



Program Updates

Aug/Sept 2012



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



Dear Providers:

We would like to ask for your assistance. Please remember you need to send in your new child enrollment forms **promptly**. If you are claiming on-line these are due in our office by the **FIRST** day of the month. If you use the scannable forms these need to be included with your claim. If your new child enrollment forms are not in our office by the time we process your claim that child will be disallowed. We will begin processing the claims on the **6th day** of each month.

We would appreciate your help in submitting your forms in a timely manner. We appreciate all you do and realize paperwork is often overwhelming. But if you want to be reimbursed for the meals you serve your children you need to make sure their child enrollment form is in the office. Sorry, we will not be calling to remind you.

Thanks for helping us keep your records current.

Jeanie and Sonja

Important Reminders...

- If you are taking your children to the free summer lunch program, you cannot claim that meal on the Food Program
- Also, if you are going on field trips and will be away from your home, please call the office and let us know where you are going, what you will be serving, how you will keep the food cold, and how you will be washing hands. It is **best** if you call the day before!
- Remember when you are enrolling a new child you need to include their normal times in and out, not just days and times vary.
- In addition, for those claiming on-line, when you enter your in and out times, make sure they are correct (don't accept normal times if the children have school in/out times—that means the child isn't there)
- Remember to put your name on your sign in/out. (That way we know who the children belong to!)

We are required to send each provider a copy of their Administrative Rights yearly. These are included on the next page.

You are responsible to understand the information in this newsletter. If you can't because of a language barrier, call this number (435) 797-2169 or 1-800-540-2169 for translation services.

Usted es responsable de entender la información que se encuentra en esta carta. Si esto no es posible por una barrera lingüística, llame a este numero para solicitar servicio de traducción (435) 797-2169 or 1-800-540-2169.

This Institution is an equal opportunity provider.

ADMINISTRATIVE REVIEW (APPEAL) FOR FDCH PROVIDERS

The Administrative Review (appeal) procedures the Utah State Office of Education (USOE) must follow are in the regulations at 7 CFR Part 226.6(1)(5). These instructions say what the USOE must do and when to give FDCH providers due process in the event termination of program participation for cause and disqualification or suspension are proposed.

In this description of the process, where “we”, “us”, or “our” is used, it means the USOE; where “you” or “your” is used, it means the provider.


We must offer an Administrative Review (appeal) of any decision concerning a notice of proposed termination for cause or suspension of a provider’s agreement and notice of proposed disqualification of a provider.

Following are the steps and timing of the appeal process for us, for the sponsor (Child Care Nutrition Program) and for you.



1. Child Care Nutrition Program will tell you in writing of the action proposed to be taken and why. The notice will be sent by certified mail, return receipt requested and will include the procedures you must follow to request an Administrative Review of the action.
2. If you wish to appeal Child Care Nutrition Program’s action, you must request a review within 15 days of the day you receive the notice of the action. (The days are counted from the date on the US Postal Service receipt or five days from the date of the letter). If you want a personal hearing before the review official you must tell Child Care Nutrition Program when you request the review. Send your request to Child Care Nutrition Program.
3. Child Care Nutrition Program must acknowledge receipt of your request for review within 10 days and send a copy to the appeal officer and the USOE.
4. The appeal will include a hearing only if you specifically request it.
5. You may be represented by a lawyer or another person.
6. Any information on which the proposed action was based will be made available to you by Child Care Nutrition Program for inspection anytime after you request an Administrative Review.
7. Within 30 days of the notice of action, you and Child Care Nutrition Program must submit to the review official any information you want reviewed regarding the action. Documents submitted should be accompanied by a clearly written explanation of how they support /contest the action.
8. The review official must notify you, Child Care Nutrition Program and USOE at least 10 days in advance of the place and time of the hearing, if you have requested one.
9. If you or your representative misses the hearing, the review official may find in favor of Child Care Nutrition Program or may re-schedule the hearing at his/her option. The USOE may attend the hearing but are not required to.
10. The review official will be independent and impartial and must not have been involved in the action that is being reviewed and will not have any personal or financial interest in the outcome of the review.
11. The review official must make a decision based only on the information provided by Child Care Nutrition Program and you and according to federal and state laws, regulations, policies and procedures for the program.
12. Within 60 days of your receipt of the notice of action, the review official will make a decision regarding Child Care Nutrition Program’s action. The review official’s decision will be sent to the USOE and they will immediately forward it to you and Child Care Nutrition Program.
13. The review official’s decision is the final administrative review we are obligated to offer you.

