

**Check out the new WECA website!**

WECA's brand-new website went live early in June. You'll find lots of good information about all WECA programs and resources. The site address is the same: [wisconsinearlychildhood.org](http://wisconsinearlychildhood.org).

For your convenience, many of the food program forms are available online as fillable or printable forms at Food Program, Food Program Forms.

**2013 child re-enrollment packets due October 5**

Each year, food program sponsors are required to collect updated information for all currently-enrolled children. Therefore, WECA mailed you a child re-enrollment packet in August.

- The form of each re-enrolled child must be signed and dated by the parent/guardian during September.
- The bottom section of each re-enrolled child's form must include the parent/guardian's name (signed and printed), current mailing address and complete phone number.

Return your completed packet to the WECA Food Program office before October 5, 2012.



**Some juicy tidbits for you**

Only 100% fruit or vegetable juice is reimbursable as a fruit/vegetable component for ages one and up. On menus, enter "100% juice," or the name of the first fruit or vegetable listed in the juice ingredients.

Items labeled "ade," "punch," "drink," "cocktail," etc., are NOT creditable. See page 33 of the 8/09 provider manual for more examples.

**\$\$\$ Review your claim summary each month**

Take the time to review your claim summary for every claim. It shows you what was deducted and why. For your convenience, claim summaries are available at [CACFP.Net](http://CACFP.Net), My CACFP Info.

Or you may request a paper claim summary, a copy of this newsletter, and/or a Claim Information Form by leaving a message at ext. 8051 each month.

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

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

Always read product labels carefully to be sure you are serving a butter, not a spread.

**In this issue: We focus on kids in the kitchen!**

- The new reimbursement rates are here.
- There's a change to the School-age Care policy.
- Read about the latest cookbook winner.



**Use plastics safely**

Plastic food-storage containers and dishes may be cheap and durable, but aren't always safe. Some of them may contain chemicals that could be harmful. Kids are especially at risk because some chemicals can affect their development. Take the time to examine the plastic items you use every day to store and serve food and drinks: Cups, pitchers, water bottles, bowls, jars, etc.

Then get rid of these:

- ⊗ Plastic items with recycling codes of 3, 6 and 7.
- ⊗ Any old or scratched containers, which are most likely to release toxins.
- ⊗ Styrofoam items like food trays, plates and cups.
- ⊗ Empty plastic containers that were meant for a single use, such as yogurt cups and water bottles.

And use these instead:

- 😊 Dishes and containers that are paper, ceramic, glass or stainless steel.
- 😊 Stainless steel water bottles; they're light-weight, safe and "green."

Don't do this:

- ⊗ Use plastic containers to cook or heat food and drinks.
- ⊗ Transfer hot food into plastic containers.
- ⊗ Microwave food in plastic containers, plastic wrap or plastic bags.

Do this instead:

- 😊 Use the stove to cook or warm up food and drinks using ceramic, glass, stainless steel or iron cookware.
- 😊 Use heat-resistant glass in the microwave.

To read the NAEYC article (*Cómo evitar los riesgos de usar artículos de plástico*) en Español, [click here](#).

National Association for the Education of Young Children (NAEYC). Teaching Young Children/Preschool, October/November 2011, "Plastic Safety Tips."

## How cheesy is that?

The ONLY products labeled “cheese” that are creditable on the food program are:

☺ Cheese food. The package must state “spread” or “natural.”

☺ Pasteurized process cheese.

The following are NOT creditable and can't be paid:

☹ Velveeta.

☹ Imitation cheese.

☹ Cheese product.

If you use jarred or canned cheese sauce, keep the Child Nutrition (CN) label. No CN label? Request the product analysis sheet from the manufacturer.

## America Online is not compatible with CACFP.Net

The Internet service provider America Online (AOL) is NOT compatible with CACFP.Net. Use a different service provider to access this program.

If you use AOL, neither CACFP.Net nor the WECA Food Program is responsible for errors that result.

## Commercial combination foods and CN labels

When 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 documentation for that item. Without 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.

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

## Our most recent cookbook winner

The winner of the May/June cookbook drawing was Anne Alexander of Dane County. Anne has been a WECA Food Program provider since February 2007. Congratulations, Anne!

To enter the drawing, locate the cookbook code in this issue and click on the link. Complete the online form and submit. It's easy!

## Recipes for kids with special dietary needs

If you care for children with special dietary needs such as Cystic Fibrosis, Diabetes, Vegetarianism, Lactose Intolerance or Celiac Disease, check out the Nemours site.

Nemours is dedicated to kids' health; they can help you with many issues: [kidshealth.org/kid/recipes](http://kidshealth.org/kid/recipes). Available [en Español](#) and [English](#).

## Here's a riddle fit for a kid!

Q: Which letter of the alphabet has the most water?

A: The C!



## Civil rights and the federal food program

Our civil rights are the rights of personal liberty guaranteed by Amendments 13 and 14 to our Constitution, and by Acts of Congress.

