

Heartland HORIZONS

A Bimonthly Newsletter for North Dakota Child Care Providers
Participating in the Heartland Child Nutrition USDA Food Program

Jan/Feb 2012



Want To Get More Bang for Your Buck? Attend *Meals & Deals* Workshop!

The cost of food is a major expense in running your child care business. At our *Meals & Deals* workshop, we'll investigate good buys in terms of nutrition and dollars. Discussion and hands-on learning is a major focus of this **FREE** workshop!

Some of the interesting topics at *Meals & Deals*:

- 💰 We'll view opened cans of fruit and vegetables, containers of crackers and cereal, and other foods to compare the lower cost brands to their higher price counterparts.
- 💰 Meat costs are a significant part of your food bill. Find out if you may be serving too much or not enough of the meat/meat alternate food group.
- 💰 Determine if some foods purchased at "dollar stores" are worth the \$1.
- 💰 Small group work will calculate what typical child care meals, including infant meals, are costing you and how you can serve nutritional variety without busting your wallet.
- 💰 Show how pre-planning your menus can save time and money (and it's so easy to do this if claiming online!).

Come to *Meals & Deals* prepared to share ideas on how you get the most "bang for your buck" when grocery shopping for food to serve the children in their care.

P.S. By popular demand, we'll also have a short kid's craft idea section. This year the craft topic is "Wheels."

How To Get Your 2011 CACFP Reimbursement Tax Statement

Any Heartland Child Care provider may view and print their 2011 food program reimbursement tax statement using the internet...even if you don't submit your claim online.

If you do not have access to the internet, contact our office and we will mail your individual statement.

1. Connect to www.minutemenu.com.
2. Click the LOG-IN button at the top of the page. You were given a personal log-in and password at one time by your regional director or by the Heartland office. However if you cannot locate it, e-mail dorleen@heartlandnutrition.org to receive your specific long-in and password.
3. Once you have logged-in, pull down the menu under REPORTS that appears on the top tool bar. Then choose CLAIM; then TAX REPORT. Your year end statement will appear and can be printed.



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Meals & Deals Workshop Schedule

Minot

- #1 **Saturday, April 14, 9:30-11:30 am**
Bethel Free Lutheran Church, 530 22nd Ave NW

Dickinson (mountain time)

- #2 **Saturday, March 31, 9:30-11:30 am**
- #3 **Monday, April 2, 6:30-8:30 pm**
Library Meeting Room, 139 3rd St W
Library closes at 9:00, therefore the 6:30 pm starting time.

Beulah (central time)

- #4 **Wednesday, March 15, 7-9 pm**
Beulah Civic Center Meeting Room, 120 7th St NE

Mandan

- #5 **Thursday, March 8, 7-9 pm**
Morton County Court House, 210 2nd Ave NW
Commissioners' Mtg Room (basement)

Bismarck

- #6 **Wednesday, March 21, 6:30-8:30 pm**
- #7 **Thursday, March 22, 6:30-8:30 pm**
- #8 **Saturday, April 21, 10 am-noon**
Bismarck Public Library Meeting Room A, 515 N 5th St
Library closes at 9:00 pm, therefore the 6:30 pm starting time.

Grand Forks

- #9 **Saturday, March 17, 9:30-11:30 am**
4000 Valley Square (An Assisted Living Center)
4000 24th Ave S Use entrance under canopy

Fargo

- #10 **Thursday, March 29, 7-9 pm**
Gethsemane Cathedral, 3600 25th St South

Valley City

- #11 **Tuesday, March 20, 7-9 pm**
Senior Citizen's Center, 139 2nd Ave SE

Jamestown

- #12 **Wednesday, March 28, 7-9 pm**
Senior Citizen's Center, 502 10th Ave SE

LaMoure

- #13 **Monday, March 19, 7-9 pm**
Church of the Nazarene Fellowship Hall
501 1st Ave SE

Linton

- #14 **Monday, March 12, 7-9 pm**
KEM Electric Community Room
107 S Broadway

Register By **March 1st** ~ Registration Is Required To Attend

- Register online at www.heartlandnutrition.org. On the top toolbar, click "Workshops and Registration."

If you would rather register by mail, a mail-in registration form is on page 3. We request that you use online or mail registration rather than a phone call.

NOTE: Confirmation or reminder post-cards will not be sent, but if you include an e-mail address on your registration, an e-mail reminder will be sent to you.

- In the larger towns, workshops quickly fill to seating capacity, so please register promptly to help assure you get your desired workshop time.
- Your attendance at **Meals & Deals** is not required by Heartland - but we hope you do come! (The annual mandatory training that CACFP providers are required to complete will be delivered to you at a home visit by your Heartland Regional Director this year.)
- You are welcome to bring a fellow child care provider even if she/he is not on the Heartland program.
- Participation applies toward licensing education requirements and has been approved by the ND Growing Futures Registry. **Meals & Deals** credits for 2 hours in ND Core Competency Area VI: Health/Nutrition/Safety.

**PLEASE BRING ALONG A
CALCULATOR TO
USE AT THE
WORKSHOP**

*(to figure out
the deals!)*



Welcome to Heartland Child Nutrition

Bismarck: Rebecca Thomsen
 Fargo: Jillian Rittenhouse
 Erin Cook
 Carrie Hector
 Grafton: Laura Rolf
 Gr. Forks: Terina Johnson
 Rachel Stafford
 Tracy Sorvig
 Jennifer Braden
 Gwinner: Kirsten Anderson
 Jamestown: Mary Bump
 Lincoln: Linda Brosious
 Carrie Praska
 Mandan: Jessica Ohlhauser
 Mekinock: Skyla Theisen
 Taylor: Monica Martin
 Tolna: Wendy Bjorlie



WHAT FOOD EXPENSE RECORDS SHOULD YOU KEEP?

by Shirleen Piela, HCN Executive Director

According to the IRS, the records that family child care providers should keep for food expense tax reporting include "the name of each eligible child, dates and hours of attendance in the family day care, and the type and quantity of meals and snacks served."

