

Heartland HORIZONS



A Bimonthly Newsletter for Child Care Providers Participating in the Heartland Child Nutrition CACFP Food Program

July/August 2011

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New Family Size and Income Guidelines

Below are the new income-qualifying guidelines effective July 1, 2011 through June 30, 2012. Child care providers with income at or below these levels are eligible for the higher reimbursement rates (Tier I) and may claim their own children. Some providers that were not income eligible previously, may now be eligible with these new income figures. If you think you may now income qualify, please call our office for an application.

If you currently qualify by household income to receive Tier I rates - and your eligibility expires June 30, 2011 - you have been mailed an income application that allows you to re-apply. Your signed and completed application (along with required verification materials) must reach us, and be approved, no later than July 31st if you wish to re-apply for Tier 1 rates on your July 2011 claim.

Income Eligibility Guidelines (Effective from July 1, 2011 to June 30, 2012)

	Annual	Monthly	Twice-Monthly	Bi-Weekly	Weekly
1	\$20,147	\$1,679	\$840	\$775	\$388
2	27,214	2,268	1,134	1,047	524
3	34,281	2,857	1,429	1,319	660
4	41,348	3,446	1,723	1,591	796
5	48,415	4,035	2,018	1,863	932
6	55,482	4,624	2,312	2,134	1,067
7	62,549	5,213	2,607	2,406	1,203
8	69,616	5,802	2,901	2,678	1,339
Each Add'l Member Add	+\$7,067	+589	+295	+272	+136

Annual Increase in Reimbursement Rates

July 1 of each year is the date when the Federal government provides its annual cost of living adjustments to the CACFP reimbursement rates. **As of the date this newsletter went to print, USDA has not yet informed participants of what the new rates will be.** As soon as they are announced, Heartland will post the new rates on our website and inform you via e-mail. Keep in mind that these new meal rates will be in effect for July meals for which you will be reimbursed in August.

Be Aware Of Child Enrollment Expiration Dates

Reminder: If a provider claims a child whose annual Child Enrollment has expired, we are required to deduct that child from reimbursement when processing their claim.

Child Enrollment forms always expire on the last day of the month in which it was approved one year ago. Example: Joey Smith's Child Enrollment Form was signed August 10, 2010. It will expire August 31, 2011.

See page 2 to learn how claiming online can help you remember when enrollments need to be renewed.

Heartland Child Nutrition operates the Child and Adult Care Food Program (CACFP) in accordance with USDA policy and is an equal opportunity employer. Heartland Horizons is published bimonthly by Heartland Child Nutrition.

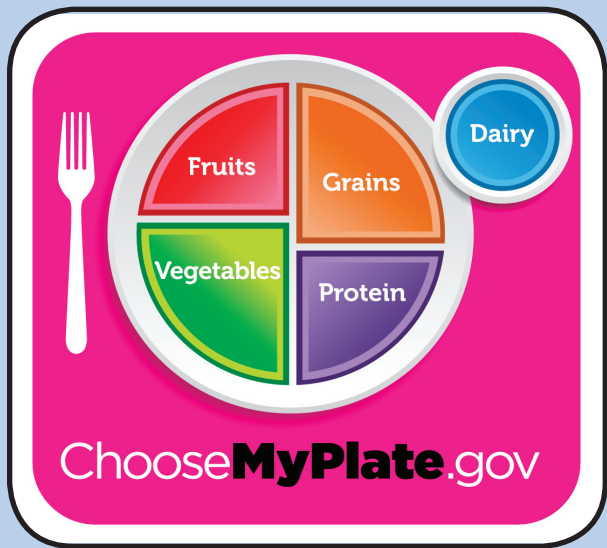
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USDA Issues New Nutrition Symbol



On June 2, USDA rolled out MyPlate, the new nutrition symbol replacing MyPyramid as a guideline for healthy eating for Americans. MyPlate features a table place-setting with sections to represent the recommended proportions of fruits, vegetables, grains, dairy and protein in a nutritionally well-rounded meal. Consumers will be seeing MyPlate on many food products and nutrition references.

