

Nutrition Notes



National Cheese Pizza Month

Enrollment Forms for the New CACFP Year

To DO:

- Enrollments for the new year (October 2009-September 2010) must be turned in to the office before October 31st. **The sooner we have them, the sooner we can process your new file.**
 - The date on the enrollment form for continuing children **MUST** be October 1, 2009; however, the date the parent signs the form can be anytime.
- Enrollments must be read and filled in **by the parent or guardian** of each child enrolled in your daycare. Do not fill any information except your name, address and phone at the top right corner of the form.
- Please verify all the information **PRIOR** to turning it in to the office. If information is missing we have to send the form back to parents (as per KSDE regulations). This may affect your claim! Information often left off the form includes the address and phone number of the parent and infant formula/feeding information for infants. See page 3 of this newsletter for an example.

September 2009

935 Iowa, Suite 7
Lawrence, KS 66044
785-842-9679
dccda.org
8:30 am - 4:30 pm

September 3rd

Claims due

September 7th

Office Closed for
Labor Day

September 30th DCCDA Open Office

6:00 p.m. - 7:30 p.m.

Checks are available
for pick-up from
8:30 AM - 4:00 PM

Call the office if you want yours held for the evening Open Office. All others are mailed at 4:00 PM!

Celebrate

- ^ September 5th
National Cheese Pizza Day
- ^ September 13th
National Grandparent's Day
- ^ September 21st
First Day of Autumn
- ^ September 26th
Johnnie Appleseed's Birthday
- ^ Better Breakfast Month
- ^ National Chicken Month
- ^ Read a New Book Month
- ^ Children's Eye Health
& Safety Month
- ^ Child Injury Prevention Week
1st Week
- ^ National Child Care Week
3rd Week

Themed Library Kits

- ^ Breakfast
- ^ Pizza & Pasta
- ^ Apples
- ^ Fall & Scarecrows

New policy on home study packets



The state food program, KSDE, has issued a new policy with regard to home studies (packets) for CACFP training. They will no longer accept any previously approved home studies for your food program in-service. We will not be able to grant credit for any DCCDA packets (i.e. *Multicultural Foods: Meat Alternates, Pack Your Bag with Nutrient Dense Foods*) after October 1.

The state plans to create their own home study packets to be available for in-service credit in the summer of 2010.

Lisa's Corner

Basic Menu Planning



Menu planning is the most crucial step in your success with CACFP. Careful planning of menus will ensure that you are serving nutritionally adequate meals to children in your care and that you are in compliance with USDA meal pattern requirements.

The menu influences almost every step of your food service, from grocery lists to the popularity of the meals with the children. With such a wide variety of foods available in today's supermarket, it can be a challenge to select foods for children.

To develop good menus you need to use the basic principles of menu planning. These areas:

- ▲ Strive for balance
- ▲ Emphasize variety
- ▲ Add contrast
- ▲ Think about color
- ▲ Consider eye appeal

Remember you can plan ahead a whole month's worth of menus if it's easier for you, however attendance has to be done daily. If you would like more information on menu planning, please fill free to contact us.



On the lighter side: Something to Ponder

If bread is square, why is sandwich meat round?

Sample Menus



Breakfast			
Fluid Milk	Milk	Milk	Milk
Juice, Fruit or Vegetable	Grapes	Peaches <i>a</i>	Apple Slices
Bread/Bread Alternate	Apple Muffins	Oatmeal	English Muffin
Other			Peanut Butter
Snack			
Two Items	Juicy Juice <i>c</i>	Pineapple <i>c</i>	Mangoes <i>a/c</i>
Two Groups	Pizza Sticks**	Cottage Cheese	Wheat Crackers
Other			
Lunch			
Fluid Milk	Milk	Milk	Milk
2 servings Fruit/Vegetable	Mixed Vegetables <i>a/c</i> Nectarines <i>a</i>	Tomato Slices <i>a/c</i> Applesauce	Green Beans Apricots <i>a</i>
Bread/Bread Alternate	Egg Noodles	Wheat Bread	Rice
Meat/Meat Alternate	Tuna Noodle Casserole <i>HM</i>	Grilled Ham & Cheese Sandwich	Chicken

** Recipe included in this newsletter.

In accordance with Federal law and the U.S. Department of Agriculture policy, this institution is prohibited from discrimination on the basis of race, color, national origin, sex, age or disability. To file a complaint of discrimination, write USDA, Director, Office of Civil Rights, 1400 Independence Ave., SW, Washington, D.C. 20250-9410 or call (800) 795-3272 or (202) 720-6382 (TTY). USDA is an equal opportunity provider and employer.

REMINDER:

It's time for new enrollment forms for ALL children!

Yes, annual enrollment forms are required in October for:

- ❶ All children who are new in October;
- ❷ All currently enrolled children who are continuing for the "new" year;
- ❸ All new and currently attending children of providers who are claiming on-line through Minute Menu

The enrollment date should be October 1, 2009, or later if the child started after the first of October. This form enrolls the child in your food program which runs from October 1st – September 30th each year.