Demand for corrective action, whether due to findings of serious deficiency related to viability, capability or accountability, or to other compliance issues cannot be appealed nor can termination nor disqualification and placement on the disqualified list.

August 2012

Sun	Mon	Tue	Wed	Thu	Fri	Sat
5 Spread out a beach towel—move around it, over it, beside it, on it, then under it.		7 A day to stretch your body in all different shapes and directions. Try to hold each stretch until you count to 5	1 Plan an afternoon of physical activity. Let everyone decide one thing that they would like to do with the rest of the family.	2 Practice bouncing a ball. Can you bounce it really high? Can you bounce really low? Can you bounce it so it travels behind you?	3 How far can you kick a ball? Kick it hard, chase it, run back and kick it again.	4 Practice your hopping skills. Take off an land on the same foot. How many times can you hop in a row? Can you hop with both feet?
12 Use your fine motor skills today—clean some vegetables and enjoy a treat.	13 Play Kick Golf—pick a target, take turns kicking until you hit the target and then pick a new goal.	14 Put a water hose on a plastic tarp—have fun slipping, sliding and jumping in the puddles.	8 Make up a yoga pose for your favorite animals. Do each pose as you relax and breathe.	9 Play hide and seek with a friend or family member.	10 Sweep the sidewalk or driveway for your family. Work hard and use those muscles.	11 Using paper plates try to see how far you can make them fly. What is the best way to toss it to make it go far?
19 Another day for your fine motor skills—cut up chunks of fruit and put them onto a wooden skewer—then eat!	20 Pretend to be a butterfly that is flying around your yard from flower to flower. Dart, dip, swoop, and soar.	21 Make up a new game with your family. Give it a name and have fun playing it together.	15 Play catch. Follow the ball with your eyes and then move your hands, arms and body to meet the ball.	16 Using stuff from around the house created a tunnel—have fun moving through it in different ways.	17 Write some letters on the driveway with a wet sponge—then jump or leap over each letter.	18 Take 2 minutes before going to bed tonight to stretch and relax as a family.
26 Make up a movement pattern—try jump, jump, wiggle, jump, jump, wiggle. Your turn!	27 Find a hill to run up and roll down. Go up in a different way and come down in a different way.	28 Go for a hike and pick up trash then toss the trash into a basket.	22 Work on throwing a ball hard and far. Each time try to throw it a little bit further.	23 Pretend to move like different foods—melt like a popsicle, pop like popcorn, scramble like eggs, and slither like spaghetti.	24 Work on your under-hand tossing skills. Find some small objects to toss into a box. Keep backing up.	25 How many different ways can you move your body? How about shiver, tumble, waddle, bounce, float... what else?
			29 Work on your striking skills by hitting a pitched ball. Keep your eye on the ball.	30 Make up a Movement Story and then act it out!	31 Go back and find your favorite activity and do it again.	

