



Child and Adult Care Food Program Newsletter * Spring 2011

703 S. Main Street, Suite 211 * Akron, Ohio 44311
1-800-407-5437 * FAX 1-800- 777-0655 * www.childcare-connection.org

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Annual Mandatory C.A.C.F. P. Training

You may have noticed that we are really attempting to, “Go Green” and cut down on mailings and paperwork when it comes to communicating with providers sponsored through the food program by our agency. We have been collecting e-mails and have used the “Broadcast Message” area of Minute Menu to alert you to training opportunities, and general information and updates related to our program. If you have not already registered for 1 of the 6 sessions offered in all 6 counties, please check your e-mail and the “Messages” section of Minute Menu for instructions on how to access the Professional Development Registry to register for this year’s mandatory training which is entitled, “Mastering Recordkeeping and Minute Menu Live.”

Reminders for Daily Programming

- Remember to call the office if you are not serving a meal for the day or will be serving that meal away from home.
- Weekend and Holiday forms can be downloaded from our website.
- **Weekend/ Holiday forms must be received by the 5th of the following month in order to validate those days and to be paid for the claimed meals.** If you are keeping attendance and menus up to date daily, this should not be a problem.
- If you are caring for a child with a special diet, contact us if we have not contacted you. A “Special Diet” form completed by the child’s physician is mandatory.

Q “I’m tired of battling my child over eating fruits and vegetables. Is it worth the effort, and how can I help my child to eat healthier?”

A In a word, “Yes.” A diet rich in fruits and vegetables can yield great health benefits. It can help you reduce your child’s risk for cancer, heart disease, obesity, and diabetes. But kids today only eat half the recommended servings of these foods. To encourage your child to eat 5 daily servings of fruits and veggies (without a fight), try to:

- **Make it Easy.** Prepare fruits and vegetables for on-the-go snacking. Stock the fridge with snack sized baggies of grapes, carrot sticks, and bell pepper slices. Cut melons into bite-sized pieces and store in small containers.
- **Give regular taste tests.** Encourage children regularly to try non-preferred fruits and vegetables. Research shows it takes 10 to 14 tries of a new food to develop a preference (or at least tolerate it). Track how often your child tries a fruit or vegetable. Reward him or her for 14 tries. This may be a privilege, like a play date or playground trip.
- **Get Exotic.** Let your child pick out a new fruit or vegetable when you go to the grocery store or to the local farmer’s market. Think beyond foods you normally serve and try some new types, like mangoes or kiwi.

Child Care Connection is partially funded by United Way and the Ohio Department of Job and Family Services.

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Control the flow. Parent's are largely in control of what foods enter the house. The next time you are grocery shopping, skip the fatty processed foods and grab healthy produce. Children, especially younger ones, have no choice but to eat food that is on hand.

- **Eat together.** Research shows the children and adolescents whose families share at least one daily meal together are likelier to eat fruits and vegetables. Not every family member has to be there. Children should sit down with whichever parent is home every night for a meal-even if it's two people sitting together and sharing stories about their day.
- **Enlist their help.** Kids are more apt to eat meals that they help prepare. Get their input in meal planning and then shop for and cook healthy foods together. Look online for recipes or cookbooks with healthy, child-friendly recipes using familiar foods and ingredients, and let your children improvise. You may come up with a new family favorite.
- **Be a role model.** You are not the only one who keeps tabs on what you eat. Your kids also are eyeing your food choices. Set a good example by practicing what you preach. Children often will only eat fruits and vegetables that they see their parent's eating and enjoying.

Are You Tuned into Tom's Blog Yet?

For those of you that have already attended your annual training session, you know that world renowned attorney and Family Child Care Tax Expert *Tom Copeland* has a wealth of resources for running your business smoothly. You can subscribe to Tom's blog at <http://www.tomcopelandblog.com/>

When the blog is updated, which is typically every 2-3 days, you will receive an e-mail. There are interactive questions and informative information ranging from family child care insurance to specific tax questions. Make the time today to subscribe to this very helpful blog specifically for family child care providers.

OAEYC Conference

Were you able to attend this year's conference in Columbus which was held on April 28th-30th? If you did, we would love a written submission from you about a topic or experience you had that was particularly meaningful to you and your program. Please drop us an e-mail and fill us in on all the details!

Family Child Care Provider Appreciation

May 6, 2011 is Family Child Care Provider Appreciation Day. Thank you to everyone who devotes their time and talents to the interests of young children and their families. We appreciate all you do for the professionalism of family child care and for the work you do daily!

This article was reprinted from "Under the Rainbow" *The Latest in Children's Health News* by Carolyn Ivers-Landis, PhD

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