

Paper claimers - Create your own Custom Menus

Do you still file on scanned forms? Do you like Master Menus, but you wish they had more variety? Create your own Custom Menus (CMs). You'll have more menu flexibility and control.

Print Custom Menu instructions and forms at wisconsinearlychildhood.org, Food Program, Food Program Forms, [Food Claims](#). Or call 800-783-9322, ext. 7245, to request that materials be sent to you.

Did you complete your 2013 training requirement? Deadline is 9/30/13

The USDA requires food program providers to fulfill an annual training requirement.

- Contact your area coordinator if you have misplaced your training packet.
- OR go to wisconsinearlychildhood.org, Food Program, Food Program Forms, [Required Documents](#), to print another.

Tier renewal materials were mailed June 28

Your tier determines how much you're paid.

- All income eligibility forms expired June 30. New forms were mailed 6/28/13.
- All new applications must be received by 7/31/13 for a possible July 1 effective date.
- Federal rules do not allow adjustments for late, missing or incomplete tier applications.
- If you haven't received your tier information by July 16, call 800-783-9322, ext. 7237.

Nut "butters" are okay, "spreads" are not

Always read product labels to be sure you are serving nut butter.

Items labeled "spread" (peanut butter spread, Nutella spread, etc.) are not creditable on the food program.

Non-creditable baby foods

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

- Baby food desserts (if the label says "dessert," it's not creditable).
- Baby food combination dinners (Chicken and vegetables, for example) don't have enough of any one 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.

In this issue:

- 2013 provider training is due 9/30/13.
- Child re-enrollment packets are coming. TIP: Clean up your child list now.
- Get Moving game - on the last page.



2014 child re-enrollment packets are coming!

It's that time again! Each year WECA is required to collect updated information for currently-enrolled children. On August 30, child re-enrollment packets will be mailed to all providers.

Follow the directions in your packet EXACTLY, or children will be dropped. You will have to re-enroll them with all new paperwork.

Take time now to drop kids no longer in your care. Your re-enrollment packet will be a little less work.

You can drop kids online; take the shortcut to WECA's online forms from CACFP.Net, and complete/submit "To Drop a Child from Care."

If you still file on scanned forms, use your CIF and complete "To Drop a Child from Care."

USDA policy: Keep your food program records

- Maintain food program records onsite for the previous 12 months, plus the current month.
- Store your records for the previous two years either onsite or offsite, but they must be available if requested.
- Keep records electronically or on paper. All records must be accessible for WECA, DPI or USDA review at any time during your regular day care hours.

USDA-approved milk substitutes

A child who is one or older, and not able to drink regular milk for a dietary reason, can be served an approved non-dairy beverage at a parent's request. These substitutions are at the option and expense of the provider.

- The provider and parent must complete and submit a Non-dairy Substitute Request Form to the WECA Food Program.
- The substitute must be approved before it can be reimbursed.

The list of Non-dairy Milk Substitutes is available at wisconsinearlychildhood.org, Food Program, Food Program Forms, [Important Resources](#).



Are vegetable straws okay on the food program?

DPI states: Vegetable straws are a snack made from ingredients that include vegetables (such as tomatoes and spinach), seed oils, grain starches, and flours made from vegetables and grains.

This item cannot be credited as a fruit/vegetable because it's considered a processed food item. It's not creditable without a CN label.

It is creditable as a grain/bread ONLY when it is made with whole or enriched grain. Keep the CN label for review by your area coordinator.

Home-canned foods are not creditable

Home-canned foods are not creditable on the federal food program for health and safety reasons.

Commercial combination foods and CN labels

Whenever you serve a commercial combination food that isn't on the approved list (see pp. 46-48 of the 8/09 provider manual), you must retain the proper documentation for the item. Without this documentation, the food is not reimbursable.

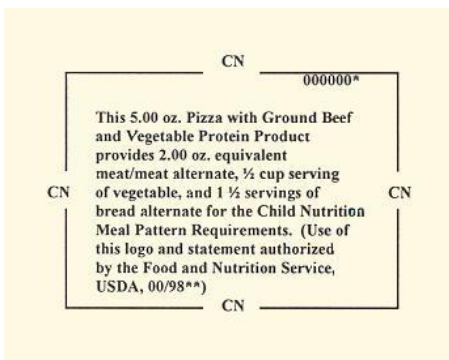
The only acceptable forms of documentation are:

- The product's Child Nutrition (CN) label or;
- The product analysis sheet.

(If there's no CN label, call the manufacturer's toll-free number on the package and request the product analysis sheet.)

Some examples of commercial combination foods are pizzas, corn dogs, chicken nuggets and fish sticks.