September 2012

Sun	Mon	Tue	Wed	Thu	Fri	Sat
 <p>2 Shake your body! Take turns leading a fun dance move to your favorite music.</p>	<p>3 Spread wash cloths around the room and jump from one to another.</p>	<p>4 Staple two paper plates together to make a flying saucer. Go outside, throw it, run to it, and throw it again.</p>	<p>5 Pretend to be robots and walk through your house keeping your body stiff and straight.</p>	<p>6 Make a set of shape cards—pick a shape, find something that is that shape and run as fast as you can to touch it.</p>	<p>7 Find a starting spot outside/inside and choose different places to go. Count how many steps it take so get to each spot. Which is the farthest? Which is the closest?</p>	<p>8 Make paper airplanes and practice throwing them—and follow through toward the target.</p>
<p>9 Clean up! Spread out a bunch of small items in a room. Crab walk to each item, put the item on your tummy, crab walk the item to a new spot.</p>	<p>10 Yell out a body part and see who can touch that part to the floor the fastest without falling down.</p>	<p>11 Practice walking with style today—walk happy, walk scared, walk angry, walk, shy. Think of your own ways.</p>	<p>12 I spy something red! Take turns saying “I spy something _____! And then together run to that object.</p>	<p>13 Use the shape cards from the 6th—put a number on each shape and spread the cards out on the floor. Move to a shape, read the number and jump over it that many times.</p>	<p>14 Practice rolling with your body—keep your body straight and then form a ball with your body.</p>	<p>15 Walk around the house times—first fast, second backwards, third like your favorite animal.</p>
<p>16 Make 2 sets of ABC cards. Spread a few letters out on the floor. Collect the same letters from the other pile. Hold up a letter and identify a way to move... gallop to get the P or crawl to get the S.</p>	<p>17 Using your bodies—form the letters of your name. Can you do this laying on the ground? How about standing up? Now work on each letter. Use the ABC cards as a visual model.</p>	<p>18 Using your ABC cards spread out a few letters like on the 16th. This time use rolled up socks to work on underhand tossing to the correct letters.</p>	<p>19 Stretch out on the floor... Curl, bounce, freeze, twist, stretch and bend your entire body.</p>	<p>20 Go for a walk and look for things that begin with different letters of the alphabet.</p>	<p>21 Using your entire body, make up a handshake with each person in your family—try to really add a lot of movement.</p>	<p>22 Using two towels on the floor, work on jumping from one to the other. Bend your knees when you take off; bend them as you land.</p>
<p>23 Again using the ABC cards, make a trail throughout the house or outside. Jump or hop or leap to each letter as you say its name.</p>	<p>24 Sit facing each other and roll a ball back and forth.</p>	<p>25 Point to something outside, say the objects name, move to it as fast as you can. When you get there rest an then find something else.</p>	<p>26 What am I? Take turns moving like something as the other person copies and guesses what you are.</p>	<p>27 Help with yard work. Pull weeds, pick up rocks or sweep the driveway.</p> 	<p>28 Do three with me! Wiggle, reach, touch the floor. Touch your nose, lay on the floor, jump really high. You make some up.</p>	<p>29 Collect 10 stuffed animals—put them in a line, one side of the room. How fast can you move one at a time to the other side of the room?</p>
<p>30 Keep your mom and dad company by running in place while they fix dinner</p>						

Child care centers are in a unique position to support and facilitate healthful eating for young children.

—Sara Benjamin, PhD, MPH



One-Year-Olds

A study of mothers and their 1-year-olds found that when mothers made encouraging, positive remarks children were twice as likely to accept bites compared to when no comments were made. Boys were more easily play-distracted than were girls.

Mealtime should be seen as an opportunity to develop long term feeding skills and encourage a healthy appetite.

Flavor Passage

Many food flavors find their way to a baby via the amniotic fluid during pregnancy and later through breast milk.

This early exposure to flavors is thought to be one way in which babies learn to recognize and accept foods of their culture. In fact, research has found that flavors consumed by pregnant women are more readily accepted by their infants. Vegetables eaten by breastfeeding women are often the ones preferred by their infants at weaning.

Toddlers

Eating problems are a fairly common occurrence in toddlers. In a recent survey, 20% of parents considered their toddler's eating to be problematic.

Eating only a few kinds of foods and preferring beverages to foods were typical behaviors among the toddlers.

Table Manners

Depending on developmental levels, preschoolers can learn to be mindful of manners when sharing a meal with others. Here are some basics:

- Sitting up straight in chair
- Waiting for others to be seated before starting to eat
- Napkin on lap
- Speaking pleasantly
- Saying *Please pass the...*
- Saying *Thank you* or *No, thank you*
- Chewing with mouth closed
- Not talking when mouth is full of food
- Passing food to the right
- Not bumping neighbors
- Placing used silverware on one's plate
- Thanking the cook

Brushing Teeth

It is good to remind children when they are brushing their teeth not to swallow toothpaste.

Studies have shown that children sometimes swallow as much as 70% of the toothpaste on their brush. Fluoride and various other ingredients in toothpaste, while beneficial for the purpose of brushing, are best not ingested.

