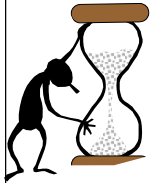


Nutrition Notes



Celebrate National Peach Month



TIME IS RUNNING OUT!!!

2 hours of nutrition in-service must be completed by September 15th. If you still need in-service hours enroll for the training on August 20th or come in and check out the new home study packets.

CALENDAR OF EVENTS

Creative Mealtime Solutions

Presented by: Jan & Lisa

Date: Saturday, August 20, 2011 Time: 9:00 - 11:00

Location: First Church of the Nazarene, Lawrence

2 hrs. approved nutrition in-service

Let's get inspired to create solutions to mealtime issues! We'll brainstorm challenges and work towards solutions. This class will provide ideas on how to cook smarter — not harder, incorporate new foods in your menus (recipes & taste tests provided), and improve your will go home with a set of sample menus as well as new recipes to try. We'll introduce you to the book "Have You Filled Your Bucket Today" and talk about how to create a positive eating environment in your home. **RSVP by August 17th.**

This is the final workshop we will offer for the 2009-2010 food program year. Each provider must complete two hours of required food program nutrition in-service by September 15th.

The KSDE Nutrition in-service home study packets have arrived.



If you still need in-service hours and are not able to attend the remaining class you can stop by the office and check out the new home study packets. Study packets are available for two weeks at a time.

☆CACFP Foods

(1 hr in-service credit)

☆CACFP Basics

(1 hr in-service credit)

August 2011

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

August 3rd

Claims due

August 31

DCCDA Open Office
6:00 p.m. - 7:00 p.m.

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

Call the office if you want yours held for the evening Open Office. All others are **mailed at 3:00 PM!**

Celebrate

- ^ August 1st
Sports Day
- ^ August 7th
Friendship Day
- ^ August 11th
Play in the Sand Day
- ^ August 23rd
Ride the Wind Day
- ^ August 31st
National Trail Mix Day
- ^ National Smile Week
2nd week
- ^ American Dance Week
3rd week
- ^ Artist Appreciation Month



Themed Library Kits

- ^ Grocery Store
- ^ Money & Shopping
- ^ Dancing Scarves
- ^ Beach/Ocean 1 & 2
- ^ Parachute Play 1 & 2
 - ^ Friendship
 - ^ Sports
 - ^ Art

Lisa's Corner

The Twelve Weeks of Summer

(Sung to the tune of "The Twelve Days of Christmas")



- 1 Room at the sanatorium
- 2 Tired parents
- 3 Hungry kids
- 4 Soccer tournaments
- 5 Ringing phones
- 6 Skateboard stitches
- 7 Calamine bottles
- 8 Boxes of Band-Aids
- 9 Million mosquitoes
- 10 Pounding Headaches
- 11 Weeks of "I'm bored!"
- 12 Kids a-screaming

Repeat song as necessary for a good chuckle.
Have a great summer. You're doing a great job!

Lighten Up and Live Longer by Sue Baldwin

Sample Menus

Breakfast			
Fluid Milk	Milk	Milk	Milk
Juice, Fruit or Vegetable	Cantaloupe <i>a/c</i>	Watermelon <i>c</i>	Raspberries & Blueberries <i>a/c</i>
Bread/Bread Alternate	Oatmeal w/ raisins & walnuts	Whole Grain Corn Muffin	Pancakes
Other			
Snack			
Two Items	Blackberries <i>c</i>	Apricots <i>a</i>	Apple Slices
Two Groups	Hard Boiled Egg	Cheese Cubes	Peanut Butter
Other	Water	Water	Water
Lunch			
Fluid Milk	Milk	Milk	Milk
2 servings Fruit/Vegetable	Tomato Slices <i>a/c</i> Grapes	Green Beans Mandarin Oranges <i>a/c</i>	Spinach <i>a/c</i> Peaches <i>a</i>
Bread/Bread Alternate	Whole Grain Bread	Whole Grain Noodles	Brown Rice
Meat/Meat Alternate	Chicken Salad	Turkey Meatloaf	Salmon
Other	Cheese Slice		