The goals of civil rights include:

- Equal treatment for applicants and beneficiaries.
- Knowledge of the rights and responsibilities for applicants and beneficiaries.
- Elimination of illegal barriers that prevent or deter anyone from receiving benefits.
- Dignity and respect for all.

Any child who attends your child care home must be provided equal access to the benefits of the food program. For example, each infant must be offered infant formula and food; parents cannot be asked or required to provide these items.

It is age discrimination to withhold the program from any eligible age group. You must:

- Provide the food program in a nondiscriminatory manner.
- Distribute “Building for the Future” flyers to all newly-enrolled families.
- Distribute Parent/Provider Formula Agreements to families of all newly-enrolled infants.
- Refer all civil rights complaints to the WECA Food Program.

The nondiscrimination statement must be on all of your printed materials available to the public that mention or imply USDA and/or the Child and Adult Care Food Program, including your website. At a minimum, the statement, or a link to it, must be included on your program's home page in the same font size as your materials:

*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 Adjudication, 1400 Independence Avenue, SW, Washington, D.C. 20250-9410 or call toll free (866) 632-9992 (Voice). Individuals who are hearing impaired or have speech disabilities may contact USDA through the Federal Relay Service at (800) 877-8339 or (800) 845-6136 (Spanish). USDA is an equal opportunity provider and employer.*

Whenever there isn't enough space for the full statement, this shorter statement is required:

*This institution is an equal opportunity provider.*

## Reimbursement rates effective 7/1/12-6/30/13

	<u>Tier 1</u>	<u>Tier 2</u>
Breakfast	\$1.27	\$.46
Lunch/Dinner	2.38	1.44
Snacks	.71	.19

## Help us help you better

Email is an easy way for us to contact you without interrupting you with a phone call. So if you change your email, let us know.

For your convenience, you may complete and submit the [Email Address Change online form](#) at [wisconsinearlychildhood.org](http://wisconsinearlychildhood.org), Food Program, Food Program Forms, Food Claims.

## Do you care for infants?

You must offer, at no cost to the parent, at least one approved iron-fortified infant formula to each infant in care. Enter the name of the formula on the Parent/Provider Formula Agreement that you submit for that infant. You MUST offer formula even if:

- The infant now gets breast milk.
- The parent supplies the formula.
- If the two of you change your agreement regarding who supplies what, submit a new Parent/Provider Formula Agreement to the WECA Food Program office. Label it “revised.”
- You must also inform WECA when a parent brings solid food for an infant meal or snack. You must supply at least one menu item to be paid for that meal or snack.
  - On Infant Menu/Attendance Forms, highlight in yellow all solid foods supplied by the parent.
  - CACFP.Net claimers: Complete and submit the online form “Infant Food Provided by Parent,” located at [wisconsinearlychildhood.org](http://wisconsinearlychildhood.org), Food Program Forms, Food Claims.

## Kids learn best when they’re actively involved

- Whenever kids help to prepare foods, they are generally more willing to eat those foods.
- Allowing kids to help prepare healthy foods can reinforce important nutrition lessons. Remember, your influence may have lifelong results!
- When children measure and count ingredients and then observe how foods change when cooked, they’ve experienced math and science learning.

- Cooking can also give kids a sense of accomplishment, and can be fun for all of you!

Some suggested age and ability guidelines:

- Two-year-olds: Can wipe the table, scrub vegetables, wash and tear lettuce or other greens, break cauliflower, snap green beans, gather and carry ingredients from one place to another, stir and help pour ingredients together.
- Three-year-olds: Can do the above, plus wrap potatoes in foil for baking, knead and shape yeast dough, shake liquids in containers (continued)

(Continued) that are tightly-covered, spread soft spreadable foods, put trash or recyclables in the right place, use a rolling pin, help measure.

- Four-year-olds: Can do the above, plus peel oranges or hard-cooked eggs, cut parsley or green onions with a dull scissors or plastic knife, mash bananas with a fork, set the table.
- Kids five years and older can do the above, plus: Measure ingredients (dry or liquid), cut with a blunt knife, use an eggbeater.

*Nibbles for Health*, #32. Nutrition Newsletters for Parents of Young Children, USDA, Food and Nutrition Services. *We Can!* Cooking with Children, US Department of Health and Human Services.

## Teach kids these four food-handling safety rules

1. Wash hands carefully with soap and running water, both before and after handling food. [Henrythehand.com](http://Henrythehand.com) has free printables en Español and in English. Or visit [Crawfordthecat.com](http://Crawfordthecat.com) (“Crawford washes his hands”) for online videos and books, and printables en Español and English.
2. Keep raw and cooked foods separate.
3. Cook foods to the proper temperature.
4. Refrigerate perishable foods right away.

*Nibbles for Health*, #32. Nutrition Newsletters for Parents of Young Children, USDA, Food and Nutrition Services.



## MyPlate logo teaches proper nutrition simply

Gather a paper plate and pencil for each child, plus crayons to share, and let each child create his or her own MyPlate.

Discuss some of the foods in each category. At the next meal, have kids arrange the foods on their plates to match MyPlate.

