



CACFP Child and Adult Care Food Program Provider's Corner - You and Your Children



Minute Menu CX.Ink

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Dear, Providers

Spring has arrived and training has started once again for this year. The flyers have been mailed, so "Let the training season begin!" This year I am hoping for 100% attendance from providers. We can do this by encouraging one another to sign up as soon as possible after you receive your flyer. This year's training session is titled "Eat Healthy, Play Smart, Back to Basics." This training will give you information on getting back to shopping and cooking with fresh food items, and brings awareness to your children and their families of the importance of eating healthier foods. In addition we will share and discuss ideas for more physical activities for you to offer and do with your children, as well as activities and information you can share with parents.

Because child nutrition is such a major concern across our nation, this year we will try a new initiative to share our training information with your families. If you are the fifth or tenth caller to register for training, we will ask you invite one of your parents to attend the training sessions with you.

I encourage you to consider this opportunity.

This year we will be asking for your feedback following the training sessions. Randy Levan, our Nutritional Education Coordinator, will contact providers during the course of the summer to collect information on how the training sessions have helped you and your parents make better choices in nutrition and health.

Thank you for your participation with our sponsorship. I look forward to continuing to work with you and the children and families you serve.

Debra Joan Ghia,

Vice President of Child and Adult Care Food Program
Lehigh Valley Children's Centers

CHILD AND ADULT CARE FOOD PROGRAM FISCAL YEAR 2009-2010—PAYMENT SCHEDULE

CLAIM MONTHS	DATE CHECK PAYMENTS MAILED	DIRECT DEPOSIT PAYMENTS IN ACCOUNTS
April 2010	May 28, 2010	June 02, 2010
	June 11, 2010	June 15, 2010
May 2010	June 25, 2010	June 29, 2010

WE CAN! (Ways o Enhance Children's Activity & Nutrition) is a new public outreach program designed to help children 8-13 years old stay at a healthy weight through improving food choices, increasing physical activity, and reducing screen time. The program is a collaboration of four institutes of the National Institutes of Health (NIH): the National Heart, Lung, and Blood Institute (NHLBI), National Institute of Diabetes and Digestive and Kidney Diseases (NIDDK), National Institute of Child Health and Human Development (NICHD), and National Cancer Institute (NCI).

WE CAN! Is unique because it focuses on parents and families in home and community settings. Research shows that parents and families have a big impact on shaping the behavior of children. They can do much to help children maintain a healthy weight and prevent overweight.

WE CAN! Is harnessing that power through.

- Programs in local communities throughout the country.
- Partnerships with other national organizations that care about children and their health.
- A comprehensive Web site for parents (<http://wecan.nhlbi.nih.gov>)

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MINUTE MENU UPDATES/ REMINDERS:

School age children must be marked in as a split shift on attendance sheet.

Time in, time out leaving for school, time in arriving from school and time out leaving care must be marked.

When marking a school age child in for lunch be sure to check off if school is closed, or if child is home.

The program will take away the lunch meal if not marked. So will have two check marks for children.

Check your error reports. If there is a discrepancy with an error please call the office and we look into the error.

Go to claim information-claim month-details-error report.

CACFP TEAM AND NUMBERS:

Lehigh Valley Children's Center Main Number - 1.800.258.3737 or 610.820.5338 , press 5 for CACFP Department

Helen Ojeda, CACFP Office Manager, Ext. 212

Jade Peters, CACFP Monitor/Assistant, Ext. 243

Janelle Rice, CACFP Administration Assistant/Monitor, Ext. 218

Rosa Sabater, CACFP Assistant/Monitor (Bilingual), Ext. 225

Ruth Loor-Barco, CACFP Assistant/Monitor (Bilingual), Ext. 224

Renee Grant, CACFP Monitor/Assistant

Randy Levan, Nutritional Training Advisor ,610.791.4984

Debra Ghia, Vice President 610.820.5333, Ext. 216



Bring more fresh fruits and vegetables into your home. Buy frozen vegetables to reduce sodium levels when fresh vegetables are not available.

FOCUS ON STRATEGIES FOR REAL LIFE:

- Recognize that you have more control than you might think.
- Think about the immediate health benefits of encouraging healthier eating and getting more exercise.
- Make small, easy changes over time.
- Take a walk after eating, or skip the chocolate cake for desert and enjoy a bowl of fresh strawberries.
- No one will notice if you use part-skim mozzarella cheese instead of whole-milk mozzarella in your lasagna.
- Eat together in a family setting.

PROVIDER'S CORNER:

Tell us something special you would like to share with other providers. You may have a great new recipe or a warm, wonderful story to share. Lets us all share this provider corner as a stepping stone to moving forward with positive thoughts.

Why Should We Care About Weight?

These days, it seems as though everybody is talking about overweight and obesity and what to do about it. Why is it such a big deal?

Because, as a Nation, we've been getting steadily heavier. And it's not just a slightly larger waistline that might come with middle age or any age. It's weight gain that damages our health in adults and children.

According to the national data analyzed in 2002, it's estimated that 65% of Americans are now overweight or obese, and

more than 61 million adults are obese.

Children have been getting heavier as well. The percentage of children and teens who are overweight has more than doubled since the 1970's. About 16% of children and teens are overweight and growing.

In 1990. The study showed 10 states, and Pa. being one of them shows fewer than 10% of adults were obese. In 33 states, 10-14% were obese.

In 2003 in every state,

15% were now obese. 15 of those states were up to 19% obese. 31 states were up to 24% obese. Including several states ranging above 25% obesity levels.

Causing increased health risks to children and adults. Type 2 diabetes was once rare in children. Now is estimated to account for 8 to 45% of newly diagnosed cases of childhood diabetes. (WE CAN! A PARENT HANDBOOK==wecan.nhlbi.nih.gov

What Can We Do To Encourage A Healthy Weight?

It's one thing to think about the national obesity problems facing adults and children, but as parents and child care providers, what can we do about it?

The two main ways to encourage and maintain a healthy weight and prevent overweight are to make smart food choices and to be physically active.

As parents, we can make a big difference in what children think and do. Your children look up to you as role models. If you eat right and are physically active, you have a good chance of helping your children make those good choices, too.

As families, we can be more successful to adopting healthy choices and making changes. It's hard to make changes on your own. Creating family habits around smart eating and good physical activity can make it easier for everyone to maintain a healthier weight.

As providers, planning scheduled eating times that also involve physical activity means that everyone is supportive and encourage to eat healthier and be more active.

The simple act of putting a bowl of fruit on the kitchen table and making a family agreement not to have chips or other high-calorie snacks in the house can change everyone's eating habits. (WE CAN! A PARENT HANDBOOK—wecan.nhlbi.nih.gov

What Is A "Healthy Weight?"

For children and teens, overweight is defined differently than it is for adults. Because children are still growing, and boys and girls develop at different rates, BMI's for children 2-20 years old are determined by comparing their weight and height against growth charts that take their age and gender into account. For more information and check your child's or your BMI, visit www.cdc.gov/nccdphp/dnpa/bmi/bmi-for-age.htm.