

PROVIDERS FOOD PROGRAM JULY 2011

INCOME ELIGIBILITY

In the middle of June paperwork was sent to all providers that are currently Tier 1 "income qualified" to renew for this upcoming year. In addition, any provider that is a mixed home tier status was sent parent packets to pass out to their parents. This paperwork was due back by June 30th. If you did not receive your paperwork, please contact the main office. Any paperwork that was incomplete will be sent back to you for completion. This includes being specific when writing money amounts. Please write weekly, bi-weekly, or monthly after your figures. For mixed home providers, please inform your day care parents to write your name as the provider at the top of the form. This will make it easier to locate the child/children in the system.

Even though we renew everyone for July 1st, providers should continue to pass out parent packets to new children as they enroll. Providers who do not qualify at the present time can apply any time during the year if their financial situation changes.

All providers should review the chart below to see if they meet the income guidelines and might qualify for tier 1, the higher reimbursement rate. If you do not qualify, do you have children in your care that might? Please call Donna at the main office for further information.

The participant in the day care facility may qualify for free or reduced price meals if your household income falls within the limits on this chart.

Effective July 1, 2011 through June 30, 2012

# of Household Members	Annual	Monthly	Twice Per Month	Every Two Weeks	Weekly
1	20,147	1,679	840	775	388
2	27,214	2,268	1,134	1,047	524
3	34,281	2,857	1,429	1,319	660
4	41,348	3,446	1,723	1,591	796
5	48,415	4,035	2,018	1,863	932
6	55,482	4,624	2,312	2,134	1,067
7	62,549	5,213	2,607	2,406	1,203
8	69,616	5,802	2,901	2,678	1,339
For Each Additional person, ADD	+7,067	+589	+295	+272	+136

COMPUTING CURRENT INCOME

The preferred method to evaluate income is to annualize all income.

Annual Income Calculation Figure

- Annual Income
 = Weekly Income X 52
 = Bi-Weekly Income (every two weeks) X 26
 = Semi-Monthly Income (Twice a month) X 24
 = Monthly Income X 12

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CRAVE YOUR COLORS

Eat a variety of colors of fruits and vegetables daily. Fruits and vegetables not only add a variety of flavor, color, and texture to the diet, they keep the body healthy. Each color offers specific benefits to our health.

RED fruits and vegetables help maintain a healthy heart, memory function and urinary tract health, and lowers risk of some cancers.

ORANGE and **YELLOW** fruits and vegetables help maintain heart, vision and immune system health, and lowers risk of some cancers.

BLUE, PURPLE and **BLACK** fruits and vegetables provide antioxidants that help lower risk of some cancers, promote healthy aging, and improve urinary tract health, memory function and heart health.

GREEN fruits and vegetables help lower risk of some cancers, reduce risk of heart disease, maintain vision health, protect against birth defects and keep red blood cells, bones and teeth strong.

WHITE, BROWN, and **TAN** fruits and vegetables can help maintain heart health and lower cancer risk.

For more information about other health benefits of specific fruits and vegetables, see this fact sheet from Kansas State University:
<http://www.ksre.ksu.edu/library/fntr2/mf2649.pdf>.

July is National Blueberry Month. While you **crave your colors** this month, add blueberries to your snack or meals. Blueberries are rich in protein, soluble fiber, and ranked number 1 in antioxidant benefits compared to other fruits and vegetables. They are available all year round and in a variety of forms including, fresh, frozen, juice and dried.
 Source: K-State Research & Extension

IMPORTANT

Please remember that it is a regulation to notify the office if you are not going to be home during a meal or snack. You can also send an e-mail message to the office at the following e-mail addresses.

Colleen@providerresources.org (English)
Cynthia@providerresources.org (Spanish)

Internet providers can use the calendar on minute menu to schedule your vacations and days off. The office will receive this information.