This is what a CN label looks like:



Enter the online prize drawing

Read each online Provider Connection to find the link for this year's prize, the 5-Minute Health and Nutrition Activity Box. It will look like this: [activitybox07].

Click on the link and complete/submit the form to enter the drawing. One winner is chosen per issue.

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 and other nut butters.
- Meat sticks.
- Raw vegetables.

This is not a complete list. For more information, go to teamnutrition.usda.gov or consult your area coordinator.

Always offer a variety of foods

- Avoid serving the same food in two different ways at the same meal. For example, applesauce and apple juice are both apples. Serve and enter another creditable fruit/veggie item also.
- At snacks, serve foods from two of the four groups. Remember that fruit/vegetable is one category, so don't serve carrots and 100% fruit juice, for example.
- Don't serve ONLY 100% juice and milk at a snack; both are fluids and not a creditable snack.

Why is water important?

The human body doesn't store water the same way it stores nutrients. Therefore, when we expend more water than we drink (for example, through sweating in the summer), dehydration happens.

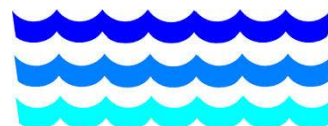
For kids and older adults, dehydration is especially serious. Symptoms of dehydration include:

- Lethargy.
- No or very few tears when crying.
- Less urination.
- Irritability.
- Sunken eyes.

You can set a good example for the children by drinking plenty of water yourself.

Be sure that water is always available on demand for children one year and up.

Credit: *CACFP Today*, WI DPI newsletter, Spring/Summer 2012. "Water, Water, Water."



From fresh to frozen: Clarence Birdseye

Someone who made a huge impact on how we eat today was Clarence Birdseye. You know his name as “Birds Eye” from frozen food packages.

Although frozen foods had been sold since before Birdseye was born, the quality was not good.

In 1912, Birdseye was working in Canada, where he watched the Inuit natives catching fish. The fish were caught in very cold water, and when they came out of the water, they froze right away in the air that was even colder.

Months later, Birdseye tasted some fish that had been caught, frozen, thawed and then cooked. He was surprised how fresh it tasted.

He spent a few years studying the freezing process, and in the end, invented a way to quickly and effectively freeze fish and vegetables.

As a result, Birdseye became a pioneer in the frozen food industry. He developed frozen food packaging and also encouraged the development of freezer trucks for transporting frozen foods and of lower-cost commercial and residential freezers.

Birdseye’s efforts paid off. Just before the Great Depression in 1929, he sold his frozen food company for 23.5 million dollars.

Credit: *HyVee Seasons*, Spring 2013. “Fresh to Frozen.”



Summer = lots of fresh fruits and veggies!

Challenge kids to try a variety of fruits and veggies every week. Go to aicr.org, click on Healthy Kids Toolkits and select Toolkit #1. Click on the blue Activity tab and download a [Food Tracker](#) for each child (and yourself).

Personalize each with a child’s name and post in a handy spot. Set an example by “playing” also!

You can also print an award of recognition for kids who try new fruits and vegetables. Go to lakeshorelearning.com, Free Resources, [Awards](#).

Summer = fun physical activity outside!

Summer and physical activity go together! Also at aicr.org, click on Healthy Kids Toolkits, select Toolkit #4, click on the blue Activity tab and download a [Physical Activity tracker](#) for each child. Remember to print one for yourself.

Personalize one for each child and post. Then visit Lakeshorelearning.com to create and print an award for kids at Free Resources, [Awards](#).



Kids in the kitchen: Easy freezy berries

Freezing berries is simple: Wash them, dry them, freeze them. After they’re frozen, it’s easy to take exactly what you need out of the freezer.

- Wash the berries by rinsing in a colander under cold running water, or by swishing them in a bowl of cold water. (Raspberries are fragile, so be gentle with them.) Remove stems, leaves or damaged fruit while rinsing. Strawberries should be hulled and may be sliced after rinsing.
- Drain the berries in a colander and then spread them on a double layer of paper towels or clean dishtowels. Gently pat them dry with more towels to remove as much excess water as possible.
- Place the berries in a single layer on a rimmed baking sheet that has been lined with waxed paper, so they won’t stick to the pan. Freeze at least 4 hours or overnight. When they’re frozen solid, transfer them to freezer bags or freezer containers and label with contents and date.
- Strawberries, raspberries and blackberries can be frozen up to 6 months, cranberries up to 9 months, boysenberries and blueberries up to 12 months. Enjoy!

Credit: *HyVee Seasons*, Spring 2013. “Practically Freezing.”

