

CONGRATULATIONS!

Providers of the Month

August 2011

STACIA WATSON (CP Office)

LISA ROCHA (SJ Office)

JODI MCLACHLAN (SLT Office)

See their featured meals in Minute Menu Magic!

Program Reminders

Child Re-Enrollment Process In October

Look for the Enrollment Renewal Worksheets and Instructions to be mailed to you on October 7, 2011. Collect parent signatures and record any updates to child's information and return to us by: **October 21, 2011**. (Faxed copies **will not** be accepted, original parent signatures only, **dated in October**) Providers, please remember to sign the top of the Enrollment Renewal Worksheets as well.

As a reminder, when enrolling **new** children from October on, you must mail us a completed Child Enrollment Form. As always, meals may be claimed from the date of the parent's or guardian's signature on the enrollment form or the first day of care, **whichever is later**.

Be sure to keep a signed copy of the enrollment form in the child's file.

Daily Entry of Meals & Attendance

Please remember that web entry is before midnight on the same day for Webbers. Scanners must have your scan forms bubbled in by midnight as well. If, on the rare occasion, you are unable to complete your scan forms or your web entries on the same day - you may only use the Daily Meal Worksheets (DMW's) to record meals and attendance. Any substitutions for the DMW's will be regarded as lack of paper work, that could result in being declared Seriously Deficient. Webbers can print DMW's from Minute Menu under reports. (It's good to have some printed ahead of time in case of computer issues.) Scanners can call us and we can provide you with some personalized DMW's for you to have on hand.



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Check us out!

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Visit our website at: www.choices4children.org

This Month's Claim Deadlines:

WebKids: Submit by Wednesday October 5th.
Scanners: Received by Wednesday October 5th.

Nutrition News



Infant Nutrition: When is an infant ready for solid food?

When is an infant ready for solid food?

An infant is ready to start solid foods between 4 and 7 months, when the infant can

- sit without assistance
- turn his head from side to side indicating fullness, and
- accept food from a spoon without using the tongue to push the food out of the mouth.

Which food should I start first?

- Begin feeding solid foods with iron-fortified infant cereal. Most infants like the taste of cereal. It is easy to digest and, most important, it provides a good source of the iron infants need during their early years.
- After cereal, start feeding vegetables, then fruits, and finally meats. Use single-ingredient baby foods such as carrots, peas, or applesauce. Avoid combination foods and fruit desserts so babies can learn to enjoy the flavors of each new food.

Combination baby foods are not creditable (reimbursable) in the Child and Adult Care Food Program (CACFP) Meal Pattern. It is hard for you to know how much of each food the infant is being offered when you serve combination baby foods such as cereal-and-fruit, chicken-and-rice dinners or fruit dessert.

Talk with parents about the new foods and textures to introduce.

Introduce one new food at a time with at least 5 days between each new food. If a food does not agree with the infant, you will know which food to avoid until later. Watch for allergic reactions such as swelling, rash, or breathing difficulties.

Offer new foods several times.

If an infant does not like a new food, don't try to get the infant to eat it. Offer the food again at a later time. Infants, like children, often need to see or try a new food 6 to 12 times before they eat it.

Introduce whole milk at one year.

It is recommended that breast milk or iron-fortified infant formula be continued until 1 year of age to prevent iron-deficiency anemia and to ensure the best possible nutrition for the older infant. After 1 year of age whole milk can be offered.

Source: National Food Service Management Institute

Policy Updates

Fat-free and Low-fat (1%) Milk in Child Care

The 2010 DGA recommends that persons over two years of age consume fat-free (skim) or low-fat (1 %) fluid milk. Therefore, **effective immediately**, fluid milk served in the CACFP to participants two years of age and older must be:

- *Fat-free or low-fat milk
- *Fat-free or low-fat lactose reduced milk
- *Fat-free or low-fat lactose free milk
- *Fat-free or low-fat buttermilk
- *Fat-free or low-fat acidified milk

As recommended by the American Academy of Pediatrics and supported by the California Department of Education, providers should serve whole milk to children from one year of age until their second birthday.

Source: <http://www.cde.ca.gov>

PLEASE NOTE: Effective October 1, 2011, Flavored Milk is no longer reimbursable.

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