The American Academy of Pediatric Dentistry suggests a "pea" sized amount of toothpaste be used on children's brushes. And kids should rinse their mouth with water after brushing.

Careful with Soup

Hot soup is a leading cause of scald burn injuries in young children. Prepackaged instant soup heated in the microwave is implicated in the majority of cases, according to a recent report.

Soup scald burns have been found to be more prevalent in families with multiple children and in families of lower income. Special care must always be taken when children are in the presence of hot liquids.

Color & Appetite

Just about everyone is sensitive to the color of food. And appetite increases or decreases in response to color, according to color theorist, Faber Birren.

His research found that red, yellow, orange, peach, brown, buff, and green are colors that most appeal to the appetite. Least appealing is *blue*. Food served on blue plates, for example, may result in less than optimal appetites.

As for smells, among the most preferred are rose, coffee, wintergreen, chocolate, orange, and vanilla.

Emotionally Upset

It is recommended that children eat under peaceful and pleasant conditions. Trying to eat in the midst of or right after an emotional upset or excessive crying is not good for digestion, and can pose a risk of choking.

Children who for whatever reason become upset during mealtime should be calmed down and their needs addressed before they resume eating.

Eating habits developed in the preschool years can last a lifetime.

Notes for Caregivers



Health is life in balance.

■ Play Barriers

A focus on academics, safety concerns, and financial issues were found to be the 3 main barriers to children's physical activity in child care settings, according to a recent report.

Stricter licensing codes for the purpose of reducing potential injuries on playgrounds often result in playgrounds that are less challenging and interesting. Many providers have reported feeling pressured by parents and/or by state mandates to put academic learning ahead of gross motor play.

But "societal priorities for young children—safety and school readiness—may be hindering children's physical development," say the researchers.

Pediatrics, Feb 2012

■ Weight/Size Awareness

A recent study tested 44 preschoolers on tasks to assess their awareness of their own size and weight as well as that of some external objects.

It turned out that the children often misjudged size and weight. But overall they showed a better understanding of their own body size and weight than that of other objects.

The authors conclude, "These results indicate that the development of body awareness skills is far from complete for 3- and 4-year-olds."

Percept Mot Skills, Feb 2012

■ Caffeine & Baby's Sleep

Drinking coffee and/or other caffeine-containing beverages during pregnancy and nursing does not seem to affect a baby's nighttime sleep, says a new study.

The study looked at 885 mother-infant pairs. About 20% of the moms were heavy (>300 mg) caffeine consumers.

Pediatrics, May 2012

■ Food Ingredient Fraud

Olive oil, milk, orange juice, coffee, apple juice, honey, saffron, and vanilla were among foods most often given to ingredient fraud or money-motivated adulteration, according to a new report.

The report is based on a 30-year soon-to-be-published database covering publicly reported cases of food ingredient fraud issues from 1980 to 2010. Over this time there were 1305 reported cases.

Astonishingly, these cases included: substitution of Greek olive oil for Italian olive oil, substitution of synthetic vanillin for natural vanilla, substitution of cow's milk for sheep or goat's milk, substitution of common wheat for durum wheat, overtreating frozen fish with extra water to increase its weight, addition of melamine to milk to artificially increase apparent protein content, catfish labeled as grouper, red dyes to enhance the color of poor-quality paprika, spices diluted with lead-based compounds, addition of sugar to mask the taste of poor-quality juice.

For more information, see the US Pharmacopoeial Convention's *Food Chemicals Codex*, 8th edition, or the full article (citation below).

Journal of Food Science, vol 77 (12), 2012

Food insecurity is a significant problem in the US. About 15% of households are food insecure.



The more active children are, the more fluid they need.

■ WIC Stats

A survey of more than 39,000 children aged 2 to 4 years enrolled in the WIC* program in Oklahoma found that 31% were overweight. Fourteen percent were obese. Obesity rates were found to be highest among Native American and Hispanic children.

*Special Supplemental Nutrition Program for Women, Infants, and Children

Clin Pediatr, Apr 2012

■ Nonnutritive Sweeteners

There are 7 nonnutritive sweeteners currently allowed by law for use in the US. These are *acesulfame K*, *aspartame*, *sucralose*, *saccharin*, *stevia*, *fruit extract*, and *luo han guo*.

