

MAY 2008

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DIRECTOR'S CORNER

Income Eligibility Forms- IEF's

It is that time of year again to fill out income eligibility forms for claiming your own children or for Tier II homes to qualify at tier I. Please return the forms to...

- *This year, IEF will be sent out in a separate mailing. Please look for them in the mail within the next couple of weeks.*
- *These take effect July 1, 2008-June 30, 2009. Your current Income Eligibility is good for one year so it is important to fill one out if you wish to remain at your current eligibility or would like to see if you qualify for Tier I.*

If you need to request additional packets, please contact Tammy @ 457-7766.

Tier 1 Homes based on Elementary-

- If you are claiming your own children and wish to continue to claim them as part of your daycare, please complete and IEF form that is designated for Providers (BLUE).

Tier 2 Homes who serve low income families

- If you are a Tier 2 home who may be serving families who may qualify because they meet the income guidelines, please have parents complete the form that is designated for them (yellow).

The Blue Form is for Provider's

The White Form is for Parents.

WELCOME BACK!

- Camille R. Gerber
- Felissa M. Barns
- Felicia A. Calloway
- Cassandra L. Harlan
- Jennifer L. Edie
- Denise R. Early
- William H. Broadway
- LaTonya Wright

CHECK DATES!

June 17th

CERTIFICATE 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)

\$25 Restaurant Gift Certificate!
Mary Camp

\$25 Wal-Mart Gift Certificate!
LaKeisha Hollins

Spa Day @ Vatterott College-
Gina Giboo

REMINDER

CLAIMS ARE DUE BY THE 4TH OF EVERY MONTH!

Mother's Day

Thank you for all the wonderful work that each one of you do each day for our children. The month of May is childcare provider appreciation month! Vatterott College donated a day spa to 1 lucky individual. Congratulation Gina Giboo!



Creating Healthy Kids

Kid's Gardening?

Who but a gardener can always be ready with such important cooking accessories as dill, shallots, tarragon, sorrel, parsley and chives called for in fancy recipes? How else, save by growing them herself, can she ever experiment in cooking the less ubiquitous vegetables such as celery cabbage, Savoy cabbage, zucchini, kohlrabi or Blue Coco beans?

Of course, children seldom like exotic food. However, vegetable dishes may be made more interesting without being in the least exotic. This doesn't necessarily mean just for the vegetable course; it may be a vegetable and meat combination, soup, salad, appetizer, or even dessert. Make this dish a "specialty of the house" for the young cook. Then she will have an impelling reason for growing that particular vegetable and the necessary accessory vegetables and herbs.

A great way to incorporate vegetables into our kid's diets is to have them start with a recipe in mind. Then grow the vegetable that are needed to make the dish. When they are ready for harvest; let each child present their recipe and try a new one each week.

A few of the miniature vegetables would be a good garden specialty for the young cook, with luncheon parties for her small friends as a goal. The service would be charmingly scaled to juvenile size if it included ears of midget sweet corn, and a salad plate of dwarf tomato and dwarf cucumber slices arranged on a bed of the diminutive crinkled leaves of Tom Thumb lettuce. (Any little girl would call this little head lettuce "simply

adorable.") For dessert the choice could be midget watermelon or midget cantaloupe.

Raw vegetables are enjoyed by many children, and what young cook wouldn't take pleasure in arranging an appetizer tray of tender young dunking vegetables that she herself has grown? Gourmets use almost every conceivable young vegetable for the dunking tray; baby carrots and beets, tiny cucumbers, immature green beans, very young sugar peas (pods and all), strips of zucchini, celery root, turnips and kohlrabi, small florets of broccoli and cauliflower, tiny thick inside leaves of Bibb lettuce, radishes, scallions, cherry tomatoes.

Dill pickles, usually a childhood favorite, are easy enough for a small cook to make, and the best of reasons for an easy-to-grow patch of dill and a vine or two of pickling cucumbers. Recipes for both processed and open crock dill pickles are

Party Pies- Mini Sheppard's Pies

INGREDIENTS

- 16 refrigerator biscuits
- 1 1/2 lbs. hamburger
- 1 tsp. brown sugar
- 2 tsp. mustard
- 16 (1/2 oz.) slices mozzarella cheese
- 2 Tbsp. minced onion
- 1/8 tsp. chili powder
- 1 tsp. vinegar
- 1 (10.5 oz.) can tomato soup

DIRECTIONS

1. Brown ground beef draining excess fat.
2. Add remaining ingredients except biscuits and cheese
3. Simmer to blend flavors
4. Press one biscuit into a muffin tin covering the bottom and the sides
5. Fill with meat mixture
6. Place a slice of cheese on top

Bake at 400 degrees about 15 minutes until crusts are brown

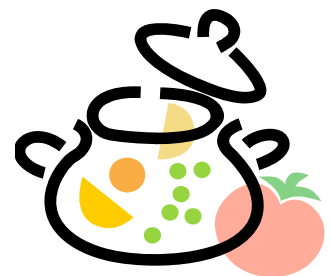
Yield: 16 servings

Serving Size: Each cup is a meat (1.5 oz) and bread for a 3-5 year old at lunch/supper.

COOKBOOK

in all general cookbooks, but you will find that nothing produces quite as good a pickle as the old-fashioned open crock method. This is simple enough for a child to handle, and has the added advantage of sampling accessibility.

All of these things are delights that call for a bit of a garden. So, if it's a cook you have, maybe you can have a gardener, too.



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

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

Summer Snack Ideas-

- Banana Cream Pie-
- 2 Vanilla Wafers or 2 Graham Crackers
- Banana Slices
- Whipped topping

Sandwich banana slices and whip cream between a vanilla wafer or Graham Cracker.

mmmmm...Good!

Healthy Smoothies!

For a healthy summer treat, try chopping frozen fruit in a blender. Let the kids pick their favorite flavor and make there own. If it gets too stiff to chop, try adding water or 100% fruit juice to loosen things up!

POSTAGE!

A money saving tip form one of our childcare providers! Large Envelopes cost more than smaller business sized envelopes do. It is perfectly fine to put your claim in a business sized envelope for mailing. Please keep in mind however, that USPS not longer allows for mail over 4 oz to be placed in a business sized envelope.

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Signature

In accordance with Federal law and U.S. Department of Agriculture policy,

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To file a complaint of discrimination, write USDA, Director, Office of Civil Rights, 1400 Independence Avenue, S.W., Washington, D.C. 20250-9410, or call (800) 795-3272 (voice) or (202) 720-6382 (TTY). USDA is an equal opportunity provider and employer.