

Child Care & Nutrition, Inc.

Mini-Teddy Newsletter

July, 2016 Edition

New Household Income Guide July 1, 2016-June 30, 2017

Below are the new Household Income Guidelines. If you think you or families in your care qualify for Tier I rates after July 1, please contact us and we will mail you a Household Income Statement form.

Family Size	\$ Per Year	\$ Per month	2 x per month	\$ Per 2 Weeks	\$ Per Week
1	21,978	1,832	916	846	423
2	29,637	2,470	1,235	1,140	570
3	37,296	3,108	1,554	1,435	718
4	44,955	3,747	1,874	1,730	865
5	52,614	4,385	2,193	2,024	1,012
6	60,273	5,023	2,512	2,319	1,160
For each additional person	7,696	642	321	296	148

CCNI July Holiday Schedule

CCNI will be closed on Friday, July 1-Monday, July 4, 2016. STL-029 Have a safe and fun summer holiday weekend, everyone!

Claiming Dates for July, 2016

Claim received by noon, July 7
Payment will be sent by July 15

Claim received by noon, July 14
Payment will be sent by July 22

Claim received by noon, July 21
Payment will be sent by July 29

Welcome New Providers

10 New providers added this month!

We keep growing!

New providers and long timers! Watch the newsletter for your provider ID number assigned by CCNI! If you find it and call us you win a prize sent from CCNI to you!

Shared Recipes from CCNI Provider

From Jolene Schroeffer

Jolene will receive a gift in the mail from CCNI for sharing this recipe. You can send us a recipe to publish in the newsletter and receive a free gift! Thank you.

Home Made Banana Cookies

4 mashed bananas (approximately 2 cups)
½ cup chocolate chips
½ cup shredded coconut
¼ cup oatmeal
¼ cup peanut butter
(nuts optional)

Mix and roll into 16 balls and place on a greased cookie sheet. Bake at 350° for 15 minutes. 2 cookies = 1 serving fruit/vegetable for 1-5 year old at breakfast or snack.

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July, 2016

New USDA Meal Pattern Guides Effective October 1, 2017

As you may have heard by now, the new Meal Pattern Guidelines have been issued by USDA. There will be no changes to the guidelines at this time. The implementation date will be over one year from now so we are letting you know what is ahead. AND, we will receive and give you lots of training before the implementation date of October 1, 2017.

Infant Changes:

- Infant guidelines will change from three age ranges to two age ranges.
- The new guide will allow Iron Fortified Infant Formula or breast milk only from 0-5 months.
- 6-12 months will allow an introductory time for solid foods to be served.
- Meals can be reimbursed when a mother breastfeeds on site (not allowed currently).
- Older infants will require fruit or vegetable served at snack.
- Juice will be prohibited.
- Ready to eat cereals will also be allowed at snack for older infants.
- The new guidelines also allows yogurt and whole eggs, also currently not allowed.

Regular Menu Changes:

- Creates a separate vegetable and fruit component, however two vegetables can be served at lunch or supper.
- Limits juice to once per day
- Requires at least one grain per day be whole grain-rich (whole grain rich means foods that contain at least 50% whole grains and the rest enriched, or 100% whole grains (breads, cereals, pasta, etc. can be used as this component)
- Disallows grain based desserts (no more cakes, or brownies, for example).
- Breakfast Cereals must be no more than 6 grams of sugar per dry ounce.

- Meat and Meat Alternate changes allow substituting the entire grain component at breakfast a maximum of three times per week and it allows Tofu as a meat alternate.
- Yogurt must contain no more than 23 grams of sugar per 6 ounces.
- Whole, unflavored milk must be served to children between 1 and 2 years of age.
- 2 years and older require low-fat or fat-free, unflavored milk
- 6 years and older can be served flavored low fat or fat-free milk. USDA recommends no more than 22 grams of sugar per 8 ounce serving.
- Foods that are cooked by submerging in hot oil or other fat (deep-fat frying) is prohibited (McDonalds French Fries, for example).

These are only the highlights. USDA will provide ample information and the Minnesota Department of Education will provide CCNI with details, instruction and what can and can't be done. We are anxious to learn what that will mean for child care providers and participating families.

These changes will encourage positive nutrition habits in young children and create life long choices for children. Change is good.

We don't have a lot of answers yet as more detail is forthcoming, but if you have any questions you can call us at 507-69491499.



Enjoy Summer