In addition to the new symbol, USDA issued seven healthy messages that build on the MyPlate concept and the Dietary Guidelines for Americans.

Balancing calories:

- *Enjoy your food, but eat less*
- *Avoid oversized portions*

Foods to increase:

- *Make half of your plate fruits and vegetables*
- *Make at least half your grains whole grains*
- *Switch to fat free or low-fat (1%) milk*

Foods to reduce:

- *Compare sodium in foods like soup, bread and frozen meals and choose the foods with lower amounts of sodium*
- *Drink water instead of sugary drinks*

Learn more at USDA's website:

www.choosemyplate.gov

Dear Heartland Child Care Providers,

Devastation from all of the flooding around the state has affected everyone in one way or another. Some of you have been hit especially hard. The Department of Public Instruction has issued a waiver for a number of CACFP requirements related to flooding issues. You have enough to worry about during your flood recovery and we don't want to add any additional stress.

If you have had to relocate, have taken in additional children, have not been able to renew your license, or any other flood related issue, please call me for help with how to best resolve the problem. My number is 701-250-0140 or 1-800-366-6793 for outside the Bismarck/Mandan area.

*Shirleen Piela
Executive Director*



A Reason to Claim Online Minute Menu Helps Providers Avoid Deductions

One of the many advantages to claiming online is the Minute Menu computer program automatically reminds providers 3 months in advance of when a child's enrollment will expire. This gives the provider plenty of time to obtain the necessary updates and avoid deductions due to an enrollment expiration.



Back-To-Daycare

If you have children returning to your care after a period of time, remember to check if their food program child enrollment needs updating or renewed before claiming their meals and snacks.

Carrots: A Pizza Topping

Several child care providers have shared a trick they use to get kids to eat more vegetables. They include shredded carrots as one of the toppings on their homemade pizzas. Because the carrots look like shredded cheese, the kids don't question whether they would like it or not - they just accept it as part of the pizza. We suggest recording the shredded carrots in conjunction with the pizza sauce as a total of one vegetable serving, "tom. sauce/carrots."



In the CACFP, 1/8 cup (2 Tbsp.) of vegetable or fruit is the minimum amount that may be considered a serving at a lunch/supper. A second separate fruit or vegetable should complete the total 1/2-3/4 cup requirement based on the child's age.

Crispy Parmesan Bread

2/3 cup crushed Rice Chex cereal
3 Tbsp. Parmesan cheese
2 Tbsp. melted margarine or butter
1 can refrigerated biscuits

Preheat oven to 400°F. Combine the cereal and cheese. Melt margarine in bowl. Separate biscuits and cut each biscuit in half. Dip biscuit halves in margarine, then coat with crumb mixture. Place biscuits in a 9-inch pie plate. Bake for 10-12 minutes.

Yield: 10 servings for 1-5 year olds; 5 for 6-12 year olds. Credit as: grains/bread.

Easy Oven Fish

1 lb. white fish fillets (such as haddock, cod, tilapia)
1/3 cup milk
1/4 cup flour
2 cups croutons, finely crushed (any flavor/variety)

Preheat oven to 450°F. Spray baking sheet with vegetable cooking spray. Dip fish into milk. Coat with flour. Then dip in milk again. Coat with crushed croutons. Place fish on baking sheet. Spray fish with vegetable cooking spray. Bake for 10 minutes or until fish is done. Serve with tartar sauce.

Yield: 9 (1.5 oz) servings. Credit as: meat alternate.