MyPlate resources are available at [MyPlate.gov](http://MyPlate.gov), For Consumers, [en Español](#) and in [English](#).

## A note to CACFP.Net claimers who feed different foods to infants of the same age

On the site’s main menu page, click on “Online forms on WECA website” (under the purple line).

Then select Food Claims [cookbookcode09] on the new page, and complete and submit “[Infants of Same Age Fed Different Foods.](#)”

## Introduce kids to food labels

Food labels can help children learn to make better food choices. If you do this activity, let parents know, in case kids turn into little “food detectives” at home!

Tell kids that:

- Label information is for one adult-size, not child-size, serving.
- Ingredients are listed in order so the first one is what the item contains the most of.

Compare labels from items in your kitchen. For example, have kids find sugar in the list of ingredients. Explain that it’s good to limit foods with lots of sugar, and that sugar also has different names, (usually ending with *ose*), like high fructose corn syrup, corn syrup, sucrose, glucose and dextrose.

Go to [nourishinteractive.com](http://nourishinteractive.com), Teachers, Kids Free Nutrition Printables Worksheets, Food Labels, for more ideas. This site has lots of resources to help teach kids about nutrition, en Español and English.

## Effective 10/1/12, documentation not needed for school-age care

The Wisconsin Department of Public Instruction (DPI) states that it is not necessary to document school-age care in the Child and Adult Care Food Program.

Effective October 1, documentation is no longer required when school-age children are claimed at a morning snack or a lunch on a normal school day.

## From the WECA archives: Easy veggie dip

24 oz. low-fat cottage cheese  
2 tablespoons lemon juice  
1 tablespoon garlic powder  
1 tablespoon no-sodium vegetable seasoning (like Mrs. Dash)

Combine ingredients in blender container. Blend until smooth and creamy. Serve with fresh veggies.

*The Wheat Stalk*, August 1988. “Yackin’ and Snackin.” Will Fellows, Editor.

## Fun picture recipes en Español and in English

Click here for fun printable picture recipes for kids to follow en Español and in English.



**Try this fun site for recipes and tips**  
[www.kidsacookin.ksu.edu](http://www.kidsacookin.ksu.edu) has resources available [en Español](#) and in [English](#).

## Homemade chicken with breading

Try this alternative to commercial chicken nuggets.

canola oil spray                      1-2 tablespoons flour  
2 egg whites, lightly beaten      1/8 teaspoon salt  
1/8 teaspoon pepper                ½ c. plain bread crumbs

2 boneless, skinless chicken breast halves, sliced into nugget-size pieces (continued in next column)

(Continued) Pre-heat oven to 350 degrees. Spray a baking sheet with canola oil spray and set the sheet aside. Sprinkle cut-up chicken with salt and pepper. Dust chicken with flour, dip in egg whites and coat with bread crumbs.

Place chicken on baking sheet; bake until golden brown, about ten to fifteen minutes, turning once halfway through cooking time.

4-C Dane County.

## Kids can make their own play dough

Here are recipes for cooked or uncooked play dough. Either recipe is safe to eat in case someone tries it, but not very tasty, due to the salt!

This cooked play dough lasts through lots of play:

1 cup flour      2 tablespoons cream of tartar  
1 cup water    ½ cup salt      1 tablespoon oil  
food coloring (for a strong color, use about 1 tablespoon of coloring)

1. Mix the dry and wet ingredients separately; then stir together.
2. In a sauce pan, stir ingredients constantly over medium heat until the consistency becomes less lumpy and pasty, and more rubbery. (The color will also change. If you use red food color, for example, the color will become redder).
3. Turn the dough out of the pan, let it cool and then knead the dough.
4. Store in a zipper-style plastic bag.

(Or make it in the microwave: Microwave on high three to four minutes, stirring every 30 seconds. Let it cool and then knead.)

Uncooked play dough is easy if you don’t want to use the stove. It doesn’t last as long as the cooked recipe.

¼ cup salt                      1 cup flour  
food coloring                ¼ cup water

1. Mix salt and flour in a bowl.
2. Add water and food coloring.
3. Knead the dough to make a clay consistency.

Parenting the Preschooler, University of Wisconsin Extension. Joan LeFebvre, Family Living Agent.

## Fun for kids: Tortilla “pizzas”

This is an easy way to use leftovers. Start with whole-wheat tortillas. Some suggested toppings:

Sauce: Pizza sauce, leftover pasta sauce, southwest ranch dressing, salsa.

Meat: Leftover chicken, lunch meat, taco or fajita filling, leftover ham, refried beans, shredded cheese.

Veggies/fruit: Bell peppers, mushrooms, onions, pineapple, corn, spinach.

Preheat oven to 450 degrees. Have children create their pizzas right on lightly-oiled baking sheets and then pop the pans into the oven.

Bake ten to twelve minutes (check at ten minutes), or until cheese melts and tortilla is crispy.

Kids in the Kitchen: Tortilla Pizzas. [Kitchensimplicity.com/tortilla-pizza](http://Kitchensimplicity.com/tortilla-pizza).