

Do you know Tom?

Tom Copeland is an expert in family child care. Visit his site at tomcopelandblog.com and click on Index for available resources. You may also email him or call him with a specific question.

Hot chocolate must be made with milk

Only hot chocolate that is made with fluid milk can be credited toward the food program milk requirement. Just record it as milk on your menus.

How to use your Claim Information Form (CIF)

If you still file your claim on scanned forms, remember to use this form **ONLY** when you need to tell us something. Use one of the categories on the form.

For your convenience, you may print more CIFs from the WECA website, under Food Program, Food Program Forms, Food Claims, [Claim Information Form](#). OR you may call ext. 8051 each month and request that a CIF, your claim summary, and/or the *Provider Connection* be mailed to you.

All providers may also use our [online forms](#) on the WECA website located under Food Program, Food Program Forms, Food Claims.

Be sure to check the Payment Hotline: Ext. 4001

Call 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.



Get your food program earnings record for 2012

For your convenience, your earnings record is available online. **After the October claim (paid in December) is processed, log in to [CACFP.Net](#).**

- Select My CACFP Info from the blue menu bar and click on Checks Received.
- Enter this year's Start Date (1/1/2012) and End Date (12/31/2012); click on Display.
- To print or to save to a file, select File in the upper left corner of your browser page.

OR to have your record mailed, wait until the October claim (paid in December) is processed. Then:

- Call 800-783-9322, ext. 8051.
- Follow the instructions; your statement will be sent to the mailing address we have on file.

In this issue: We focus on snacks!

- You'll find snack ideas on the last page.
- Try one of the recipes online.
- The cookbook drawing has ended; what's next?

HAPPY 2013!

Cereals for children who are one year and older

A cereal is creditable for children over one year if any ONE of the following statements is true:

- It's labeled whole grain.
- It's labeled enriched.
- It's labeled fortified.
- The first grain listed in the ingredients is whole grain, or enriched flour, or meal, bran, or germ.
- Manufacturer documentation provides the gram amount of creditable grains per serving.

It's recommended that you serve iron-fortified cereals with less than 6 grams of sugar per ounce.

Respond to these letters so you don't miss out!

If you receive one of these letters in error, call 800-783-9322, ext. 7245, to follow up right away:

- "We didn't receive your claim" for the last claim month.
- "We received your claim too late" to process on time.

How to drop a child from your care

Always wait until you have stopped claiming a child to drop that child from your list. We recommend waiting 60 days, so you will be paid properly.

You may complete and submit the online form "[Updates to Child Information](#)," located at Food Program, Food Program Forms, Food Claims.

Providers who still file on scanned forms can use their Claim Information Form. Under "To Drop a Child from Care" enter the child's ID number, name and last day in care.

Variety is vital! Don't serve the same food in two different ways at a meal. For example, apples and apple juice are both apples. Serve and enter another creditable fruit/veggie item.

How First Children's Finance supports child care businesses

First Children's Finance (FCF) makes loans to child care and early education businesses, especially those that serve lower-income communities. It finances new programs and also supports existing programs.

Loans for family child care are available in amounts from \$1,000 to \$25,000, and First Children's Finance will walk you through the application process.

As a family child care provider, you must:

- Own the home for which you want the loan.
- Be regulated by the appropriate state agency, or, for new businesses, be regulated as a result of the loan.
- Be prepared to provide collateral and make an equity investment in the business.
- Serve, or be prepared to serve, kids whose families qualify for child care assistance.

For more information, call 866-562-6801, or visit the FCF website at firstchildrensfinance.org.

WECA's policy regarding provider suspension from Wisconsin Shares program

In order to protect the integrity of the Food Program for all of us and the children we serve, WECA is sending this notification to inform you of a new policy which is effective immediately.

- If a provider is suspended from the Wisconsin Shares child care subsidy payment system, WECA will suspend that provider from Food Program participation effective the date of the Shares suspension, until the provider communicates to WECA what his/her intention is in regard to the Shares suspension; i.e. to stay open and appeal the suspension, or to close the family child care center.
- If a provider intends to close and not appeal, or fails to communicate with WECA within seven working days of the suspension, then WECA will drop that provider.
- If the provider states that she/he intends to stay open and provide care for the children even though she/he is not being guaranteed payment, or has private pay children and remains regulated, WECA will closely monitor that provider. WECA will request that a copy of state attendance records be sent with the monthly claim in order to ensure the claim is valid. Additional requirements such as monthly parent signatures on attendance records may also be required.

