



## Program Updates

April/May 2014

### National Provider Appreciation Day May 10, 2014

Take a moment—reflect and celebrate  
the very important work you do!!

*Your love and concern lead the way  
in the network of care that makes up the  
village it takes to raise a child.*

Thank you for all you do in providing  
quality care for children.



#### HOLIDAY CARE

If you plan on providing care Presidents Day, Memorial Day, 4th of July or Labor Day you must call the office for pre-approval 4 days prior to the holiday. If you don't get pre-approval the meals on that day will be disallowed. You also need to send to the office a copy of your sign in/out with full signature for all children claimed that day by the 5th of the next month.

We wanted to thank those who returned their re-enrollment worksheets to our office in a timely manner. We appreciate your cooperation and all your hard work in providing excellent nutrition for the children in your day care!

**THANK YOU!!**



# More Program Updates

- Take some time and look at your menus. Is there variety? Do you use a lot of crackers or cookies? How much fresh fruit do you offer? Do you serve a lot of high fat meats? Do you introduce new foods once in a while for variety?
- **Remember to send in your recipe and meal ideas!!!**
- If you are going to be closed, please remember to call the office the **DAY BEFORE!!!**
- Did you know that Hostess Fruit pies **ARE NOT CREDIBLE**—the first ingredient is sugar
- Did you know we have a web site???? Check it out: [cnputah.org](http://cnputah.org)
- Also check out our Face Book page: there are several recipe ideas already there and you could share your favorite recipe as well.

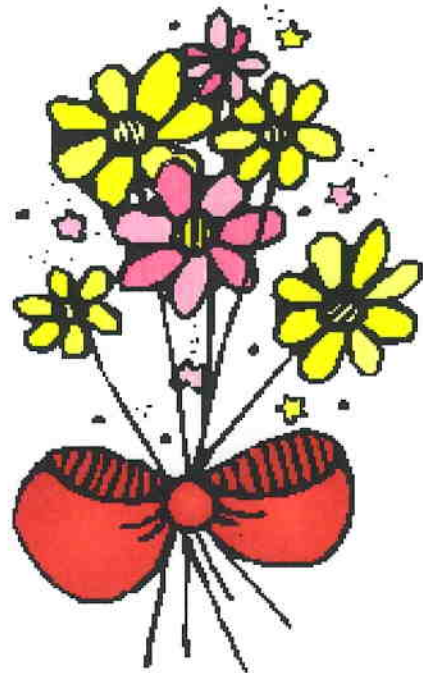
## Don't Forget:

If you haven't attended a class yet; be sure to attend one of the **LAST** scheduled class **OF THE YEAR!** Both classes held in our building (CPD) **USU campus**

Logan: Thursday, April 3  
6:30-8:30 pm

Logan: Saturday, April 12  
10 AM—Noon

**Remember to bring recipes and meal ideas to the class!!!**



Dear Aunt Bee:

I keep getting a note from the office that says I am serving too many hi fat foods and dessert items. I'm confused.

Puzzled Provider

Dear Puzzled Provider:

I know this can be confusing. But remember you can only serve hi-fat foods and dessert items 2 times per week. There are lots of other items you can choose to serve for those meals. If you have questions, feel free to call the office.

I've included a page from the "Crediting Food in CACFP" from the Utah State Office of Education that has great information about popular crackers and cookies and the number of crackers and cookies that equal one serving.



Aunt Bee



anatomy of a  
**Child Care Provider**

## Popular Crackers

Some popular crackers have been evaluated to determine the number of crackers that equal one serving for 1-5 year olds and 6-12 years olds.

*For practical purposes, the serving size is rounded to the nearest whole piece.*

NAME OF CRACKER	# OF CRACKERS	
	1-5 yr olds	6-12 yr olds
Animal Crackers	5	10
Cheez-It®/Cheese Nips®	8	14
Chicken in a Biscuit®	5	10
Club Crackers	2 squares	4 squares
Goldfish®	20 or 1/2 oz.	36 or 3/4 oz.
Graham Crackers	2 squares	4 squares
Matzo Crackers	1/2 large	1 large
Melba Toast®	3	5
Mini Ritz®	10	18
Rice, Rye or Corn Cakes (regular size, not mini)	2	3
Ritz Crackers®	4	7
Rye Krisp® (1" x 2")	5	10
Saltines	4 squares	8 squares