J Acad Nutr & Diet, May 2012

■ Pre-cut Produce

Packaged, pre-cut fruits and vegetables are a convenience in food service. But pre-cut produce deteriorates faster than does whole, intact produce.

Discoloration, browning at the cut surfaces, drying out, and decreased nutritional value can occur. What's more, once plant tissues are cut, they are more conducive to microbial growth.

Main microbial pathogens associated with (raw) pre-cut produce are *E. coli* O157:H7, *Listeria*, and *Salmonella*.

Be sure to properly wash and prepare pre-cut produce.

Crit Rev Food Sci Nutr, Jul 2012



■ Milk over a Lifetime

Childhood milk intake was associated with some positive effects on physical ability in old age, in a British study.

Researchers followed up on 405 people ages 63 to 86 who had originally took part in a diet survey in the 1930s! They found that childhood milk intake was associated in old age with 5% faster walking times and better balance.

Said the scientists, "This is the first study to show a positive association of childhood milk intake with physical performance in old age."

Age Aging, Apr 2012

■ Heart Disease Risk Factors

US adolescents have substantial risk factors for heart disease, especially adolescents who are overweight or obese, according to a national study.

The study looked at 12- to 19-year-olds from 1999 through 2008. Overall, prevalence of prehypertension/hypertension was 14%, borderline high/high LDL cholesterol was 22%, and prediabetes/diabetes was 15%.

Prediabetes/diabetes prevalence increased from 9% to 23% from 1999 to 2008.

Pediatrics, May 2012

■ Fat-burners

A number of plant foods containing *polyphenols* have been found in laboratory studies to possess anti-obesity properties. Among these foods are green tea, black pepper, oranges, grapefruit, yerba maté, and blueberries.

Journal of Medicinal Foods, May 2012
Plant Foods for Human Nutrition, April 2012

This is general information for the public. It is not medical advice. For medical advice, a doctor should be consulted. To find a registered dietitian in your area, please call 800-366-1655.

■ Phytochemicals

Plant foods are known to contain an abundance of health-supporting phytochemicals (*phyto* means plant).

Fruits, vegetables, nuts, seeds, grains, legumes, herbs, and spices contain various phytochemicals that have been put to use since time immemorial for prevention and treatment of many kinds of ailments.

Today, a number of these natural plant-derived substances are the focus of extensive research in relation to their potential role in inhibiting, retarding, or reversing the development of cancer.

Front Biosci, Jan 2012

■ Broccolini

In a recent laboratory study, researchers found that *flavonoid* compounds in broccolini® leaf had antitumor effects on 4 different human cancer cell lines tested.

Broccolini® is a hybrid vegetable—a cross between broccoli and gai lan (Chinese kale). It was first developed in 1993 in Japan and is now widely available in US supermarkets.

Scanning, Feb 2012

■ Color Pigments

Harvard researchers report that *anthocyanins*—the purplish red pigments found in blueberries, blackberries, strawberries, cranberries and various other fruits—appear to have a protective effect against Parkinson's disease.

In a large, long-term study, men who had the most anthocyanins in their diets were 40% less likely to get Parkinson's disease. However, the same effect was not seen in women.

Neurology, Apr 2012

■ Treasure from the Sea

Functional foods are those which contain certain bioactive compounds that may be useful for prevention and treatment of diseases. Understandably, there is much research interest in functional foods.

One such food is brown seaweed. Brown seaweed (wakame, hijiki, makombu and others) has a carotenoid compound called *fucoxanthin*. And this compound appears to have significant anti-obesity properties. What's more, it may have anti-photoaging, anti-cancer, and anti-diabetic properties.

Mar Drugs, Mar 2012

■ Herbs & Spices

Spices were some of the most highly valued items of trade in ancient and medieval times.

And for centuries, traditional folk medicine practitioners have used plant remedies for healing. But only in recent years have spices and herbs been extensively scientifically researched and appreciated for their health-supporting qualities.

Spices and herbs are rich in antioxidants. Many possess anti-inflammatory, anti-hypercholesterolemic, and anti-diabetic properties—not to mention their aroma, flavor, and taste.