We thank you for your understanding in helping us do what is best for Wisconsin's young children.

New item available for drawings in January!

Enter the January/February drawing for a 5 Minute Activity Box from Lakeshore Learning. Find the code right here in the online Provider Connection; it looks like this: [activitybox01]. Click on the link, complete the form and submit.

One prize will be awarded in each issue. You may enter once per issue and you may win one prize per calendar year.



For our CACFP.Net claimers who claim infants

Whenever you feed different foods to two or more infants of the same age, go to the CACFP.Net main menu page, click on "Online forms on WECA website" (under the purple line). Select Food Claims on the new page, and complete and submit "[Infants of Same Age Fed Different Foods.](#)"

If a parent supplies solids for an 8-11 month infant (or for a developmentally ready 4-7 month old), let us know by taking the shortcut above. Then complete and submit "[Infant Food Provided by Parent.](#)"

Do you still file claims on scanned forms?

Following these tips will help us help you. Please:

- Separate bar-coded forms from other forms.
- Put your bar-coded forms in order by date.
- Then stack any infant menus (green) on top of any blue menu forms.

Thank you!



Snacks 101

Many of you have requested snack ideas for children one year and up. Always remember:

- At snacks, you must serve at least two of these four components:
 - Meat/meat alternate.
 - Bread/bread alternate.
 - Fruit, vegetable or 100% juice.
 - Milk.
- Never serve only two different items from the same category, like a fruit and a vegetable. You will get deductions and lose money.
- Never serve two liquids alone, like 100% juice and milk. They are not a creditable snack. You will get deductions and lose money.

Try this framework for your snacks

- Plan one “cookie day” per week: Oatmeal cookies, vanilla wafers. Offer sweets only occasionally, since they’re not very nutritious.
- Have one “dip day” each week: Veggies/yogurt dip or bread sticks/marinara sauce.
- Offer one “mix day” each week: Low-sodium Chex mix or trail mix.
- Serve one baked snack each week: Muffins or baked apples.
- Allow yourself one “easy day” each week. Serve crackers/cheese or celery/peanut butter.
- Have one “cooking day”: Let kids prepare their afternoon snack as part of their morning activity time.

Credit: *Come Grow With Us*, Child Care Centers of Marshfield.



Tips to keep in mind

Almost all snacks should contain a fruit or a vegetable. Current Dietary Guidelines for Americans recommend that half our plate should contain fruits and veggies every day.

Offer water as the beverage of choice at snacks. It’s cheaper. Did you know that milk is the #1 contributor of saturated fats in kids’ diets? When you do serve milk, offer 1% and skim as often as possible.

Offer lean proteins to help kids feel full longer and to build strong muscles.

Serve low-fat cheeses; cheese is the #2 contributor of saturated fats in kids’ diets.

Cut down on 100% juice; it can have lots of sugar. Kids should fill up on fruit and its fiber, not fruit juice. Offer water instead.

Offer finger foods. They’re easy for you to prepare, and many kids can feed themselves easily.

Limit servings of processed meats. These foods contain lots of sodium (and even sugar) to make them taste good.

Serve whole-grain breads/bread alternates. Whole grains provide more nutrients and fiber. Fiber digests more slowly and helps kids feel full for a longer period of time.

Food Program Policy: All food components, including milk, must be served together at the same time for a meal or a snack to be reimbursable.

We’ve created a snack chart to help you

On the last page is a chart of snack suggestions. When you need an idea, just select and serve two different categories of the three that are listed.

Milk is not listed at all. Offer water as a beverage as often as you can; if you must serve milk, offer skim or low fat milk as much as possible.

Items with asterisks (*) have recipes online; [click here](#) to read and print.

What else you might notice:

- There’s very little juice.
- Some snacks can be created from leftovers. Make a large batch of a main dish, like chicken salad or taco meat. For a snack, combine [\[activitybox01\]](#) the chicken salad with cooked pasta and serve as chicken macaroni salad. Taco meat can be served on a whole-grain English muffin with shredded cheese melted on top.
- There are lots of whole-grains.