NAME OF CRACKER	# OF CRACKERS	
	1-5 yr olds	6-12 yr olds
Sociables®	5	10
Soup and Oyster Crackers	1/4 cup	1/3 cup
Stoned Wheat	4	8
Teddy Grahams®, plain	11	20
Townhouse® Crackers	3	6
Triscuits®	4	7
Twigs®	4	8
Vegetable Thins®	4	8
Wasa Crisp Bread®	1 large	2 large
Waverly Wafers®	3	5
Wheat Thins®	5	10
Wheatsworth® Stoned Wheat	4	8
Zwieback®	2	3

## Cookies\*

Cookies and other sweet dessert items must be limited to 2 times per week. Check the ingredient label. The product must be made from whole-grain(s), bran, germ, or enriched flour or meal to be creditable as a grains/breads component. Cookies are generally high in sugar and fat, and provide little nutritional value, therefore, are not recommended.

*Some popular cookies have been evaluated to determine the number that equal one serving. For practical purposes, the serving size is rounded to the nearest whole piece.*

	NAME OF COOKIE	# OF COOKIES	
		1-5 yr olds	6-12 yr olds
<b>NABISCO</b>	Arrowroot Biscuit	4	7
	Chips Ahoy®	3	6
	Fig Newtons®	2	4
	Ginger Snaps®	3	5
	Lorna Doone®	3	5
	Nilla Wafers®	5	9
	Social Tea®	4	7
	Teddy Grahams®	11	20

	NAME OF COOKIE	# OF COOKIES	
		1-5 yr olds	6-12 yr olds
<b>ARCHWAY</b>	Apple-Filled Oatmeal	2	3
	Chocolate Chip	2	3
	Old Fashioned Molasses	1	2
	Oatmeal	2	3
	Oatmeal Raisin	2	3

\*Cookies are creditable for snacks only.



## Acceptable and Recommended Food Items for 8-11 month old infants

NOTE: Items below must be prepared in a form that is suitable for an infant to safely consume as a finger food, reducing the chances of choking. (For example: small thin strips of bread, English muffin, pita bread, roll, soft tortilla)

### BREADS

Breads – white, rye, whole wheat, French, Italian and similar breads

Biscuits

English muffins

Pita breads (white, wheat, whole wheat)

Rolls (white, wheat, whole wheat, potato)

Soft tortillas (wheat, corn)

### CRACKER-TYPE PRODUCTS

Crackers – saltines or snack crackers, matzo crackers, animal crackers, graham crackers made without honey (honey, even in baked goods, could contain harmful spores which could cause a serious illness in infants)

Zwieback

Teething biscuits

### CEREALS

Iron-fortified infant cereal

### COOKIES

Arrowroot

### FRUIT

Applesauce

Banana, mashed, pureed

Pears

Plums

Peaches

### VEGETABLES

Carrots

Squash

Sweet potatoes

Peas

### MEAT OR MEAT ALTERNATES

Lean Meats, Poultry, or Fish, fresh, cooked, appropriate texture

Egg yolk

Cooked dried beans, peas or lentils, appropriate texture

Cheese, fresh

Cottage Cheese

### Foods That Cannot Be Credited Toward Infant Meal Pattern in CACFP

- Foods with water listed as the first ingredient
- Combination foods or dinners, commercially prepared
- Baby desserts
- Fruit juice and fruit drinks that contain less than 100% fruit juice
- Vegetable juice
- Adult cereals
- Commercially prepared cereals, in jars, with or without fruit
- Iron-fortified dry infant cereals containing fruit



When he visits the playground, he takes in his environment using all of his senses. He can count the number of birds gathered on the ground, feel the different textures of leaves, and listen to dogs barking. He learns about taking turns, about engaging in imaginative play with other children, and about making decisions, such as how high to climb. By digging in the sand and splashing in the water, he acquires fine- and gross-motor skills and refines his eye-hand coordination.

