



# PROVIDERS FOOD PROGRAM JUNE 2011



## TRAINING HOURS

Providers are required to complete 6 hours of training a year, two hours each of record-keeping, nutrition and food safety as part of the requirements of the food program. During the last week of May, letters were sent out informing providers how many training hours they have completed to date.

- Record keeping was given at a home reviews between October 2010 and January 2011.
- Food safety training "Keeping Kids Safe" between March through June.
- The last training Recommended Modifications to the Meal Pattern started in May and will continue to be passed out through August at home reviews.

You always have 30 days to complete your training and mail it into the office. By Sept. 30<sup>th</sup> all training must be completed. If you prefer not to wait till your home review and would like to complete your trainings please go to our web site [www.providerresources.org](http://www.providerresources.org) under members. Log in to access the training.

Login: providers  
Password: letmein

## SIPPY CUPS

Are you aware that sippy cups need to be washed after every meal or snack? Some providers like to store the unfinished drink in the refrigerator but it is an unsafe practice. Children's saliva can backwash into the cup causing bacteria to grow within a short period of time. You might have also experienced ooey-gooney gunk that can get stuck inside the small valves, straws and other parts. This can be dangerous, since bacteria and mold love spaces like this and thrive in milky or sugary environments.

### Great ideas for cleaning the cups & lids:

- Boil all parts for 5 minutes
- Use a dental brush
- Use a Q-tip
- Use the wire pipe cleaner ( works great for small areas )
- When in doubt - Throw it away

**Our 800 number is no longer available. To reach the main office please call 781-939-9292**

## VACATIONS

Thank you to the providers that have notified us when you will be taking vacations. If you have not called us yet, please do. It is required and helps our monitor plan their visits to prevent unnecessary trips to a provider's home to find no one there.

## INFANT MENUS

If you are currently caring for 2 infants in the same age category (birth-3 months, 4-7 months, or 8-11 months) their food needs to be listed separately. Their attendance can go on one bubble menu, however, food for one infant needs to be recorded on a separate piece of paper. The office has separate menus that you can use.

Infant menus can be confusing. Infants are not required any food until they turn 8 months old. Prior to 8 months it is up to the parent when they feel their child is developmentally ready. When feeding infants, never record food unless the baby is eating on a consistent basis every day. Once a child turns 8 months they must be served all the requirements for their meal unless we have a doctor's note stating otherwise.

Before claiming an infant once they are on food, make sure your infant enrollment is filled out correctly. If the parent wishes to supply their own breast milk or formula that is ok however you need to supply at least one component of their food once they are eating cereal, fruit, vegetables or meat in order to claim them. The parent needs to check off "I prefer to have the provider supply infant cereal and infant foods" under part 3 on the enrollment form in order to be reimbursed for that infant.

## MENUS

It is part of our regulations that menus be written out ahead of time. Attendance can be completed prior to the end of the day but your food needs to be planned ahead of time. Cycle menus are a great way of planning what you are going to serve with the added benefit of not having to write the food out each day. Just send copies of your cycle menus in with your bubble menus. Even if you do your menus on-line you need to schedule your meals ahead. There is a feature that allows you to copy and paste your menus similar to a cycle menu. For directions contact the office. It is recommended by the Dept. of Ed that you post your menus each week allowing your parents to see what their child will be eating and to provider them the opportunity to plan their meals at home accordingly.