Menu-planning tool may help you

The [National Food Service Management Institute](#) site offers printable tools to help you with snack planning and variety.



Try some changes:

- Set up a “salad bar” at snack time and let kids serve themselves. Offer low-fat cottage cheese or whole-grain rolls/muffins as the second snack component.
- Buy colorful napkins or paper plates on clearance to make snack time extra special.
- Use snack times to introduce a new food in a small quantity, or to introduce a new recipe that you’re considering for a main dish.
- Present snack foods in a new way. Try fruit or veggie kabobs with yogurt dip, or mini-pizzas.
- Get kids to talk about what they’re eating. How does it grow? Why is it good to eat?
- If Bobby likes geography, let him research a country that he’d like to visit; he can tell the other kids about it. You can serve a related snack. If Susie loves shapes, cut cheese slices or toast into shapes with a cookie cutter.
- From the snack chart, have kids choose the next snack, and let them help prepare it.

Credit: National Food Service Management Institute. *Suggestions for Healthful Snacks, Menu Planning Grab and Go Lesson, Care Connection.* <http://www.goodlifeeats.com/2012/02/5-ways-to-make-food-more-fun-for-kids.html>.

Some snack suggestions for children one year and up

Choose items from at least two of these three categories. Serve water for a beverage.

Don't serve only two liquids at a snack.

Fruits and	Vegetables	Bread/bread alternate	Meat/meat alternate
Watermelon	100% vegetable juice	Cinnamon toast	Dry-roasted seeds
Honeydew melon	Avocados	Animal crackers	Navy bean soup
Red grapes	Fresh carrots	Whole-grain crackers	Hummus
Banana	Tomato salsa	Whole-grain muffin	Plain yogurt
Applesauce	Lettuce	French toast strips	Low-fat cheese slices
Orange	Green peppers	Whole wheat toast	Peanut butter
Mixed fruit in light syrup or juice	Broccoli	Soft pretzel*	String cheese
Fresh apple	Fresh green beans	Vanilla wafers	Low-fat ham
Cantaloupe	Fresh tomato slices	Bagel	Turkey
Kiwi fruit	Radishes	Graham crackers	Tuna salad
Mango	Celery	Oatmeal cookies	Egg salad
Strawberries	Cauliflower	Teddy grahams	Hard-boiled egg
Fresh peach	Baked potato	Granola bar	Scrambled egg
Canned peaches in light syrup or juice	Cucumber	Pita bread	Cheese spread
Fresh pear	Bean sprouts	Soft whole-grain tortilla	Ham salad
Canned pears in light syrup	Jicama	Whole-grain cereal, dry or with milk	Low-fat cottage cheese
Canned pineapple in juice or light syrup	Cabbage	Tortilla chips	Almond butter
Fresh pineapple	Kale	Whole-grain breadsticks	Dry-roasted nuts
Papaya	Mushrooms	Whole-grain toast	Three-bean salad
Guava	Baked sweet potato	Rice cake	Refried beans
Baked apple	Three-bean salad	Waffle	Shredded cheese
Blueberries	Veggie soup	Raisin toast	Chicken salad
Tangerine	Refried beans	Hard taco shell	Bean chili
100% fruit juice	Tossed salad	English muffin	Cheese curds
Fresh plum	Marinara (tomato) sauce	Corn chips	Low-fat cheese cubes
Pomelo	Orange, red, yellow peppers	Rye bread	Flavored yogurt
Fruit salsa*	Bean sprouts	Banana bread	Split-pea soup
Grapefruit	Dill pickle	Oatmeal	Lentil soup
Green grapes	Coleslaw	Rice pudding	Deviled eggs
Mandarin oranges in light syrup	Lentil soup	Corn bread or corn muffin	Meat chili
Clementines	Guacamole	Pumpkin bread	Taco meat
Rhubarb	Fresh peas	Doughnut	Sloppy Joe meat
Fresh fruit salad	Alfalfa sprouts	Whole-grain pasta	Black beans
Cherries	Cherry tomatoes	Cinnamon-sugar crisps*	Three-bean salad

This institution is an equal opportunity provider.