

**DIRECTOR'S CORNER**

*One of our providers had a great idea to add in our Newsletter the top 10 mistakes for Childcare checkups by the state and also for the CACFP program. Anita also suggested that we have a section where providers can suggest ideas on how to solve some of the common issues that providers have. I think this is a fabulous idea so starting this month, we are adding a section called the "Providers Blog." I would encourage you jot down issues that you are currently experiencing or provide some helpful advice on solutions that have worked for you. We will publish some of them in the next month's issue of the Newsletter.*



**Pepperoni- Is no longer Creditable**

**TOP 10 CLAIM MISTAKES**

1. NO ENROLLMENTS FOR CHILDREN!
2. No Date of Birth on the Enrollment.
3. No Arrival or Departure time filled in.
4. Child ID's are not Correct or filled in on the Claim forms (Dot Sheets)
5. Provider ID is not filled in on the Claim form (Dots sheet)
6. Forgetting to write down what meat hot dogs are made of.
7. Home Visits- No one is at Home!
8. Child In & Out times do not match the mealtime that is being claimed.
9. No In & Out times on the claim forms.
10. No menu for days or meals claimed.



**On-Line Claimers-**

- Please remember to submit child enrollment forms for children you add. We still must have them on file in our office.
- Submit a blue notes/drop sheet for children you are dropping from the program.



**WELCOME**  
**NEW PROVIDERS**

- Anna Miller
- Tracy Reed
- Angela Stark
- Vicki Kellogg
- Rhianna Clark
- Gabrielle Tyner
- Angela Shirley
- Carrie Miranda
- Corine Almgren
- Diane Honaker
- Gayla Foster

**CHECK DAY DATES!**

April 18<sup>th</sup>  
 May 18<sup>th</sup>

**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)*

Kathern Carraher- \$25 Wal-Mart Gift Certificate!

**REMINDER- CLAIMS ARE DUE BY THE 4<sup>TH</sup> 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 3<sup>rd</sup> Thursday of the month, 6:30-8:30. Workshops are free to members, \$5 non-members. All trainings are held at 6720 North 30<sup>th</sup> St. unless otherwise noted.

### April 20 – Exploring Science

Learning Environment

### May 18 – Summer Safety

Safe & Healthy Environment

### June 15 – Celebrating Families

Family Relationships, Social Development

*Tammy Green would be happy to provide nutritional training at your provider group for in-service credit.*



## Eat Your Vegetables!

It does not have to be a struggle to get children to eat their veggies. Try some of these ideas to help EVERYONE, get their daily intake.

### **In General...**

Buy fresh vegetables in season. They cost less and are likely to be at their peak flavor and stock up on frozen vegetables for quick and easy cooking in the microwave.

Buy vegetables that are easy to prepare and maybe pick up pre-washed bags of salad greens and add baby carrots or grape tomatoes for a salad in minutes.

### **For the best nutritional value:**

- Select vegetables with more potassium often, such as sweet potatoes, white potatoes, white beans, tomato products (paste, sauce, and juice), beet greens, soybeans, lima beans, winter squash, spinach, lentils, kidney beans, and split peas.
- When you prepare more foods from fresh ingredients to Buy canned vegetables labeled "no salt added." If you want to add a little salt it will likely be less than the amount in the

regular canned product.

### **At meals:**

- Plan some meals around a vegetable main dish, such as a vegetable stir-fry or soup. Then add other foods to complement it.
- Try a main dish salad for lunch. Go light on the salad dressing.
- Include a green salad with your dinner every night.
- Shred carrots or zucchini into meatloaf, casseroles, quick breads, and muffins.
- Include chopped vegetables in pasta sauce or lasagna.
- Order a veggie pizza with toppings like mushrooms, green peppers, and onions, and ask for extra veggies.
- Use pureed, cooked vegetables such as potatoes to thicken stews, soups and gravies. These add flavor, nutrients, and texture.

## Irish Soda Bread



- 3 cups flour
- 3 tablespoons sugar
- 3 teaspoons baking powder
- 1/2-teaspoon baking soda
- 1/2-teaspoon salt
- 1 1/3 c. buttermilk
- 1 c. dried currants - optional
- 2 tablespoons sugar
- 2 tablespoons water

Combine flour, 3 tablespoons of sugar, baking powder, baking soda, and salt in a medium bowl. Stir in buttermilk and currants (if using them) stir until blended. Your dough will be sticky. Lightly flour a cutting board and turn the dough out onto it. Knead for about a minute, then shape into an 8 inch round loaf and cut a cross in the top. Place on cookie sheet and bake in a 375-degree oven for 45 minutes or until nice and brown.

While the bread is baking combine additional sugar and water and set aside -brush the sugar water on the top of the bread and return to oven for about 5-10 minutes more

Credit: Everything Irish Cookbook

### **Vegetable tips for children:**

- Set a good example for children by eating vegetables with meals and as snacks.
- Let children decide on vegetables for a meal or what goes into salads.
- Use cut-up vegetables as part of afternoon snacks.
- Children often prefer foods served separately. So, rather than mixed vegetables try serving two vegetables separately.

This information is taken from the My Pyramid website which is sponsored by the USDA. It is a wonderful resource for foods and activities that highlight the new food Pyramid.



