

HEARTLAND family Service CACFP

JANUARY 2006

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DIRECTOR'S CORNER

This upcoming year offers many opportunities to financially assist your daycares. I would like to take the opportunity to inform you about a couple of them.

HHS Offers Quality Improvement Grants

Nebraska Health and Human Services has a new grant opportunity available to licensed child care providers. The Quality Improvement Grant is designed to assist licensed home and center based childcare providers with items to improve the quality of services provided. There are no restrictions as to the numbers of currently licensed child care facilities in the applicant's community; however, the funds may only be used by licensed childcare homes or centers currently serving low-income families. The maximum grant award is \$500, and once funded, applicants may not reapply for additional funding for three years. Applications are accepted monthly and must be postmarked by the first of the month to be included in that month's review cycle. Allowable items include developmentally appropriate toys and equipment, children's books, outdoor play equipment, and adaptive equipment for children with special needs, but do NOT include wired smoke detectors, fences, property, administrative costs, consumable or disposable items.

For more information on this and other child care grant opportunities available through HHS, contact Diane Lewis, HHS Child Care Grants Manager, P.O. Box 95044, Lincoln, NE 68509, phone (402) 471-9152, or e-mail diane.lewis@hss.ne.gov.

Quality Incentive Payment for License-Exempt Child Care Providers

Beginning February 1, 2006, HHS will be offering an annual Quality Incentive Payment to license-exempt providers who complete one or more of the required activities. Each of the three activities is worth a specific payment; if you do all three, you can receive a total of \$275.

The activities include:

- **Current certification in CPR and First Aid:** In order to receive payment for this, you need to be current in both CPR and First Aid. This would qualify for an incentive payment of \$125.

Verification you will need to show your worker: Current certificate of completion of CPR and First Aid with the expiration date

- **Current participation in the USDA Child and Adult Care Food Program:** This would qualify for an incentive payment of \$100.

Verification you will need to show your worker: A certificate completed by your Food Program sponsor showing that you are currently participating

- **Proof of completion of a workshop within the last 12 months; attendance at a regional, state or national conference within the last 12 months; or a summary of a book or video obtained from the Early Childhood Training Center in Omaha within the last 12 months:** This would qualify for an incentive payment of \$50.

Verification you will need to show your worker: If you cannot get a certificate; you will need to complete a summary of the workshop or conference and how you would use this knowledge in providing childcare and a copy of the conference or workshop

WELCOME NEW PROVIDERS

- Michele Person
- Jacqueline Edwards

CHECK DAY DATES!

February 21st
March 20th

NEWSLETTER WINNERS!

(Please read your newsletter and mail back the "Tid Bits of Information" and you are enter in a drawing to receive a \$25 gift Certificate from Wal-Mart)

Cheryl Dively- \$25 Wal-Mart Gift Certificate!



REMINDER- CLAIMS ARE DUE BY THE 4TH OF EVERY MONTH!

**LATE CLAIMS ARE
PAID THE
FOLLOWING MONTH
AS LONG AS THEY
ARRIVE THE LAST
DAY OF THE
REPORTING MONTH.**

Creating Healthy Kids

Training Opportunities!

All 2006 workshops (except December) will be 3rd Thursday of the month, 6:30-8:30. Workshops are free to members, \$5 non-members. All trainings are held at 6720 North 30th St. unless otherwise noted.

February 4th Meet Eat & Greet

Time- 11:00 AM-1:30 PM

Location- 6720 North 30th St.

Appreciation Luncheon for our Providers.

February 16 – Brightening those Dreary Winter Days

Safe & Healthy Environment

Workshop will focus on ways to bring the outside inside on cold winter days, and will provide resources to help providers beat the “winter blahs” and get ready for the coming spring.

March 16 – Seasonal Activities & Accu-Cuts

Cognitive & Creative Learning

Workshop will focus on utilizing Accu-Cuts and other resources to help children explore the changing seasons and the related holidays.

March 18th - Meet Eat & Greet

Time- 11:00 AM-1:30 PM

Location- Central Office- 42nd & Center

Appreciation Luncheon for our Providers.

COOKING

Flour Power!