In accordance with Federal law and the U.S. Department of Agriculture policy, this institution is prohibited from discriminating on the basis of race, color, national origin, sex, age or disability. To file a complaint of discrimination, write USDA, Director, Office of Adjudication, 1400 Independence Ave., SW, Washington, D.C. 20250-9410 or call (866) 632-9992 (voice). Individuals who are hearing impaired or have speech disabilities may contact USDA through Federal Relay Service (800) 877-8339; or (800) 845-6136 (Spanish). USDA is an equal opportunity provider and employer.

New Income Guidelines 2011-2012

If your day care home is not located in an area that qualifies for Tier 1 CACFP reimbursement rates you have the option to complete an income form to see if your household income qualifies for Tier 1 reimbursement rates. If your income is at or below the income guidelines, you will be eligible for higher reimbursement for meals served to your day care children.

INCOME CHART

Effective from July 1, 2011 to June 30, 2012

<u>Household Size</u>	<u>Annual</u>
-----------------------	---------------

1	\$ 20,147
2	27,214
3	34,281
4	41,348
5	48,415
6	55,482
7	62,549
8	69,616
9	76,683
10	83,750

For each additional
Family member add

+ 7,067

To Calculate Annual Income

- ◆ Weekly Income x 52
- ◆ Every 2 Weeks Income x 26
- ◆ Twice a Month Income x 24
- ◆ Monthly Income x 12

If your household income qualifies for Tier 1 reimbursement rates, you may also claim reimbursement for your own children's meals if at least one outside enrolled child is present.

CACFP REIMBURSEMENT RATES

July 1, 2011 - June 30, 2012

RATES PER MEAL	TIER I	TIER II
BREAKFAST	\$1.24	\$.45
LUNCH/SUPPER	\$2.32	\$1.40
SNACK	\$.69	\$.19

Provider Reminders

- ^ Remember, if meals served or meal times have changed, call the office to update your information.
- ^ Call and let us know if you will be away from home during your normal meal times.
- ^ Use the current enrollment form that has a revised date of **10/08**. The old forms do not have all the current information that we need to have on each child.
- ^ New updated forms for *Capacity Exception for Preschool, Kindergarten or School-age* for the school year 2011-2012 are now available, we will send them to you upon request.
- ^ Please check to see if you have any library materials that have been overlooked and not returned. We are forgiving late fees and would appreciate the items coming back as soon as possible.



Join DCCDA's Local Food Project!

We're actively recruiting new members for our exciting local food project called Families, Farmers and Educators United for Healthy Child Development. Join us and be part of a program that provides comprehensive food education for young children and contributes to a stronger local food system.



As a member of the program you'll:

- Begin a backyard garden with the help and support of trained DCCDA staff
- Have access to exclusive and creditable workshops by local experts in the fields of Childhood Nutrition, Local Sustainable Food and Gardening
- Receive a 16 week curriculum book, Root For Food, designed to teach children about how food grows, nutrition, the benefits of local food and more!
- Enjoy fresh fall produce from your very own garden with the children in your care! This fall we can plant: broccoli, cauliflower, cabbage, lettuce and other greens, radishes, turnips, beets, pumpkins, acorn squash, butternut squash, carrots, green beans, brussel sprouts and kohlrabi
- Receive a weekly email newsletter including a delicious recipe highlighting the week's vegetable and updates on local food news
- Celebrate your success with other participants at the Fall Harvest Festival on September 25th
- Receive support to continue the program next year!



Our first program participants have seen great success this spring and summer, but there is still time for you to join us in the fall! Fall crops need to be planted by the end of July, so contact DCCDA soon to participate in the Families, Farmers and Educators United for Healthy Child Development program.



"Now when I open the book, they know we are ready to do something fun."
 --Home Provider talking about the Root For Food curriculum book



To participate, call or email Emily Hampton at 785-842-9679 or Emily@dccda.org right away!