

HEARTLAND family Service CACFP

NOVEMBER 2006

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DIRECTOR'S CORNER

Child Enrollment Forms

The USDA regulation changes for 2005 required that all children must be re-enrolled on an annual basis. We **CANNOT** reimburse for meals if the parents have not re-enrolled the daycare children in the food program. We must also have enrollments for your own children

HOLIDAYS

If you have day care children in your care for Thanksgiving Day, Christmas, or New Years Day, you will need to put it on the Blue Notes Page.

BLOCK CLAIMING

The USDA has indicated that a pattern of block claiming (claiming the exact number of children every day for 15 days) will require a follow up visit with 60 days. Although many providers do have the same number of children in care each day it becomes less likely that you will have perfect attendance with each additional child you care for.

THINGS TO BE THANKFUL FOR:

I want to thank everyone for getting claims in by the 4th of each month. We have a very limited time to process claims so your re-imburement will not be delayed.

I am thankful for our daycare provider's who serve healthy servings of love and meals in their home.

**Have a Happy Thanksgiving
and Enjoy The Holidays!**

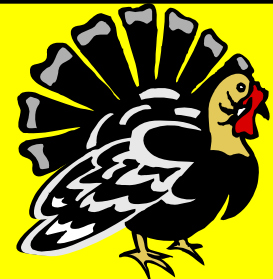


WELCOME NEW PROVIDERS

- Angela M. James
- Regina L. Hunter
- Evelyn Vaughn
- Sherrie R. McIntyre
- Robin M. Miles

CHECK DATES!

December 18th
January 18th



NEWSLETTER WINNERS!

(Please read your newsletter and mail back the "Provider's Blog" and you are enter in a drawing to receive a \$25 gift Certificate from Wal-Mart)

Glenda Irish-
\$25 Wal-Mart Gift
Certificate!

With the Holidays in mind, we decided that a gift certificate to Wal-Mart would be more beneficial than a gift basket. We will start doing some gift baskets in the New Year!

Creating Healthy Kids

Training Opportunities!

All 2006 workshops (except December) will be 3rd Thursday of the month, 6:30-8:30. All Nutritional Trainings are free.

Holiday Nutrition Party-

Thursday December 14th

6720 North 30th Street. - 6:30-8:30 PM

Cost: Bring a new or gently used toy

(Please RSVP so we know how many supplies we need)



Let's Talk Turkey—A Consumer Guide to Safely Preparing a Turkey

Fresh Turkeys

Buy your turkey only 1 to 2 days before you plan to cook it. Keep it stored in the refrigerator until you're ready to cook it. Place it on a tray or in a pan to catch any juices that may leak.

Do not buy fresh pre-stuffed turkeys. If not handled properly, any harmful bacteria that may be in the stuffing can multiply very quickly.

Frozen Turkeys

Turkeys can be kept frozen in the freezer indefinitely; however, cook within 1 year for best quality.

Thawing Your Turkey

There are three ways to thaw your turkey safely — in the refrigerator, in cold water, or in the microwave oven.

1. The Refrigerator (40 °F or below)

Allow approximately 24 hours for every 4 to 5 pounds.

- 4 to 12 pounds 1 to 3 days
- 12 to 16 pounds 3 to 4 days
- 16 to 20 pounds 4 to 5 days
- 20 to 24 pounds 5 to 6 days

Keep the turkey in its original wrapper. Place it on a tray or in a pan to catch any juices that may leak. A thawed turkey can remain in the refrigerator for 1 to 2 days. If necessary, a turkey that has been properly thawed in the refrigerator may be refrozen.

2. In Cold Water

Allow approximately 30 minutes per pound

- 4 to 12 pounds 2 to 6 hours
- 12 to 16 pounds 6 to 8 hours
- 16 to 20 pounds 8 to 10 hours
- 20 to 24 pounds 10 to 12 hours

Wrap your turkey securely; making sure the water is not able to leak through the wrapping. Submerge your wrapped turkey in cold tap water. Change the water every 30 minutes. Cook the turkey immediately after it is thawed. Do not refreeze.

3. In the Microwave Oven

Check your owner's manual for the size turkey that will fit in your microwave oven, the minutes per pound, and power level to

Great Turkey Brine

INGREDIENTS

- 1 gallon vegetable broth
- 1 cup sea salt
- 1 tablespoon crushed dried rosemary
- 1 tablespoon dried sage
- 1 tablespoon dried thyme
- 1 tablespoon dried savory
- 1 gallon ice water

DIRECTIONS

1. In a large stock pot, combine the vegetable broth, sea salt, rosemary, sage, thyme, and savory. Bring to a boil; stirring frequently to be sure salt is dissolved. Remove from heat, and let cool to room temperature.
2. When the broth mixture is cool, pour it into a clean 5 gallon bucket. Stir in the ice water.
3. Wash and Dry your turkey. Make sure you have removed the innards. Place the turkey, breast down, into the brine. Make sure that the cavity gets filled. Place the bucket in the refrigerator. Remove the turkey carefully draining off the excess brine and pat dry. Discard excess brine.

Cook the turkey as desired reserving the drippings for gravy. Keep in mind that brined turkeys cook 20 to 30 minutes faster so watch the temperature gauge.

use for thawing.

Remove all outside wrapping. Place on a microwave-safe dish to catch any juices that may leak. Cook your turkey immediately. Do not refreeze or refrigerate your turkey after thawing in the microwave oven.

REMINDER: Remove the giblets from the turkey cavities after thawing. Cook separately.

A whole turkey is safe when cooked to a minimum internal temperature of 165 °F as measured with a food thermometer. Check the internal temperature in the innermost part of the thigh and wing and the thickest part of the breast. For reasons of personal preference, consumers may choose to cook turkey to higher temperatures.

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. This is one of the ways to do just that, and help make your job easier. Remember to Sign & Return this page to be entered into the Wal-Mart Certificate drawing.

PROVIDER'S BLOG

Question- (We can't always Print everyone's response so we tried to get a good balance)

"Who doesn't feel like a good whine once and awhile; however, sometimes it because a habit. What are some ideas to help teach our little ones not to whine?"

Great Ideas!

- *When my kids start whining we all say together- "You get what you get and you don't throw a fit!" This seems to stop the whining and everyone enjoys a good laugh after we say it.*
- *Children seem to whine more when they are tired. Have a quiet place that they can go until naptime and say, "You must be feeling overwhelmed, I think you need time in the quiet place."*
- *Play games to distract the child and make sure that he/she isn't sick.*
- *Correct them by saying, "I am sorry I can't understand that sound, it hurts my ears. Can you try talking to me in a big voice?"*
- *Tell the child that the two of you will have a special code (like winking) every time the child whines, wink at them or do the special code. The children understand when you do the special code that they need to stop doing whatever behavior you are working on. It also makes the child feel special because they have a special code.*

THIS MONTH'S QUESTION-

Share some Holiday Fun Activities to do with the Daycare Children!

Signature

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