Curr Cardiol Rev, Nov 2010

■ Neuroprotective Effects

"Nature has gifted mankind with a plethora of flora-bearing fruits, vegetables, herbs, and nuts. The diverse array of bioactive nutrients present in these natural products plays a pivotal role in prevention and cure of various neurodegenerative diseases," say medical researchers working to understand diseases of the central nervous system.

Neurochemical Research, May 2012

Herbs and Spices



CULINARY HERBS

include:

basil	cilantro
oregano	mint
marjoram	fennel
dill	tarragon
chervil	bay laurel
lavender	chives
parsley	sage
rosemary	thyme

Basil

Famous for flavoring pasta, pesto, and pizza, but complements well many foods. Add at the end of cooking. Available in several cultivars including purple basil. Basil has been cultivated for more than 5000 years.

Oregano

Used to flavor tomato sauce, bean dishes, quiche, omelets, pizza, vegetables, beef, poultry, bread, butter. Oregano is a perennial and easy to grow in the garden.

Sweet Marjoram

Marjoram is related to oregano, and is a member of the mint family. Leaves and flowers can be used fresh or dried in a wide array of foods including beef, lamb, veal, fish, poultry, vegetables, eggs, butter, oils, and pasta. According to legend, marjoram got its name when Venus, the goddess of love, touched it.

Rosemary

Traditionally used in marinades for beef; served with red potatoes. Also used in Italian herbal blends. Rosemary is known as the herb of remembrance.

Dill

Both leaves and seeds of dill are used in cooking. Add dill to butter, oil, vinegar, or to flavor meat, poultry, cheese, eggs, vegetables, soups, salads, and popcorn. Dill can be used to make green dye.

● *Herbs and spices are the richest dietary source of antioxidants presently known.**

● *Herbs and spices can play roles as anti-inflammatory agents in our diet, potentially improving insulin sensitivity and counteracting dyslipidemia and weight gain.***

● *Research has found many bioactive compounds having anti-bacterial, anti-cancer, anti-spasmodic, antioxidant, anti-inflammatory, anti-tumor, and anti-obesity properties in various herbs and spices.***

* In: Benzie, I, Wachtel-Galor S, *Herbal Medicine: Biomolecular and Clinical Aspects*, 2nd ed. 2011.

**This is not medical advice. Please consult your doctor.

IN THE GARDEN:

- ◆ Herbs can be *annuals* (started from seed each year), *biennials* (2-year life span), or *perennials* (coming up on their own each year).
- ◆ The best time to harvest herbs is just before the plant starts to flower.
- ◆ A dusting of cinnamon on soil can protect seedlings from microbial wilt.

IN THE CLASSROOM:

- ◆ Make a wreath of herbs and spices
- ◆ Make natural dyes with herbs & spices
- ◆ Make playdough with herbs & spices
- ◆ Make herb butter to enjoy with toast
- ◆ Sensory table (fresh basil, marjoram, and mint are *wonderful* for smelling)
- ◆ Grow herbs in pots on a windowsill
- ◆ Cook with herbs and spices

CULINARY SPICES

include:

allspice	cinnamon
clove	ginger
nutmeg	black pepper
cardamon	chili pepper
turmeric	garlic
anise	caraway
fennel (seed)	fenugreek
cumin	coriander
saffron	vanilla

Black Pepper

According to new research, *piperine*, a component of black pepper, appears to have anti-obesity effects. Other studies have shown that black pepper extracts have anti-cancer properties. Black pepper is famously married to salt.

Turmeric

Golden-orange turmeric is root-derived. It is an ingredient in traditional Indian curry mixtures. Turmeric can be used in cooking to color macaroni, scrambled eggs, baked goods, sauces, and soups. *Curcumin*, a bioactive anti-cancer compound in turmeric root, has been given to extensive research.

Cinnamon

Native to Asia. It has long been used in Indian cooking and curries. Also a component in pumpkin pie spice. Cinnamon was used medicinally long before use as a kitchen spice. Contains substances called *catechins* which are generating much research interest.

Cloves

A lively flavor in pumpkin pie spice mixtures. For centuries, clove oil was used as a natural tooth pain reliever. In England in the 1600s, cloves were said to be worth their weight in gold.