



Family Day Care Food Program's Positive Energy

Spring 2021

Interesting Nibbles...

- With Spring & Summer at our door, that means locally grown fresh fruits & veggies soon!
- New Menus are in the works!
- We will be sending out a new user guide for KidKare.

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Why You are Important as a Provider

As a childcare provider, *you play a key role in children's lives.* By working with children each day, *you* help them learn and grow. By serving them nutritious meals and snacks, you help them get the nourishment they need. **YOU ARE IMPORTANT!** Research shows a crucial relationship between nutrition, health, and learning. Daycare Providers are in a special position to teach children, by example –

Family Child Care is not **Babysitting.** It's not **comparable** to any **child care center.** **IT'S FAMILIES** in **relationships** with a **PROFESSIONAL** care provider **in an environment** that becomes, **BY DESIGN** a **second home,** and a whole **BUNCH** of **PEOPLE** **partnering, trusting, caring and educating each other.**

1. What it means to eat for good health; 2. The importance of eating a variety of foods including fresh fruits and vegetables; and 3. The importance of eating at least one whole grain a day. More children are in daycare today than ever before. Some spend more time in daycare than at home. The USDA-approved meals and snacks served in your daycare home are an important part of providing proper care to the children entrusted to you. **WE SALUTE ALL OF OUR PROVIDERS FOR A JOB WELL-DONE!**

How to Properly Wash Fruits & Veggies

It won't be long and farmer's markets and fresh fruit and vegetable stands will be popping up around the area. Here are some tips from the FDA for how to properly wash your fruits & vegetables.

1. Wash your hands for 20 seconds with warm water & soap, before and after preparing fresh produce.

2. If damage or bruising occurs before eating or handling, cut away the damaged or bruised areas before preparing or eating.
3. Remove the outermost leaves of a head of cabbage or lettuce.
4. Rinse produce BEFORE you peel it, so dirt and bacteria aren't transferred from the knife.

5. Gently rub produce under running water. No need to use soap or a produce wash.
6. Use a clean vegetable brush to scrub firm produce, such as melons & cucumbers.
7. Dry produce with a clean cloth or paper towel.





Observations from Virtual Monitor Reviews

During our virtual reviews we still need to check that certain requirements are being met. Here are some requirements we've noticed some need to improve.

- Whether you are on KidKare or bubble sheets, you must have at least **ONE WEEK** of pre-planned menus

made for a monitor to review. These are the meals you are planning to serve for the upcoming week.

- Your pre-planned menus must reflect what you are serving on the day of your review.
- You **MUST** have your Food Program Agreement (all 3 pages), your correct

certificates (please pay attention to the expiration date), and the current program year's enrollment forms on site and ready.

- You must keep attendance records and menus up to date.
- Enter your meals at the end of every day. Yes, we can see when meals are entered online.

KidKare Support Hours:

M-T 9AM - 5PM
W 10AM - 4PM
Th-F 9AM - 5PM

All times are Central Standard Time.

Phone #: 1-972-671-5211
Option # 1

KidKare Troubles?

Do you live in an area that doesn't have the best internet options or connection? Are you entering your menus, only to find they didn't save properly? If for some reason you are having any difficulties with KidKare (due to internet), please send a text to the work

cell (304-320-2855), so that we'll know it's internet related problems. If you're having trouble with KidKare itself, and can't find the solution on their help page, then you can contact their help desk and put in a trouble ticket at: hxsupport@kidkare.com

Just remember they're an hour behind us, in the Central Time Zone. ****PLEASE NOTE:** When your daycare children are doing remote learning, you **MUST** mark them on KidKare as "No School" and for the bubble menus, please make a note of it on your CIF.

Do's & Don'ts of Menus & Claims

Please look over your claims, before you submit them to make sure you haven't forgotten anything.