Instructions for the Get Moving cube on the last page

- Follow the outlines and cut out the cube so it’s in one piece.
- Fold the cube on all the black lines.
- Fold [\[activitybox07\]](#) the tabs under and tape them to form a cube.
- Take turns and let one person at a time roll the cube on the ground or floor.
- The word that the cube lands on is the physical activity that everyone will do.

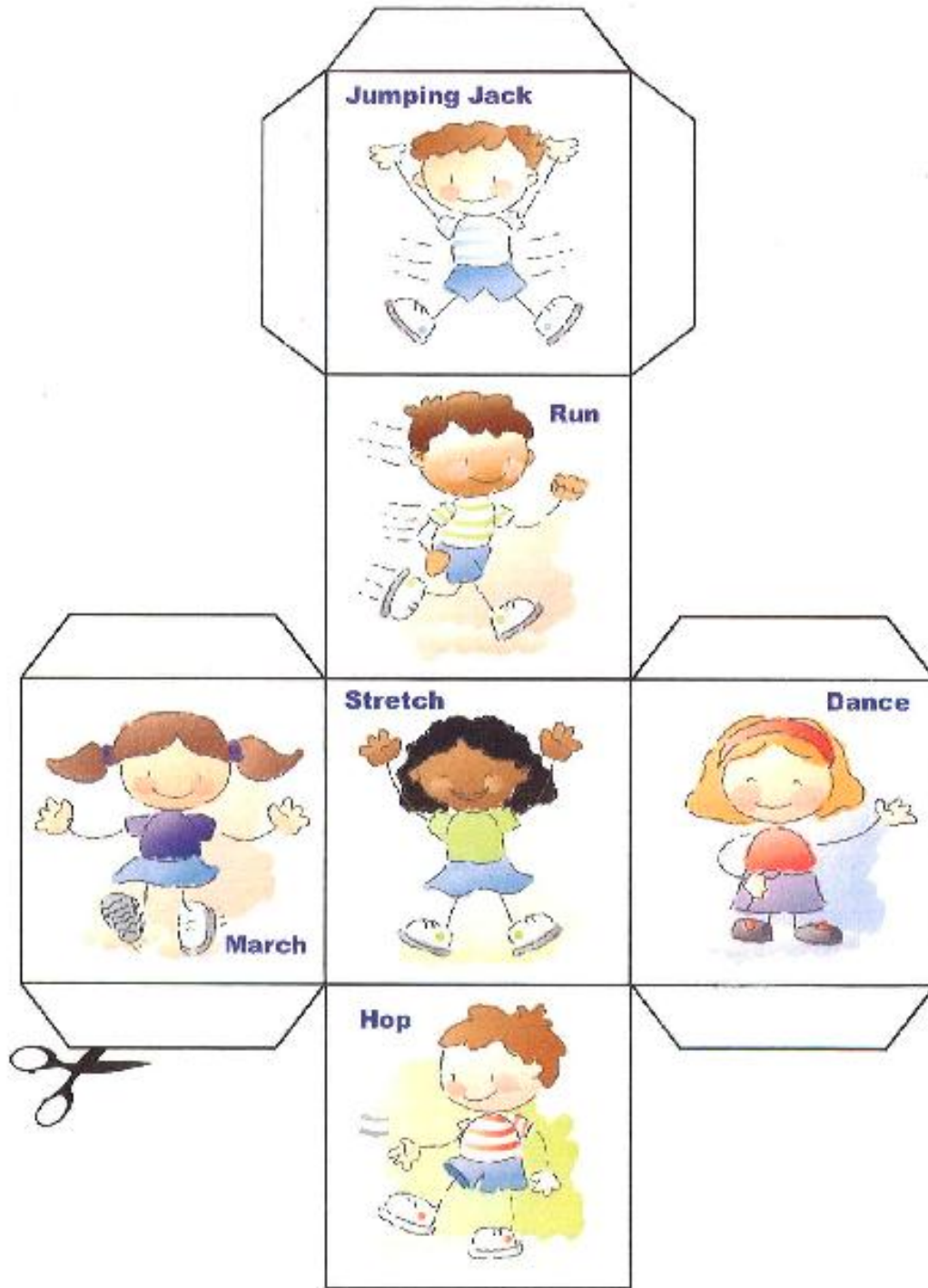
Credit: Children’s Health Education Center Outreach Program. Kohl’s Department Stores, in partnership with Children’s Health Education Center.

Winner of the drawing for the second 5-Minute Activity Box

Provider Loretta Eggert won this year’s second 5-Minute Activity Box from Lakeshore Learning.

Loretta lives in Washburn County and has been a WECA provider since 2011.

Congratulations, Loretta!



ACTIVITIES

Enables 106 - mtl 0110

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