The entire form needs to be completed including date of birth, age, enrollment date, times of care, days of care, meals served during care, and racial & ethnicity information. If the child is under 12 months, the formula options section must be completed. A parent's signature, address and phone number is also required. Refer to the sample below. **The form must be completed by the parent.**



Douglas County Child Development Association
Child and Adult Care Food Program
 935 Iowa Street, Lawrence, KS 66044-1836
 (785) 842-9679 fax (785) 842-1412

CHILD AND ADULT CARE FOOD PROGRAM ENROLLMENT FORM

PROVIDER'S NAME: **Mary Sample**
 ADDRESS: **1234 Street, Town**
###-###-####

SAMPLE

Dear Parent or Guardian:

By completion of this document, you are enrolling your child in the *Child and Adult Care Food Program* that is sponsored by DCCDA. The CACFP is a federally funded program under the United States Department of Agriculture (USDA) which extends the National School Lunch Program to children in family child care homes. Your provider has chosen to participate in this program, and agrees to follow the guidelines and regulations mandated by the program. In return, your provider is reimbursed a meal rate to help with the cost of serving nutritious meals to all children in her care.

Last Name, First Name	Date of Birth	Age	Enrollment Date	Times of Care Time In Time Out	Regular Days of Care							Meals Child is Served During Care					
					M	T	W	T	F	S	S	B	AmS	L	PmS	D	EvS
Child's Name	5/1/09	5 mo.	10-1-2009	7:30 5:30	✓	✓	✓	✓	✓			✓		✓	✓		
Child's Name	2/14/06	3 yr.	10-1-2009	7:30 5:30	✓	✓	✓	✓	✓			✓		✓	✓		

Race & ethnicity information is requested by the USDA to assure compliance with Title IV. Collection is strictly for statistical reporting requirements. Please check what applies: **Ethnicity:** Hispanic or Latino Non Hispanic or Latino

Race: Asian White Hispanic/Latino American Indian/Alaska Native Black/African American Native Hawaiian/Other Pacific Islander

FORMULA OPTIONS FOR INFANTS (FILL IN ONLY IF YOU HAVE AN INFANT UNDER 12 MONTHS)

To meet CACFP requirements, your provider offers **Enfamil** iron-fortified formula to infants in her/his care through your infant's first year.

You, as the parent, may choose to accept this formula, or you may choose to supply another type of iron-fortified formula and/or solid foods until your infant's 1st birthday.

✓ **Check only the options that apply:**

- | | |
|---|--|
| <input type="checkbox"/> parent accepts formula provider offers | ✓ parent supplies formula (please list type): Similac/Iron |
| ✓ parent accepts provider's food when infant is developmentally ready | <input type="checkbox"/> parent supplies breast milk |
| | <input type="checkbox"/> parent supplies food when infant is developmentally ready |

I understand that my child/children will receive meals at no charge to me when they are in care during any of the scheduled meal services. I have received a copy of *Building for the Future* which explains the goals of the Child and Adult Care Food Program. I understand that the day care home cannot and will not discriminate for reasons of race, color, national origin, gender, age, or disability. I understand that I may be contacted by my provider's sponsor, *Douglas County Child Development Association* (DCCDA), regarding meals she/he has claimed.

If I need to be contacted by phone to update and/or verify this information, I would prefer being called at (circle):
home phone _____ work phone _____

Parent's name (print) _____ **street address** _____ **city/zip+4:** _____
Parents signature: _____ **Date:** ___/___/___

Celebrate National Cheese Pizza Month

Did You Know? . . .

- ☆First American pizzas were known as Tomato Pie. Tomato pies are built the opposite of pizza pies-first the cheese, then the toppings, and then the sauce.
- ☆First pizzeria introduced in the United States was in New York City in 1905.
- ☆Pizza first became popular in the United States when the soldiers stationed in Italy during World War II returned home.
- ☆Americans consume 100 acres of pizza each day.
- ☆93% of Americans consume a pizza a month. More than 3 billion pizzas are consumed in the United States each year!
- ☆First commercial pizza-pie mix, "Roman Pizza Mix", was produced in Worcester, Massachusetts.
- ☆Frozen pizza was first introduced and found in local grocery stores in 1957.



Topping Toss

Cut out pizza topping shapes from cardboard. Then have you children stand back and try to throw those shapes onto a pizza pan. (For added effect cut out pictures of the toppings and glue onto the cardboard.)

The Healthy Restaurant

In your dramatic play area set up a restaurant complete with menus, plastic food, and play money. The children can pretend to be waiters and waitresses. Remind the children to order healthy food.

Easy Kids Pizza Sticks

- 1 tube (11oz.) refrigerated bread sticks
- Pepperoni, sliced
- Shredded mozzarella cheese
- 1 tbsp. Parmesan cheese, grated
- 1 tbsp. Italian seasoning
- 1 tbsp. garlic powder
- Pizza sauce

Preheat oven to 350°. Roll out bread sticks on an ungreased cookie sheet, lay two pepperoni on the end and sprinkle with some mozzarella cheese and fold bread stick over and twist. Mix together Parmesan, Italian seasoning, and garlic powder and sprinkle over top of twisted bread stick. Add more mozzarella if desired and bake for 5-8 minutes or until golden brown. Dip in heated pizza sauce.

Credits as a bread component.
Serve as a snack with Juicy Juice.

Pizza Shop

Down around the corner in the pizza shop
There were lots of pieces of pizza with pepperoni on top
Along came (child's name) all alone
He (or She) bought one that had (# of pepperonis)
pepperoni and took it home

Note: Do this with a pizza drawing (or felt board) removing a piece of pizza with the specified number of pepperonis with each verse.

Check out the **Pizza & Pasta** kit in our library.

This kit includes: Pizza number party matching
Cloth Velcro pizza



- Wood Velcro Pizza
- Guest check order pads
- Cardboard pizza box
- Assorted pizza menus
- Fun with Pizza Fractions
- The Pizza Book
- The Princess and the Pizza
- Pizza at Sally's
- Curious George and the Pizza

Plus other books and lesson plans.