



Child Care & Nutrition, Inc.

Mini-Teddy Newsletter

PO Box 138 | 324 N Norman Street | Ivanhoe, MN 56142
800-634-3359 | www.childcarenutrition.com
November 2018 Edition

Child Enrollment Form Renewal

Reminder!! You should have received a packet of Child Enrollment Forms in the month of September. If you have not yet completed the renewal workbook through KidKare or done the paper renewal forms for the children in your care you may be deducted for meals and snacks beginning with your October claim. CCNI is unable to reimburse meals and snacks for a child if the enrollment form is not renewed on an annual basis. Please don't be one of those providers who we have to deduct for missing enrollments!

The Food Program is Still a Good Deal!

Have you ever wondered if participating on the food program is worth it? If so, don't miss the article on Tom Copeland's Blog titled: *The Food Program is Still a Great Deal!* Below is a brief quote from Tom Copeland's article. He also has many other great articles in regards to the CACFP and how it works with your finances. For this entire article please visit the link below. Also be sure to check out his other articles when you're there for additional information.

"The Food Program is a federally funded program that reimburses family child care providers for serving nutritious food.

All regulated providers are eligible to participate.

Reimbursements you receive from the Food Program are taxable income (with the exception of those you receive for your own children). But, you can deduct these same meals. For most providers their food deduction is larger than the income from the Food Program.

It's worth your time to join the Food Program! Most providers spend less than 3 hours per week on Food Program paperwork. If you care for four children you will be earning about \$14 or \$30 per hour for your time! That's more than you earn per hour caring for children!"

<http://tomcopelandblog.com/food-program-still-great-deal>

Instructions for Checking for WG in KidKare

Did you know you can ensure you have your whole grain-rich item marked for each day in KidKare? Run this simple report to check that you have a "WG" noted in at least one menu for each day:

In accordance with federal civil rights law and U.S. Department of Agriculture (USDA) civil rights regulations and policies, the USDA, its agencies, offices, and employees, and institutions participating in or administering USDA programs are prohibited from discriminating based on race, color, national origin, sex, disability, age, or reprisal or retaliation for prior civil rights activity in any program or activity conducted or funded by USDA. Persons with disabilities who require alternative means of communication for program information (e.g. Braille, large print, audiotope, American Sign Language, etc.), should contact the agency (state or local) where they applied for benefits. Individuals who are deaf, hard of hearing or have speech disabilities may contact USDA through the Federal Relay Service at (800) 877-8339. Additionally, program information may be made available in languages other than English. To file a program complaint of discrimination, complete the [USDA Program Discrimination Complaint Form](#), (AD-3027) found online at: http://www.ascr.usda.gov/complaint_filing_cust.html, and at any USDA office, or write a letter addressed to USDA and provide in the letter all of the information requested in the form. To request a copy of the complaint form, call (866) 632-9992. Submit your completed form or letter to USDA by Mail: U.S. Department of Agriculture, Office of the Assistant Secretary for Civil Rights, 1400 Independence Avenue, SW, Washington, D.C. 20250-9410; Fax: (202) 690-7442; or Email: program.intake@usda.gov. This institution is an equal opportunity provider.

1. In KidKare click on "Reports"
2. From "Select a Category" select Meals & Attendance
3. From "Select a Report" select Food served
4. Select the month you would like to check for whole grain-rich foods served
5. Click "Run"

The report will pop up on your screen and all items that are whole grain-rich will have "(WG)" after the name. See the screenshot below for an example of what the report will look like. DOU-094 You can run this report at any time during the month, you do not have to wait until the end of the month to run it and do your double-check.

Note: When entering your items into your menu you still need to click the whole grain-rich button for any whole grain-rich/whole grain items you serve.

Date	Breakfast	AM Snack	Lunch	PM Snack	Dinner	Even. Snack
0905	Applesauce (002) Cereals - plain (or any store brand) (WG) Fluid Milk - 1% or skim for 2yrs+ and whole for 1yr olds (7)		Beans, Peas, Lentils (243) Bananas (004) Cheese (046) Hot Bread (015) Fluid Milk - 1% or skim for 2yrs+ and whole for 1yr olds (7)	Cheese (046) Whole Thins (070) (WG)		
0911	Applesauce (002) French Toast (017) Fluid Milk - 1% or skim for 2yrs+ and whole for 1yr olds (7) Breast Milk / Iron Fort. Infant Formula (11) Pumpkin (086)		This day is missing the WG, no WG on the menu			
0917			Artichokes (246) Applesauce (002) Any Nut Butter & Mashed (please list meatalt in notes) (054) Whole Bread (WG) Fluid Milk - 1% or skim for 2yrs+ and whole for 1yr olds (7)			
0924	Raisins (037) Peanut Mtn Wheat - original or little bites (WG) Fluid Milk - 1% or skim for 2yrs+ and whole for 1yr olds (7) Breast Milk / Iron Fort. Infant Formula (11)			Mixed Fruit (015) Cheese - multi grain (006) (WG)		

