

HEARTLAND family Service CACFP

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DIRECTOR'S CORNER

McFarland & Associates Survey

McFarland and Associates has been selected to study the impacts of a special program in the CACFP called the "Nebraska Rural Area Eligibility Determination Pilot," which increases the number of rural areas in Nebraska where family day care providers are eligible for higher (tier I) reimbursement rates for meals and snacks served to participating children.

Please be assured that this is a research study and not an audit or review of your day care home, your CACFP sponsor, or the CACFP itself. The only information that will be reported is grouped information combined from many different providers, and these grouped data will be used to describe the characteristics of family day care providers in Nebraska.

Your answers to the questions are very important to the success of the pilot and the study, and we ask your cooperation in answering the questions. Your contribution to this study is essential and will allow us to learn more about the effectiveness of the pilot.



BLOCK CLAIMING- FIVE DAY RECONCILIATION

If you have been identified as a block claimer and the children are not at the daycare during a time when they would normally be in attendance, we will request a new enrollment form and we will conduct a follow-up visit.

**IN SHORT- ONLY CLAIM
CHILDREN'S MEALS YOU ARE
ACTUALLY SERVING.**



IMPORTANT Child Enrollments!

Please make sure that all children, including your own, are re-enrolled in the food program. We can't reimburse for children if we do not have a new enrollment form for them!

**DON'T FORGET TO RE-ENROLL
YOUR OWN CHILDREN**

WELCOME NEW PROVIDERS

- Shaundoshis D. Swift
- Kaushan L. Richardson
- Dalicia D. Hampton
- Tanesha D. Collins
- LaTonya D. Brown
- Cynthia D. Wood
- Annette L. Carroll
- Kimberly A. Lund
- Roberta J. Watson

CHECK DAY DATES!

October 17th
November 20th



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)

Patricia Edwards-
\$25 Wal-Mart Gift
Certificate!

Creating Healthy Kids

Thrifty Tips for Healthy Helpings

Child care professionals and busy parents share a common challenge. How can we feed children nutritiously, in a timely, stress-free manner and without breaking the bank?

Plan weekly menus- The best way to begin saving money at the grocery store is to shop with a list. Review weekly advertisements to plan the most economical menus. Watch your family's consumption of empty calorie junk foods, which cost a lot and offer little nutrition. To save time, shop at off-peak hours, which are Sunday evenings, early mornings or late nights. Coupons can provide real savings only if they are for items you really want or need.

Comparison shop- Helps you know if you are getting a good value. Store brands or generic brands are usually the best buy. Unit pricing; the price per given quantity, which is posted on the store shelf, is an important consideration in deciding which is the most economical buy. Locate your local thrift bakery selling day-old breads.

Buy in bulk- Certain items lend themselves to bulk buying, especially flour, grains and beans. Produce is perishable, so it is economical to buy in bulk only if you are able to use it while it is still fresh. Sometimes bread or meat will be discounted and can be a good buy if you can use it quickly or freeze it.

Base a meal on planned leftovers- Consider doubling basic recipes in order to use the remainder in a new way the next night. For example, black beans can be used in burritos tonight and then pureed into a delicious soup tomorrow. Roast chicken or turkey one night can furnish the basis of a salad, soup or casserole the next day. Buy and cook in quantity and freeze the extras. This can save you money now, by using foods bought at a good price, and save you time later, which really has a monetary value too!

Convenience costs money- Rely on timesaving convenience foods when you need to, or create your own convenience foods. To prep for several meals at once, buy family-size packages of ground meat, cook and store in meal-sized amounts in the freezer. Wash and dry lettuce, chop onions and celery, and store in

plastic bags. Shred cheese for the week from block cheese and store in the fridge or freezer. Whole chicken is usually less expensive than buying parts; cut it up and divide into a couple of meals and freeze. Single servings of crackers, cheese or other snack foods may be convenient but they are not a value. Use sandwich bags to create your own, healthier trail mixes or cereal snacks.

Choose meat thoughtfully- When planning meals, remember tough cuts of meat can be as flavorful and nutritious as more expensive cuts of meat. They require slow cooking and added liquid to become moist and tender. Consider using your slow cooker to make the most of less tender stewing meats. You also can tenderize tough cuts of meat by pounding and marinating. Some inexpensive cuts contain more bone, gristle and fat, which must be considered in the price per pound.

Zucchini Muffins

- 1/2 c. margarine
- 1 1/2 c. sugar
- 2 3/4 cups enriched flour
- 1 tsp. baking soda
- 1 tsp. salt
- 2 c. grated zucchini
- 1/4 c. brown sugar
- 1/2 c. chopped nuts
- 1/2 c. oil
- 2 egg(s)
- 4 Tbsp. cocoa
- 1 tsp. baking powder
- 1 tsp. cinnamon
- 1/2 c. milk with 1 Tbsp. lemon juice to sour milk
- 1 tsp. vanilla



Mix dry ingredients together, then add liquid ingredients until gone. Then add zucchini. Fill lined muffin tins 2/3 full. Sprinkle with brown sugar and chopped nuts. Bake at 325 degrees for 40-45 minutes.

Yield: 20 muffins

Serving Size: 1/2 muffin is a bread alternate for 3-5 year old.

Keep a well-stocked pantry- Include the staples like pasta, rice, tuna, canned beans, canned vegetables, salsa, ready-to-eat sauces and hearty bean and pea soups so you can whip up quick and easy meals without going to the store for missing ingredients.

Buy produce in season- Seasonal fruits and vegetables will be more economical and of higher nutritional quality. Shop at your local farmer's market for the freshest produce and rely on frozen products when out of season. Growing your own food is a satisfying hobby, which definitely saves money and is even a good fitness plan.

- Donna Green, R.D.

PROVIDER'S BLOG

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.

Great Suggestion: Thanks for your input. We receive great ideas for better serving you!

- Redleaf National Institute, Family Child Care Provider Business News- www.redleafinstitute.com
- Nebraska CACFP- www.nde.state.ne.us/NS
- Mayo Clinic's Recipe Makeover- www.mayoclinic.com
- Preschool Activities- www.healthychild.net

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Signature

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