Making Pretzels w/ your kids

- 2 tsp. dry yeast
- 1 1/2 cups warm water
- 1 1/2 tsp. salt
- 1 tsp. melted butter, vegetable oil, or heavy cream
- 3 1/2 cups unbleached white flour (or 2 1/2 cups white and 1 cup whole wheat flour mixed)

1. Dissolve one tablespoon of Sugar in the water and yeast mixture.
2. When it has softened, add melted butter and salt.
3. Stir in the flour with a wooden spoon until it becomes too difficult to manage.

Briefly knead the dough, then cut it into about six snakelike portions and let the kids make whatever shapes they like. When completed, brush with one beaten egg yolk mixed with one teaspoon of water. Sprinkle on coarse salt or poppy seeds. Place pretzels on a foil-covered cookie sheet (shiny side down), and bake for 15 minutes at 425 degrees.

Trans Fat Coming to a Label Near You!

The Food and Drug Administration (FDA) now requires food manufacturers to list trans fat (i.e., trans fatty acids) on Nutrition Facts and some Supplement Facts panels. Scientific evidence shows that consumption of saturated fat, trans fat, and dietary cholesterol raises low-density lipoprotein (LDL or “bad”) cholesterol levels that increase the risk of coronary heart disease (CHD). According to the National Heart, Lung, and Blood Institute of the National Institutes of Health, over 12.5 million Americans suffer from CHD, and more than 500,000 die each year. This makes CHD one of the leading causes of death in the United States today.

FDA has required that saturated fat and dietary cholesterol be listed on the food label since 1993. By adding trans fat on the Nutrition Facts panel (required by January 1, 2006), consumers now know for the first time how much of all three -- saturated fat, trans fat, and cholesterol -

- are in the foods they choose. Identifying saturated fat, trans fat, and cholesterol on the food label gives consumers information to make heart-healthy food choices that help them reduce their risk of CHD. This revised label, which includes information on trans fat as well as saturated fat and cholesterol, will be of particular interest to people concerned about high blood cholesterol and heart disease. However, all Americans should be aware of the risk posed by consuming too much saturated fat, trans fat, and cholesterol. But what is trans fat, and how can you limit the amount of this fat in your diet?

What is Trans Fat?

Unlike other fats, the majority of trans fat is formed when liquid oils are made into solid fats like shortening and hard margarine. However, a small amount of trans fat is found naturally, primarily in some animal-based foods. Essentially, trans fat is made when hydrogen is

added to vegetable oil -- a process called hydrogenation. Hydrogenation increases the shelf life and flavor stability of foods containing these fats.

Sample Label for Macaroni and Cheese

Nutrition Facts	
Serving Size 1 cup (228g)	
Servings Per Container 2	
Amount Per Serving	
Calories 250	Calories from Fat 110
% Daily Value*	
Total Fat 12g	18%
Saturated Fat 3g	15%
Trans Fat 1.5g	
Cholesterol 30mg	10%
Sodium 470mg	20%
Total Carbohydrate 31g	10%
Dietary Fiber 0g	0%
Sugars 5g	
Protein 5g	
Vitamin A	4%
Vitamin C	2%
Calcium	20%
Iron	4%

*Percent Daily Values are based on a 2,000 calorie diet. Your Daily Values may be higher or lower depending on your calorie needs:

	Calories: 2,000	2,500
Total Fat	Less than 65g	80g
Sat Fat	Less than 20g	25g
Cholesterol	Less than 300mg	300mg
Sodium	Less than 2,400mg	2,500mg
Total Carbohydrate	300g	375g
Dietary Fiber	25g	30g

Start Here

Limit these Nutrients

Get Enough of these Nutrients

Footnote

Quick Guide to % DV

5% or less is low
20% or more is high

TID BITS OF INFORMATION

Comments

Thank you for your suggestions. We are willing to use any comments that would improve our customer service, remaining within CACFP guidelines and our budget, and make your job easier.

Signature



Assistance

Care Connection Referral Service 552-7000

Resource Center 457-7769

Technical Support for online claiming (402) 560-0187 or 1-800-764-4335

Family Service website www.heartlandfamilyservice.org

Online claiming www.cacfp-online.org

To ask for an Employer ID number, 1-866-829-4933 or log on to www.irs.gov Ask for form SS4.

For a free (Wednesdays 5:00-7:00) or reduced cost physical, call Ira Combs, RN, UNMC 559-3813

For \$25.00, Linda Smith, RN, will come to your home and perform a daycare physical. Call her at 651-2923.

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