

tasty times

important updates for success and more resources from the child care healthy food program



Dear Child Care Provider,

Happy 10 Year Anniversary to the Healthy Food Program at Illinois Action for Children! To celebrate our program established in October 2005, we want to dedicate this issue to the four providers who have been with us from the start.

John R. Gadiant RD/LDN, Supervisor)

10 Years!

2005 was quite an eventful year. Hurricane Katrina caused shocking devastation in New Orleans. Pope John Paul II passed away. An African nation



elected its first female head of state, Ellen Johnson-Sirleaf of Liberia. And the Chicago White Sox brought the World Series home to Chicago. In unreported, but no less important news, 2005 saw the beginning of the Healthy Food Program at Illinois Action for Children. The program was much smaller then, but still had the same values and goals as it does today: to help home child care providers serve nutritious meals to the children in their care.

Since its beginning 10 years ago, the Healthy Food Program has undergone some changes, not just in staff but in the providers it serves as well. Yet some

things have stayed the same, namely four providers who have been with the program from the beginning. Vera Davis, JoAnne Guilford, Damaris Miranda, and Carne Jones, all joined the Healthy Food Program in December 2005. They have been with the program continuously since, each submitting 115 monthly menus filled with nutritious meals.

To celebrate this achievement we asked these amazing providers to answer the following three questions:

- **What is the most important thing you've learned through your participation in the Healthy Food Program?**
- **What has been the best thing about participating in the program?**
- **What advice would you give to providers who are new to the program?**

Their insight was priceless.

September claims are due in our office by **October 5th!**
Warning! Late claims WILL result in late payment!

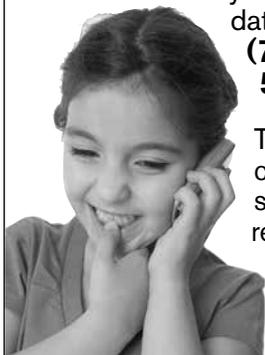
Important Healthy Food Program Numbers

Out-of-home voice mail phone number: **(773) 564-8862**

If you are closed, going to be out of your home during a scheduled meal service or the children are not present—state regulations require you to inform us.

Payment release dates call: **(773) 564-8860**

To speak to a customer service representative call: **(773) 564-8861**

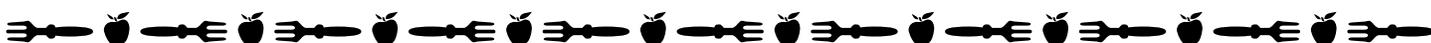


Vera Davis
as told to Nutrition Advocate, Luz Lopez

Ms. Davis said she has learned how to serve nutritious meals during her time in the program. She spoke about the benefits of the reimbursement which allows her to serve better meals to the children. She also spoke of the opportunity to attend classes that expanded her knowledge of nutrition and healthy habits. Ms. Davis stressed that anyone joining the Healthy Food Program should take advantage of the educational opportunities available to them. She also suggested they keep in constant communication with the program, especially if they have questions.

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**Welcome
New Providers:**

Masuma Hussain
Evette Kimble
Talana M. McPherson
Nancy Padilla
Lena Walker
Vivienne Wallace



JoAnne Guilford
*as told to Nutrition Advocate,
Armella Doyle*

JoAnne Guilford said the Healthy Food Program made her more aware of not forcing food on the children. Since learning this healthy food tip, she noticed the children are happier and much more willing to try new things. She spoke about the joy of meeting different children in her care and forming bonds with them. Like Ms. Davis, she also said the reimbursement has allowed her to purchase better quality food for the children. Ms. Guilford's advice for providers new to the program is to listen to their Nutrition Advocate; they help providers get the most benefit from the program. She also stressed the importance of listening to the children because they are the reason for the work we do.

**Has your phone
number changed?**

In order to maintain eligibility for the food program we must have a working phone number in our records for you. Let us know immediately if your phone number has changed.

Changing Meal Times:

Providers are not allowed to change or add mealtimes unless first approved by the Healthy Food Program. If your children's schedule changes and you want to change, add or drop a mealtime, please call us immediately for approval. Otherwise, it may affect your reimbursement.



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*This institution is an equal
opportunity provider*



Damaris Miranda
*as told to Nutrition Advocate,
James Callan*

Damaris Miranda feels since joining the program, she has been able to provide healthy and balanced meals that contribute to the growth and wellness of the children in her care. She believes that by setting a meal schedule and offering the appropriate amounts of food, she is helping prevent childhood obesity. Ms. Miranda also praised the Minute Menu computer software available to Healthy Food Program providers. She feels the Healthy Food Program has helped her run a smooth and successful business, and urges new providers to never hesitate to ask questions because everyone is capable of teaching and being taught new things.



Carne Jones
*as told to Nutrition Advocate,
James Callan*

Carne Jones said the program has helped her make sure the children in her care receive a balanced meal or snack. She explained how she makes sure all of the food groups are represented in her meals for the children. The program has also resulted in her planning menus with the various meal components in mind, knowing her choices affect how nutritious the meals are, as well as her reimbursement. Ms. Jones stressed that anyone joining the program should think about a schedule to make sure everything is in order, from planning meals with all the necessary components, to finding time each day to document the foods served so that records are up to date.

