

tasty times

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



Dear Child Care Provider,

When we think of building strong bones, the first thing that often comes to mind is the importance of drinking milk in order to get enough calcium. However, the body needs calcium for many other functions. It can be tempting to replace plain milk with sweeter drinks like chocolate milk and fruit juice, especially during the holiday season, but serving plain milk is a requirement under the new program rules and must be offered with every meal. We hope this issue of *Tasty Times* will remind you of the importance of getting enough calcium for both you and the children in your care!

—Nicolette Applebaum, UIC Dietetic Intern

Kids Need Calcium!

Calcium is the most important nutrient to help build strong bones. The formation of strong bones occurs from early childhood into early adulthood. Calcium also helps children form strong adult teeth, which are bones too. This helps prevent cavities and tooth decay. Calcium is also needed for strong muscles and quick reflexes.

Where to find calcium



Calcium can be found in high amounts in dairy products like milk, yogurt, and cheese. Plain



milk is the healthiest source of dairy because it does not have any added sugar, salt, or fat. Calcium is also naturally found in smaller amounts in some vegetables, including okra, broccoli, and leafy vegetables like spinach and collard greens. But the type of calcium in vegetables is not absorbed by the body as well as calcium from dairy, and it is for this reason milk is recommended as the main source of calcium for kids.

Calcium can also be found in fortified products. “Fortified” means that calcium has been added to a food that normally does not have calcium. Common fortified foods are cereals and juices. All WIC-approved cereals are good sources of calcium, and also meet the new low-sugar requirements. Fortified juices, like orange or apple juice, can be a good source of calcium. However, juice is high in sugar. Remember that under the new program requirements, juice can only be served once per day. Look for the words “calcium fortified” on the label to be sure it is a good source of calcium.

Milk: the best source of calcium

Depending on a child’s age, one cup of milk can provide 30% to 40% of the daily need for calcium. When serving milk to the children keep portion sizes in mind to ensure they get enough calcium at each meal and snack you serve. Plain milk is the only reimbursable option for children age 5 and under. Although chocolate milk contains the same nutrients as plain milk and can



be given to children age 6 and older, it is not recommended because of the added sugar. Eating too much sugar can cause health problems even in young children, so chocolate milk should be avoided.

A note about milk substitutes

Not everyone is able to, or wants to, drink cow’s milk. Milk substitutes can be given to children without a doctor’s note. However, milk substitutes must be nutritionally equivalent to cow’s milk, and must be “original” flavor. Currently, the only milk substitutes that meet this requirement are 8th Continent Soy Milk (original flavor) and Silk Soy Milk (original flavor). Almond milk, rice milk, and coconut milk cannot be reimbursed and should not be given, because they do not have enough protein to be considered equal to cow’s milk.

Continued

Welcome New Providers

Jean McSmith
Yvette Walker
Jacquiece Williams

Remember, **November** claims are due **December 5th!**

Warning! Late claims WILL result in late payment!

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Kids Need Calcium! *(continued)*

Foods with Calcium

Fruit/Vegetable

- Okra
- Broccoli
- Soybeans
- Leafy green vegetables (collard greens, spinach, kale, mustard greens)
- Orange juice (only if fortified—look at the label!)

Meat/Meat Alternate

- Yogurt
- Cheese (string or brick)
- Sardines

Grains/Bread

- WIC-approved breakfast cereals (fortified)

Healthy Food Program Number

For the Out of Home voice-mail, payment information or to speak to a customer service representative, call:

(773) 564-8861



Alert! Master Menu Format No Longer in Use

Effective December 1st 2017, the Healthy Food Program will no longer honor the “Master Menu” format. The new meal pattern, instituted by the USDA on October 1st, has rendered many of the “Master Menu” meals as not creditable. Because of this, the Healthy Food Program will discontinue its use. Providers are still welcome to use old “Master Menu” for meal ideas to serve the children in their care, but they should take care to double check that the meals they use fit the new meal pattern. Any meals that do not fit in the new meal pattern will be deducted.

Fluid milk requirements (don’t forget portion sizes!)

AGE	PORTION	TYPE OF MILK
Age 1	½ cup	Whole milk (plain, unflavored)
Ages 2-5	½ cup for age 2 ¾ cup for age 3-5	1% (low-fat) milk (plain, unflavored) or Skim (non-fat) milk (plain, unflavored)
Ages 6+	1 cup	1% (low-fat) milk (plain, unflavored) or Skim (non-fat) milk (plain, unflavored) or Skim (non-fat) milk (flavored)

Holiday Reporting

On the holidays listed below, we will assume that you are closed and not providing child care. **If you are providing child care on any of these holidays you MUST indicate that you are open.** If you use paper forms, use the **Claim Information Form(CIF)** to indicate that you will be open on a holiday. If you use **KidKare** to enter menus, under the Misc tab use the Manage Provider Calendar option to indicate that you care for children on a holiday.

HOLIDAYS:

- New Year’s Day
- Memorial Day
- Independence Day
- Labor Day
- Thanksgiving Day
- Christmas Day

Kickin’ Collard Greens

(Adapted from All Recipes)

Serves: 8 children • Prep time: 10 minutes
Cook time: 40 minutes



INGREDIENTS

- 1 tablespoon butter or oil
- 8 ounces (1/2 pound) turkey bacon or Canadian bacon
- 1 pound fresh collard greens
- 1 onion
- 1 tsp. pepper
- 1 tsp. salt
- 2 cups chicken broth

DIRECTIONS

- Heat the butter or oil in a large pot over medium-high heat. Add the bacon, and cook until done.
- While the bacon cooks, wash the collard greens. Cut out the thick stem in the middle of each large leaf (it is too tough to eat). Chop the remaining leaves into 1-inch pieces. Peel and chop the onion into small pieces.
- When the bacon is finished cooking, chop it and place it back into the pot. Add the chopped onion, cooking until it softens and browns. Add the salt and pepper to the pot.
- Add the collard greens to the pot and sauté them until they start to wilt.
- Pour in the chicken broth. Reduce the heat to low, cover the pot, and simmer for about 40 minutes, or until greens are tender.
- To serve, strain the broth and enjoy!



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