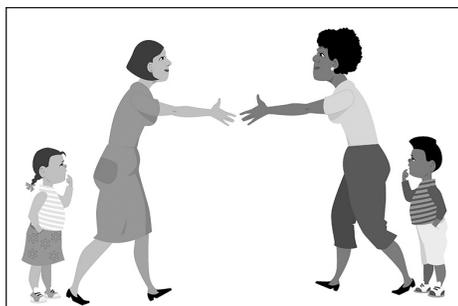


tasty times

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



Dear Child Care Provider,

You work very hard to ensure that the children you care for receive nutritious meals. Your participation in the Healthy Food Program demonstrates your commitment to the children's overall well-being and health. The children you care for often eat most of their meals with you, so they learn about the best food choices from you! This issue of *Tasty Times* will discuss how to communicate with parents about food and nutrition so that children receive nutritious meals and continue to make healthy food choices all day, every day.

—Lacey Pezley, Dietetic Intern
(for John R. Gadiant, RD/LDN,
Supervisor)

Healthy Food Program Number

For the Out of Home voicemail, payment information or to speak to a customer service representative:

Call:
**(773)
564-8861**



How to Communicate with Parents

Consider the Overall Goal

A healthy and complete diet helps children grow and learn. A balanced diet of fruits, vegetables, grains, protein, and dairy for the children now also helps promote health for them in the future. Providing quality and nourishing meals in your child care home is up to you. However, parental support is also needed so that children receive a healthy and complete diet when they are not in your care.

Communication with Parents

Parents may not be aware of the day-to-day activities that take place in your child care home; a great way to start the conversation is by telling them about your nutrition standards. This will help parents trust you as a knowledgeable child care provider, and you will also promote healthy expectations and habits. The following ideas will help you communicate well with your families:



- **Set expectations at the beginning.** When a new child joins your care, talk with their parents about the types of food you plan to serve. If you prefer that families not bring their own food from home, you can let them know.



- **Remember the overall goal.** If you want to discuss food and nutrition with parents, remember the overall goal: healthy and complete foods all day, every day. When you show genuine care for the child's health, you can avoid upsetting the parent.
- **Don't single out the parents.** Talk about your nutrition and food goals as part of your care for ALL of the children. Make sure parents know you have healthy expectations/goals for all of the children in your care.
- **Be respectful and patient.** Remember they are the parents, and ultimately make the decisions for their children. Be patient with parents just like you are patient with their children. Making changes can be difficult; model the behavior you wish to see.

Benefits of a Consistent Diet

Children learn what, when, and how much to eat by their experiences with food and observing the eating behaviors of those around them. It is important that children have consistency in their diet so that healthy food

Continued

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On-Line Claiming Is Changing for the Better—KidKare is Coming Soon!

For providers who claim menus online, KidKare.com is the replacement for WebKids and Minute Menu Kids which will simplify managing and claiming your meals!

KidKare.com is a responsive website that looks great on any size screen and there is no software to install. KidKare.com is free like WebKids and can be used on multiple browsers—Internet Explorer, Chrome, Firefox, Safari. It is also functional on a number of platforms—PC, Mac/Apple products, Android or iOS. All of your provider data will be stored real time on Minute Menu's secure servers just like before.

The Healthy Food Program will slowly transition from the old Web Kids system to claims on KidKare.com in the coming months. Your Nutrition Advocate will train you on the new system and set a date with you to start KidKare.com. If you wish to learn more about KidKare.com before that time, check out their website at www.KidKare.com. WebKids and Minute Menu Kids will eventually be discontinued. Online claiming is the easiest choice for keeping records on the food program; the Healthy Food Program encourages all providers to claim online using KidKare.com.

'Iron Fortified Infant' Cereals

Providers must write IFI (iron fortified infant) before all cereals served to infants (e.g., "IFI oatmeal"). Menus with just oatmeal listed for infant cereal, but missing "IFI" will NOT be reimbursed.

'School Days Off'

Tell us when the children are out of school. It is important to either state on your CIF (Claim Information Form) or enter into the computer "school days off" in your calendar. You will not get reimbursed for children in your care for "out of school days" if you don't provide that information.

How to Communicate with Parents *Continued*

habits are formed and learned. It is very easy and tempting to consume foods high in sugar and fat, and although no foods should be entirely restricted, children need to be taught moderation from the very beginning.

If a child is not expected to eat well-balanced meals at home,

they are less likely to accept the nutritious food you serve in your child care program. They may even decline certain foods completely, which can be frustrating for you as their child care provider. If you and the parents have similar expectations for the children's nutrition, they will have the best chance for making healthy food choices now and in the future.

Resources to Provide to Parents

- Talk to parents about your involvement in the **Healthy Food Program**. Tell them you serve their children healthy and nutritious food that meets the requirement of the federally-funded program.
- Share handouts that you receive from your **Nutrition Advocate**.
- Share the **Tasty Times Newsletter** that you get each month.
- Host a fun and informative **meeting** with all of the parents. The beginning of a new year might be a good time to get all parents together. You can talk about your goals and activities for the children.



Recipes

Tofu Nuggets

DIRECTIONS

1. Press and drain tofu.
2. Preheat oven to 350 degrees.
3. Cover a baking sheet with foil or parchment paper (not wax paper because it can burn in the oven).
4. Lightly grease foil or parchment paper.
5. Whisk together milk, mustard, and spices until smooth in a wide bowl.
6. Place rolled oats in a separate bowl.
7. Cut tofu into nugget sized pieces.
8. Coat each piece of tofu with milk mixture.
9. Coat tofu with rolled oats.
10. Lay tofu pieces on prepared baking sheet.
11. Bake for 25 minutes, turning pieces over halfway through baking.
12. Serve with favorite dipping sauce.

INGREDIENTS

- 1 block firm or extra-firm tofu
- 1/2 cup milk
- 2 tablespoons mustard
- 1 teaspoon onion powder
- 1 teaspoon garlic powder
- 1 teaspoon dried parsley (optional)
- 1/2 teaspoon salt
- 1/2 teaspoon black pepper
- 1/2 cup rolled oats

- Provide **recipes** used in your child care home that the children enjoyed. Suggest using these recipes at home as well.
- Display **visuals and resources** in your home. This will not only promote healthy choices for the children, but for parents too.
- Post a weekly or monthly **meal plan** that you will be serving the children.



Welcome New Providers

Evita Coleman
 Sandra Fuentes Sandoval
 Destini C. Gholson
 Rosetta Haynes
 Bridgette Jackson
 Leticia Lara
 Anita Reed
 Claudia Rodriguez
 Julieta Toro
 Louise L. Williams

May claims are due in our office by **June 6th!**
Warning! Late claims WILL result in late payment!



Illinois Action for Children,
 4753 N. Broadway, Suite 1200,
 Chicago, IL 60640
 main: 312-823-1100
 direct: 773-564-8861
 fax: 773-564-8721
 web: www.actforchildren.org

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