Claiming during the Holiday & Winter Season

As always if you plan to be open on a holiday please be sure to make a note of that on your claim. In addition, if there is no school and you have children in your care who typically are in school you must make a note indicating that there was no school that day. This applies to any regularly scheduled non-school days, as well as any emergency non-school days such as snow days, etc. If there is no note with the claim CCNI staff will have to deduct and further documentation will need to be submitted in order to adjust the claim and provide reimbursement. Save yourself the time of having to submit secondary verification for these school closures and leave us a quick note on the claim indicating that school was closed.

Upcoming Office Closures

Thanksgiving: Thursday & Friday, November 22 & 23

Christmas: Monday & Tuesday, December 24 & 25

Claiming/Reimbursement dates for December 2018

First Round:

If CCNI receives claim by noon on December 6
Reimbursement will be sent on December 14

Second Round:

If CCNI receives claim by noon on December 13
Reimbursement will be sent on December 21

Third Round:

If CCNI receives claim by noon on December 20
Reimbursement will be sent on December 28

CCNI Welcomes 28 Newly Licensed Family Child Care Providers!!

Motas	Isse	St. Paul
Nichole	Thooft	Lamberton
Carolann	Tatur	Rush City
Janet	Schicker	Battle Lake
Tracy	Kehr	Winthrop
Meagan	Larson	Maple Lake
Amanda	Nolte	Fertile
Allie	Sanderson	Russell
Stephanie	Swiontek	Garfield
Noelle	Dekrey	Moorhead
Kathy	Counter	Slayton
Kimberly	Harvey	Red Wing
Elizabeth	Cosgrove	St. Peter
Leslie	Carpenter	Chatfield
Amanda	Langland	Jeffers
Jessica	Sperl	Ghent
Erica	Stattelman	Ortonville
Tiffany	Devens	Eagle Lake
Emily	Nelson	Warroad
Marissa	Goede	Waverly
Jenny	Stratton	Mankato
Pamela	Riquelme Paredes	N. Mankato
Rebecca	Lamm	Elbow Lake
Ashley	Quesada	Lynd
Rebecca	Miskowic	Blaine
Christy	Toney	Tracy
Chelsea	Sonnek	Easton
Ashley	Bennett	Lowry

Delicious Recipes!!!

From Kim Jacobs in Olmsted County – Thanks Kim!

Banana Tortilla Roll-ups

- Cover whole-wheat tortilla with peanut butter and honey.
- Peel a banana and place onto tortilla on one end and roll.
- Cut up into chunks and enjoy!!



Credits at Snack for Whole Grain-Rich grain component and fruit component.

Quinoa & Black Bean-Stuffed Peppers

Taste of Home's website: www.tasteofhome.com

Ingredients

- 1-1/2 cups water
- 1 cup quinoa, rinsed
- 4 large green peppers
- 1 jar (16 ounces) chunky salsa, divided
- 1 can (15 ounces) black beans, rinsed and drained
- 1/2 cup reduced-fat ricotta cheese
- 1/2 cup shredded Monterey Jack cheese, divided

Directions

- Preheat oven to 400°. In a small saucepan, bring water to a boil. Add quinoa. Reduce heat; simmer, covered, 10-12 minutes or until water is absorbed.
- Meanwhile, cut and discard tops from peppers; remove seeds. Place in a greased 8-in. square baking dish, cut side down. Microwave, uncovered, on high 3-4 minutes or until crisp-tender. Turn peppers cut side up.
- Reserve 1/3 cup salsa; add remaining salsa to quinoa. Stir in beans, ricotta cheese and 1/4 cup jack cheese. Spoon mixture into peppers; sprinkle with remaining cheese. Bake, uncovered, 10-15 minutes or until filling is heated through. Top with reserved salsa.

Credits for Whole Grain-Rich grain component and vegetable component.