Nutrition Mini-Quiz

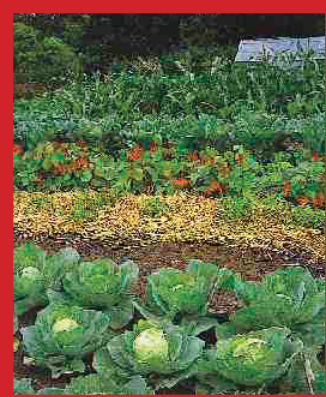
True False A whole fruit is more nutritious than just it's juice.
True False Iron deficiency may be a nutritional concern in young children.
True False Beef is a good source of iron, protein and zinc.
True False Brown rice is a whole grain, white rice is not.
True False There are over 20 nutrients in whole grains that are missing or reduced in refined grains.

All answers are true.

Attention, Gardeners

Need a little gardening advice? Check out NDSU's online information at: www.ag.ndsu/pubs/vegetable.html

If you involve children in some gardening adventures, you may receive 1 hour of education credit by completing Heartland's Learn-At-Home course called **KinderGardens**. Call or e-mail the Heartland Office if you want to take this free course.



Welcome to Heartland Child Nutrition

Thank you for serving nutritious meals and snacks to children in your care!

Ashley: Marlys Arlien
Beulah: Amber Anderson
Nicole Martens
Bismarck: Chantel Benesh
Casselton: Lisa Boeder
Devils Lake: Kristine Nahinurk
Amanda Rath
Jamestown: Judy Sundeen
Lincoln: LaShaun
Ongstad-Ellingson
Mandan: Sherrie Kuntz
Minot: Catherine Mize
New Salem: Cristi Berger
Valley City: Sheila Meyer
Velva: Melissa Schreiner

Food For Thought

Did you ever stop to taste a carrot? Not just eat it, but taste it? You can't taste the beauty and energy of the earth in a Twinkie. ~Astrid Alauda

The colors of a fresh garden salad are so extraordinary, no painter's pallet can duplicate nature's artistry. ~Dr. SunWolf

It's difficult to think anything but pleasant thoughts while eating a homegrown tomato. ~Lewis Grizzard

My life expectancy would grow by leaps and bounds if green vegetables smelled as good as bacon. ~Doug Larson



Providers Ask - Heartland Answers



Q: I cared for children on July 4th, but normally I would be closed on holidays. Can I claim those children that were here on that holiday?

If you indicated you would be closed on July 4th on your 2010-11 annual application, then we cannot pay you for July 4th. The exception would be if you gave us prior notice and amended your application.

Keep the above in mind for any holiday you claim, including the upcoming Labor Day.

Q: My neighbor said I would be better off not being reimbursed through the CACFP because I would pay less taxes. Is this true?

You are ALWAYS better off financially to participate on the Food Program, according to CPAs Tom Copeland and Debbie Carlson.

You will report all your food and other business expenses for tax purposes the same regardless of if you do or don't participate. The only difference is the income. Would you rather have \$2,000 and pay taxes on it or have a handful of nothing? Yes, there is a bit of extra paperwork that must be completed to be on the Food Program, but you're going to want to have accurate records for the IRS of who you served which meals to anyway.

In addition, parents often prefer to choose a provider that participates on the Food Program. You have the opportunity to receive annual training, health information, children's activities and other services that help make your daycare business exceptional.

"Cooking" in the Sandbox

Children readily create roads, rivers, and animal habitats in sand. Given a few old cooking tools, have the children spend some time creating pretend food with sand posing as recipe ingredients. Encourage them to measure make-believe flour, rice, or whatever their imaginations can cook up. They can stir, sift, season, and serve their sandbox food creations.

Sand Birthday Cake

1. Moisten sand prior to use.
2. Fill a sand bucket or empty whipped topping container with sand. Compact the sand by pressing with a small shovel or old serving spoon.
3. Turn the bucket upside down on a level surface. Gently remove the bucket to reveal your sand cake.
4. Decorate with shaving foam to make the frosting. May also add flowers, leaves, or other natural items for cake decorations.
5. Use twigs as birthday candles. Sing "Happy Birthday" and pretend to blow out the candles.

