/or pineapple. If you freeze the fruit first, you can even skip the ice!



2 delicious dippers

Kids love to dip their foods. Whip up a quick dip for veggies with yogurt and seasonings such as herbs or garlic. Serve with raw vegetables like broccoli, carrots, or cauliflower. Fruit chunks go great with a yogurt and cinnamon or vanilla dip.



3 caterpillar kabobs

Assemble chunks of melon, apple, orange, and pear on skewers for a fruity kabob. For a raw veggie version, use vegetables like zucchini, cucumber, squash, sweet peppers, or tomatoes.

4 personalized pizzas

Set up a pizza-making station in the kitchen. Use whole-wheat English muffins, bagels, or pita bread as the crust. Have tomato sauce, low-fat cheese, and cut-up vegetables or fruits for toppings. Let kids choose their own favorites. Then pop the pizzas into the oven to warm.

5 fruity peanut butterfly

Start with carrot sticks or celery for the body. Attach wings made of thinly sliced apples with peanut butter and decorate with halved grapes or dried fruit.

6 frosty fruits

Frozen treats are bound to be popular in the warm months. Just put fresh fruits such as melon chunks in the freezer (rinse first). Make "popsicles" by inserting sticks into peeled bananas and freezing.

7 bugs on a log

Use celery, cucumber, or carrot sticks as the log and add peanut butter. Top with dried fruit such as raisins, cranberries, or cherries, depending on what bugs you want!

8 homemade trail mix

Skip the pre-made trail mix and make your own. Use your favorite nuts and dried fruits, such as unsalted peanuts, cashews, walnuts, or sunflower seeds mixed with dried apples, pineapple, cherries, apricots, or raisins. Add whole-grain cereals to the mix, too.



9 potato person

Decorate half a baked potato. Use sliced cherry tomatoes, peas, and low-fat cheese on the potato to make a funny face.

10 put kids in charge

Ask your child to name new veggie or fruit creations. Let them arrange raw veggies or fruits into a fun shape or design.

