

# HEARTLAND family Service CACFP

## FEBRUARY 2007

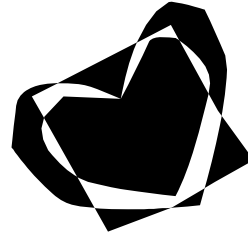
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### DIRECTOR'S CORNER

**A MEAL TIME, YOU MUST LET  
OUR OFFICE KNOW! IF YOU  
ARE GOING TO BE GONE  
DURING**

This prevents deductions for  
that meal if you do not call.

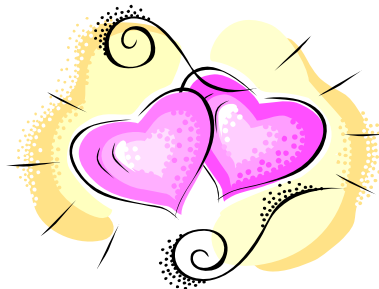


#### Claims Ideas-

1. Complete your forms daily.  
This helps to prevent  
deductions when we visit. (This  
is required)
2. Keep your claim on a clipboard  
in your kitchen so that they are  
easy to remember.
3. Remember to keep the yellow  
copies. That way, if anything is  
lost we can always refer back  
to your yellow copies.

#### Block Claiming

- This is when you claim the  
same number of children for  
15 consecutive days. We are  
required to do a 60 day  
follow-up



**REMINDER- CLAIMS ARE DUE BY THE 4<sup>TH</sup> OF EVERY  
MONTH!**

### WELCOME NEW PROVIDERS

- Heather D. North
- Victoria J. Boston
- Naomi K. Green
- Pamela L. Manuel
- Audrey K. Sherrod &  
Lynn Shepard-Hill
- Jodi L. Masters

#### CHECK DAY DATES!

March 19<sup>th</sup>  
April 17<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)*

#### Michelle Lee Wilson

\$25 Wal-Mart Gift  
Certificate!

#### Coming Next Month-

We will be offering training  
opportunities in the  
Newsletter that you can  
get for credit!

# Creating Healthy Kids

## Training Opportunities!

(Please See Attachment)



### ALLERGY FACT SHEET for Daycare professionals

Food allergies are an area of growing concern for Child Nutrition Program professionals. Facilities participating in USDA's Child and Adult Care Food Program, School Lunch, and School Breakfast programs may be required to accommodate the special dietary needs of children with allergies. A recognized medical authority, such as a physician, must provide a written diet prescription. The diet prescription should be specific and provide clear information about what foods are to be excluded from the child's diet.

#### WHAT IS A FOOD ALLERGY?

A food allergy is the overreaction of the body's immune system to a food substance, usually a protein. Food allergies may occur at birth or may develop at any age in life. Food allergies can be associated with any food. However, most allergic reactions are caused by the following eight foods: milk, eggs, fish, shellfish, soy, wheat, peanuts, and tree nuts. The physiological symptoms caused by a food allergy range from mild to life-threatening. There is no cure for food allergies. Avoidance of the offending food is the only way to prevent a reaction.

#### SYMPTOMS OF FOOD ALLERGY

Symptoms of an allergic reaction to food may involve the skin, respiratory tract, gastrointestinal tract, and cardiovascular system. Types of symptoms include itchy skin or eyes, hives, difficulty breathing, abdominal cramps or stomachache, nausea, and vomiting. For a child who is severely allergic, even tiny

amounts of the offending food can cause a reaction. Children who are allergic to the same food may exhibit very different reactions or symptoms when exposed to that food. The most serious type of allergic reaction is called anaphylaxis. Anaphylaxis is a severe, life-threatening allergic response resulting in lowered blood pressure, swelling, and hives. It is considered the most serious reaction because if left untreated, it can result in death. Immediate medical attention is the best practice when a severely allergic child has been exposed to a known allergen, even if the exposure does not appear to be causing symptoms. Medical attention should also be sought if an exposure has occurred and the CNP is uncertain as to the severity of the allergy.

## Easy oven Beef Stew

- Beef stew meat, cut into bite size pieces
- Flour
- Salt & Pepper
- Vegetable Oil
- Dried Onion Soup mix
- Carrots, peeled and chunked
- Potatoes, Peeled and chunked
- Water
- Tomato Pieces

1. In a bowl, combine all dry ingredients to form flour mixture
2. Add stew meat to the flour mixture and toss to coat all pieces
3. Put the oil in a roasting pan: add coated meat
4. Bake uncovered at 400 degrees for 30 minutes
5. Add carrots, potatoes, water and tomatoes, Stir.
6. Reduce heat to 375 degrees, cover and bake for 2 hours- stirring occasionally

**Menu Suggestion:** Easy Oven Beef Stew (1 serving), raw turnip sticks (1/8 cup) biscuit, and low fat milk (3/4 cup)

Credit: What's Cooking II Recipe's

#### WHAT TO DO WHEN A CHILD HAS ALLERGIES

Keep a file with historical information regarding severity of the reaction and types of symptoms, instructions from the parents or guardian regarding emergency treatment, and the diet prescription. This information can be invaluable to staff when providing care for the allergic child. Even if an allergic child has not had a severe reaction in the past, there is no guarantee that a severe reaction will not occur in the future. If food allergies exist among the children in your care, have a written policy regarding storage of allergenic foods to keep them separate from other foods. Keep any emergency medications and phone numbers accessible, even on field trips.

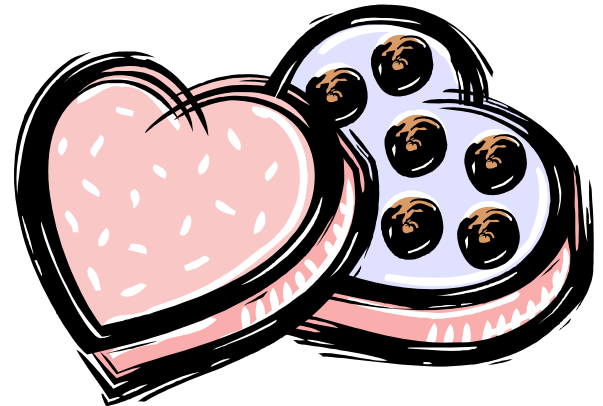
## Comments

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.

# **PROVIDER'S BLOG**

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Signature

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