Most commonly found mistakes include:

1. If you serve a school-age child Breakfast or Lunch, even if they are remote learning, you **MUST** mark them as "No School," because the computer doesn't recognize the current

1. pandemic.
2. You **MUST** serve a Whole Grain once per day and make sure to mark it. Remember for an item to be Whole Grain it needs to say 100% Whole Wheat,

be listed as WIC approved, or the first ingredient must be whole grain and the next 2 grain based.

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Celebrating CACFP Week

CACFP Week is a national education and information campaign sponsored annually the third week of March by the National CACFP Sponsors Association. The campaign is designed to raise awareness of how the USDA's Child and Adult Care Food Program works to

combat hunger. The CACFP brings healthy foods to tables across the country for children in child care centers, homes, and afterschool programs as well as adults in day care. We at CASEWV's FDCFP appreciate all of the hard work you do to take care of these children.

You are one of the reasons



they establish positive eating habits at the earliest stages of development and you help reduce future health care & education costs due to lack of proper early development.

Are you in our Facebook Group?

If you haven't already joined our Facebook group, now is the perfect time to do so! Just text the work cell number (304-320-2855)

and we can go from there. For those who are already in the group— Did you know you can advertise your business or any openings you have available there? If you make a post

that you're closed or going to be closed, do not worry, we don't approve those for everyone to see, but it does get documented in the office.

Facebook posts regarding your schedule do not get posted, but do get noted in the office and on your Minute Menu calendar.

Provider Training

As many of you know, we do annual trainings with our providers. This year, because we want to keep our providers safe & healthy, we will be doing virtual trainings, instead of in-person. We will be utilizing Zoom and a variety of other options will be available to those who can't use Zoom.

Upcoming Silly Holidays to Celebrate with Your Day Care Kids...

- | | |
|---------------------------|---------------------------|
| 3-11 Johnny Appleseed Day | 4-26 Pretzel Day |
| 3-22 WV Day | <u>4-30 Raisin Day</u> |
| 3-25 Waffle Day | 5-1 Batman Day |
| <u>3-27 Scribble Day</u> | 5-21 Talk like Yoda Day |
| 4-12 Grilled Cheese Day | 5-25 Sing Out Loud Day |
| 4-15 Banana Day | <u>5-28 Hamburger Day</u> |
| 4-22 Jelly Bean Day | 6-10 Iced Tea Day |
| | 6-17 Eat Your Veggies Day |

Turkey Tostadas (Mexican Pizza)

Ingredients:

2 cups cooked ground turkey
2 T Taco Seasoning
1 ½ c. water

4 Corn Tortillas (flat shells)

¼ c. fat free refried beans
¼ c. shredded cheddar cheese
½ c. chopped tomatoes
½ c. shredded lettuce



Directions:

Wash & Prepare Vegetables. In a large skillet over medium heat, combine turkey, taco seasoning, and water. Bring mixture to a boil, reduce heat, and simmer for 5 minutes, stirring occasionally. Place the tortillas on a cooking sheet and back at 375° for 4-7 minutes or until crispy. Spread tortillas with tablespoon of beans, top with ¼ meat mixture and cheese. Return tortillas to oven for 2-3 minutes or until cheese is melted. Top with tomatoes, lettuce, taco sauce, and any of your other favorite taco toppings.



Family Day Care Food Program

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Program Director: Michelle Buchanan

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“Our Mission Statement”

CASEWV’s FAMILY DAY CARE FOOD PROGRAM is a non-profit organization that educates family daycare providers about nutrition to promote the development of children and establish healthy eating habits to last a lifetime.

“Empowering Caregivers to ensure optimal care for children.”

If you would like more information on CASEWV and the programs we offer, you can call:

304-324-0450 or go to our website: www.casewv.org

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MAIL: USDA Office of the Assistant for Secretary for Civil Rights 1400 Independence Ave., SW, Washington, D.C. 20250-9410

FAX: 833-256-1665 OR 202-690-7442 **EMAIL:** program.intake@usda.gov