

Heartland Child Nutrition

HORIZONS

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

January/February 2018

Coming Up...

At February through May home visits, your HCN Regional Representative will be delivering a **new Provider Handbook** to replace the one that is currently in your 3-ring binder. The contents has been updated to include the New CACFP Meal Pattern.

Also being delivered during February through May visits is a **new Learn-At-Home course, "Building a Breakfast."** The course contains a review of many of the new meal pattern topics. Completion will earn one hour of training credit approved by ND Growing Futures. Heartland Child Nutrition's goal is to offer a new one-credit-hour course (optional to complete) at each provider visit. HCN providers can print other Learn-At-Home courses from our website: www.heartlandnutrition.org. Under the *Current Provider* tab, choose *Education Opportunities*. Password is "children."



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The HCN office is open 7:30 AM to 4:30 PM Monday through Thursday; 8:00 AM to Noon on Fridays. Phone messages may be left after hours and we will respond the following business day.

USDA is an equal opportunity provider.

Your 2017 Tax Report is Enclosed with this Newsletter

As a courtesy to our providers, your CACFP 2017 Income Statement, to use when filing your taxes, is enclosed with this newsletter. Taxable income is based on what is paid to you, not what is earned, in a given year. Therefore, the reimbursement you receive for your December 2017 claim is factored into your 2018 tax records.

All Heartland providers, claiming online or on paper, may print their tax statement by logging into KidKare and selecting "Tax Report."




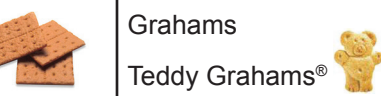




Tom Copeland, an attorney and CPA from Minneapolis, offers valuable business guidance to family child care providers. His tax advice is priceless! If not already following his website and blog, check out www.tomcopelandblog.com.

This newsletter issue is only two pages, rather than the typical four, to allow for the postal weight of the tax report.

Cracker Serving Sizes

Crackers are a snack staple in most childcare homes. Take care to not heavily rely on crackers in your menus. Snack variety is important! Below are CACFP Meal Pattern minimum serving sizes of typical crackers. The serving size for most crackers is 10 grams (0.4 oz.) for ages 1-5 years; 20 grams (0.8 oz.) for 6-12 years.

	Cracker Type	Age 1-5	Age 6-12
	Animal <small>Amount will vary depending on size & density of the cracker.</small>	6 - 9	12 - 18
	Cheez-Its®	10	19
	Goldfish	19	38
	Grahams Teddy Grahams®	4 small rectangles 13	8 small rectangles 25
	Ritz® Saltines Townhouse®	4	7
	Wheat Thins	6	11

SNOW DAY

School-aged kids love a “snow day.” The preschool age group will enjoy having their own version of a snow day at your childcare with food and activities swirling around the theme of snow.

- ✧ Build excitement for your special day by asking your children to think of foods that are the same color as snow. Build those foods into your menu for your *Snow Day*. It may be the one day that aiming for a colorful assortment of foods could be put aside.
- ✧ Your *Snow Day* theme opens the door to introducing snow-white cauliflower at lunch or snack. Cauliflower is rich in vitamin A and phytonutrients.
- ✧ **(A below)** Make Snowflake Tortilla snacks by folding a small flour tortilla in half, fold in half again, and then cut segments from the tortilla like you would if making a paper snowflake. (If the tortilla needs to be more pliable before cutting, place a tortilla between two damp paper towels and microwave for 15-20 seconds.) Lightly brush the top of the cut and unfolded snowflake with melted butter or spray with a cooking spray. Bake on a non-stick cookie sheet (best if parchment lined) for 4-5 minutes at 425°F. Then flip and bake another 3-5 minutes. As soon as the tortillas come out of the oven, place on wax paper dust with powdered sugar to coat. Let cool completely, then dust again right before serving.
- ✧ **(B)** Have you read the popular snow-filled book “The Mitten” to the children in your care? In the book, a variety of animals attempt to fit into a mitten to stay warm. A fun activity using the theme of the book is to draw mittens of various sizes on paper. Have the children determine how many animal crackers could fit inside the mitten outlines.
- ✧ **(C)** Vanilla yogurt could be served in clear plastic cups on which a happy snowman’s face has been drawn with permanent markers.
- ✧ **(D)** Similarly, string cheese can become a *Snow Day* food. Perhaps your school-aged children can decorate the cheese wrappers for everyone.
- ✧ **(E)** Fruit snowmen are made with banana slices, blueberries or raisins and pretzel sticks. Cookie sprinkles are used for the faces.
- ✧ Online searches will yield a blizzard of ideas for snow-themed art projects and physical activities to add to your fun day.



How is your childcare adjusting to low sugar cereals?

For some providers, the new requirement for cereals to contain not more than 6 grams or less of sugar per ounce has meant breakfast menu changes. Below are several comments from providers who have made the transition to lower sugar cereals the past three months.

The Berry version of Kix goes over well at my house. It looks like a cereal I used to serve and the kids have not mentioned noticing a difference.

Chocolate Mini-Wheats have become in demand at my daycare. I would have never thought Shredded Wheat would be popular at my house!

I usually offer a choice of WGR toast and/or cereal. Since using the lower sugar cereals, the children are choosing toast more often.

In a study conducted in Vermont’s early education centers, both low sugar and high sugar cereals were placed on breakfast tables. The study’s findings are interesting.

- When children were served low sugar cereals, they were more likely to agree to have fruits (like bananas) added to their cereal. They were also more likely to eat fruit or drink juice on the side.
- When low sugar cereals were served, children ate the recommended serving size. In contrast, when high-sugar cereals were served, children ate twice the recommended serving size.
- If table sugar is provided, children will add it to the low sugar cereals; but they do not add nearly as much sugar as the industry does to high sugar cereals.

Source: Rudd Center for Food Policy & Obesity

