



# PROVIDERS FOOD PROGRAM MARCH 2010



We are aware that providers are facing tough times. Day care enrollments are down. You are trying to hold on hoping that you pick up another child soon. We empathize with you. Has your financial situation changed drastically that you possibly might qualify for the higher reimbursement rate? Has your spouse been laid off? Look at the chart below and see if your qualify based on your household income. Revisit this after you complete your 2009 taxes if you haven't already done so.

Income Eligibility Guidelines					
These are the income scales used by the United States Department of Agriculture to determine Tier I eligibility in the Child and Adult Care Food Program					
Effective July 1, 2009 through June 30, 2010					
# of Household Members	Annual	Monthly	Twice Per Month	Every Two Weeks	Weekly
1	20,036	1,670	835	771	386
2	26,955	2,247	1,124	1,037	519
3	33,874	2,823	1,412	1,303	652
4	40,793	3,400	1,700	1,569	785
5	47,712	3,976	1,988	1,836	918
6	54,631	4,553	2,277	2,102	1,051
7	61,550	5,130	2,565	2,368	1,184
8	68,469	5,706	2,853	2,634	1,317
For Each Additional person, ADD	+6,919	+577	+289	+267	+134

If you do not qualify, what about your day care parents? Are any of your families low income, receive food stamps or tanif? If any of these apply please call the office to have parent packets sent to you. Remember to pass them out to your entire day care and include one with your sign up packet when enrolling a new child. Remember to write your name on the form prior to handing them out.

## EEC REGULATIONS

The new regulations for EEC went into effect on January 22. It mentions that providers need to take a choking training and some licensors are telling providers that their food program will be supplying this. Choking is part of your CPR and first aid. At the present time food programs according to the Dept. of Elementary and Secondary Education are not responsible for this training.

## TWO MEALS AND SNACK

Remember you can only claim 2 meals and a snack OR 2 snacks and 1 meal per child per day. If you claim above this amount it is considered over-claiming

## Whole Grain or Not?

Does "Made with Whole Grains" mean the food is a good whole-grain source?

Not necessarily. "Made with whole grains" means that the product has some whole grain in it, but the product is not 100 percent whole grain. When looking for whole-grain choices, make sure the label says "100 percent whole grain" and the ingredient label says "whole" before the grain. Whole grains include brown rice, bulgur, oatmeal, whole-grain corn, whole oats, whole rye, whole wheat and wild rice. *Information taken from the [www.eatright.org](http://www.eatright.org) website.*

## TRAININGS

Your home reviewer will be bringing two trainings with her. They are Food Safety and Nutrition. You have 1 month to complete each training and return it to us.

Check out this web site for fun food safety activities to do with children.

[http://healthymeals.nal.usda.gov/nal\\_display/index.php?info\\_center=14&tax\\_level=2&tax\\_subject=231&topic\\_id=1196](http://healthymeals.nal.usda.gov/nal_display/index.php?info_center=14&tax_level=2&tax_subject=231&topic_id=1196)

## PASTA SALAD by Lillian Credit

- Rotini 1 lb.
- $\frac{1}{2}$  onions (red)
- $\frac{1}{2}$  yellow, red & Orange peppers
- $\frac{1}{2}$  cucumber
- 1 pc celery
- 1 cup Ham chopped fine
- 1 cup. Cheddar cheese (white/yellow)
- Green pepper/black olives (optional)
- 1 Large wishbone light Robusto Salad dressing

Chop all veggies into small pieces. You can buy the Ham and Cheese diced. Prepare while the pasta is cooking.

Rinse and cool pasta in cold water.

Mix all ingredients in large bowl and use 3.4 salad dressing when mixing. Refrigerate.

Before serving mix and if needed add remainder of salad dressing.

Creditable as a bread