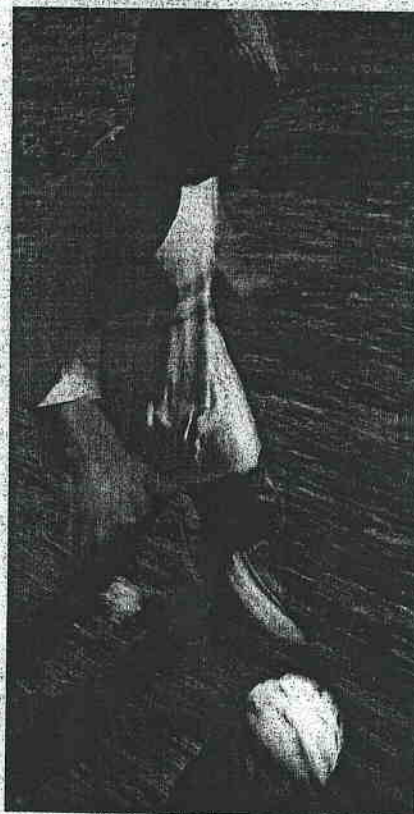
With a few basic supplies and a little creativity, you can inspire outdoor learning right in your own backyard—or at the park or beach. Much of the best and most-used outdoor play equipment is simple and inexpensive. These seven ideas will keep the fresh-air learning going all summer long:

**1. Exploring sand and water.** Few things appeal to both kids and adults the way sand and water do. Children especially love the hands-on, experimental fun! Large plastic bins are great for creating a sand-and-water area, while funnels and eggbeaters make interesting water toys. Add food coloring to tint the water, or a bit of soap to make bubbles.

Spoons, scoops, small plastic containers, strainers, and colanders make awesome sand toys. Add plastic animals or small vehicles to encourage pretend play, or wet the sand to inspire sculpting and building.

**2. Take your child's art projects outside.** If you have an easel, you can bring it into the yard for a painting session. If you don't, clip paper onto a fence with clothespins, or tape paper to your house or porch. (You would be wise to hang a sheet of plastic under the paper to avoid having your house painted!)

Bring your child's art supplies to a local park, where she can paint a variety of found objects or make a collage out of sticks, leaves, and seeds. Finger painting is a wonderful outside activity—and you don't have to worry about what fingers touch when going from the paper to the



## Running, jumping, and kicking! Outside play offers kids a unique kind of freedom.

hand-washing area. Clay and play dough are quite portable, too.

**3. Create an outdoor seating area.** Outdoor furniture provides a setting for quiet play. Set out plastic chairs and tables; add some plates, trays, and cups, and you'll have an instant tea party. This peaceful area can be a wonderful place for exploring manipulatives, found nature objects, or for doing other activities that develop fine-motor skills. For children over 4, gather seeds, nuts, stones, or other natural objects to practice counting and sorting.

**4. Set up a tent or make a playhouse.** Tents, forts, and playhouses do double duty by enhancing pretend play and protecting children from the sun. You can create a playhouse that will inspire your child's

imagination just by draping a sheet or piece of fabric across a table and chairs. Serve snacks there, and bring some books along to read. A box of dress-up clothes might spark the idea to put on a play. (Keep long dresses and high-heeled shoes inside, as children can trip while running in them.)

**5. Go on a scavenger hunt.** The whole family will enjoy this easy, no-cleanup activity in the backyard, your neighborhood, or park. The idea is to hide objects and ask everyone to check off the items on their lists when they are discovered. Or, simply ask your child to find something soft, something green, or something round.

**6. Plant a small garden.** This project builds observation and prediction skills. You can plant in the ground if you have the space. If you don't have a yard, simply plant in pots. If you live in a city, look into joining a community garden. Easy-to-grow plants include grass, beans, zinnias, and cosmos. Attract birds and butterflies by planting sunflowers, snapdragons, or impatiens.

**7. Put up a bird feeder.** Your child will love watching and caring for the birds. To make your own bird feeder, you will need string or yarn, pinecones, peanut butter, a plastic knife, a plate, and birdseed. Tie the string around the pinecone, spread peanut butter on it, and roll the pinecone on a plate of birdseed. Hang the pinecone from a tree branch. You can attract even more birds by adding a birdbath, which can be as simple as a large plant saucer filled with an inch or so of water.

Remember to protect your children and yourself from the sun when outdoors. Try to plan outdoor times for early in the morning or in the late afternoon; the sun's rays will be less intense than they are midday. Always use sunscreen, and dress children in protective clothing, including hats and sunglasses. So, pack up your gear and a few snacks and head outside!

**Elizabeth Scholl**, an early childhood educator, created the outdoor learning environment for Meadowbrook School in Hillsdale, New Jersey.