Well, as a participant in the USDA food program you are in luck....because you are already doing that! If you weren't participating on the food program, you would still have to keep nearly the same records for meals that you do for tax purposes. So it makes good "cents" to be a CACFP participant. And if you are claiming online, Minute Menu has everything ready for you to claim your child care deductions.

If you are using the standard meal allowance rate, IRS rules say that you do not need to keep food receipts. Standard meal allowance for child care business tax are the Tier 1 rates.

Thanks to BiBi Mehring and Lisa Aune for their referrals of a new provider to the Heartland food program.



Reminder: Milk served to children 2 years and older MUST be 1% or skim

As of October 1, 2011, only low-fat (1%) or no-fat (skim) milk is allowed in CACFP reimbursable meals and snacks served to children 2-12 years old. If you are serving 2% or whole milk, food programs sponsors are required by USDA regulation to deduct ALL MEALS and snacks containing those milks retroactive to October 1. This could be a huge financial loss to providers who are not complying with this milk regulation.

The only exception allowed for serving 2% or whole milk is if a special diet statement is obtained which documents a medical need for the child to have 2% or whole milk. It continues to be recommended that one-year-olds receive whole milk.

Failure to comply will result in reimbursement deductions!

Registration: Heartland Child Nutrition's 2012 Provider Workshop

It's great that you are planning to attend *Meals & Deals!*

Online registration is preferred at www.heartlandnutrition.org.

However, if you do not have internet access, you may use this mail-in registration form.

Please let us know if you register but then cannot attend.

Choice	Workshop #	Workshop Town	Date of Workshop
1st choice:			
2nd choice (if first is full):			

Name _____

E-mail address _____ Phone: _____

Address: _____ Town: _____ Zip: _____

Please check one: I am a provider enrolled with Heartland I am an assistant to a provider
 I am a provider on a different food program I am a home childcare provider not on a food program
 I work at a child care center other _____

Register by March 1: Heartland Child Nutrition Registration, PO Box 1218, Bismarck, ND 58502



PENGUINS LIKE TO EAT FISH

On your penguin-themed day, entice the children in your care to enjoy a fish main dish at lunch. Consider the recipes on this page. For snack that day, it may be fun to serve fish-shaped crackers to your little “penguins.”

WADDLE LIKE PENGUINS

Children will giggle while trying to waddle like penguins, holding out their stiff arms as they go. Encourage them to slip and slide on pretend ice.

PENGUIN “POKEY”

This activity is a penguin version of the “Hokey Pokey.” Children stand in a circle and perform the actions directed in the song.

*You put your right wing in, you take your right wing out,
You put your right wing in and you waddle all about.
You do the Penguin Waddle and you turn yourself around.
And that's what it's all about!*

Continue the song using other penguin body parts, such as left wing, right/left foot, and head.

BLACK AND WHITE COLLAGES

Give each child a half sheet of white paper and half sheet of black paper. Have them tear their two pieces of paper into smaller interesting shapes. Then, give each child a whole sheet of white paper. Have children glue the torn paper pieces all over their larger paper to create black and white collages.

PAPER PLATE PENGUINS

Refer to the picture on top right of this page as a guide to assemble this craft.

Use the back of a white paper plate for the penguin body. Cut out the center of a second paper plate; attach this piece to the body for the penguin head. Cut the plate rim, remaining from the second plate, to look like wings. Have children paint the wings black before attaching to the whole white plate. The trimmed rim scraps can be cut and attached to form the bird's legs and beak.



**Make a splash at your
child care with a**

Penguin Day

**I saw a little penguin.
Who sat on ice blocks.
He swam in the ocean
And he climbed on rocks.
He snapped at a seagull.
He snapped at a seal.
He snapped at a fish.
Oh, what a meal!**



Crispy Oven-Fried Fish Fillets

- 1 lb. white fish fillets (such as cod, tilapia, halibut, perch, etc.)
- ½ cup milk
- ½ cup flour
- 1 cup finely crushed seasoned croutons or canned dry bread crumbs

Preheat oven to 450° F. Spray a baking sheet with vegetable cooking spray. Cut fish into nugget or fish stick shape. Dip fish pieces into flour; then dip in milk. Coat with crushed croutons. Place fish on baking sheet. Spray fish with vegetable cooking spray. Season with salt and pepper. Bake for 10 minutes or until fish flakes when tested with a fork. Serve with tartar sauce.

Yield: 7 servings. Credit as: 1½ oz. meat alternate.

Tuna Melt Wrap

- 8 small flour tortillas
- 2 (6.4 oz) pouches or cans tuna, drained
- ½ cup finely diced celery
- 2 Tbsp. sweet pickle relish
- ½ cup light mayonnaise
- 1 tsp. lemon juice
- 1 cup cheddar cheese, finely shredded

Combine tuna, celery, pickle relish, light mayonnaise, and lemon juice. On HALF of each tortilla, spread 1/8 of the tuna mix and top with 2 Tbsp. of shredded cheese. Place each prepared tortilla, tuna side up, in microwave on high for 30-40 seconds until cheese begins to bubble. Remove from microwave and roll up the tortilla, starting on the tuna side. Repeat process with the remaining 7 tortillas.

Yield: 8 servings. Credit as: 1½ oz. meat alternate and a grains/bread serving.

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