



July 2018

The summer is speeding by—it didn't help to have 100° days before May was over.

We are getting closer to full implementation of the regulations 10/1/18. We are also getting more concrete information on product expectations. We will be visiting extensively on this at our next visits. Please have your file of labels and reci-

pes started so we can help you determine what items are still needed.

By now all of your granola and cereal bars should be gone, and we shouldn't be finding any sugary cereals in the childcare.

You **must** let us know if you are gone at a scheduled meal time. Meals can't be paid without this notification.

Check the following list of 5 items for a successful visit and update your notebooks as needed.

We welcome your calls, emails and pictures of products you are questioning.

Enjoy! - I am a spring/summer person, so you will find me in my flower bed!

Jody

Best Practices/Regulations

- ◆ Limit Juices to 1 time daily (whether fruit, vegetable or combination of both).
- ◆ **Select Whole Grain items. One item each day will need to be Whole Grain Rich. Mark as WG.**
- ◆ Serve only unflavored milk.
- ◆ **Do not Deep Fat Fry**
- ◆ No Grain-Based Desserts
- ◆ **Select yogurt with <23 g sugar per 6 oz.**
- ◆ Mom's can breastfeed on site and the provider receives reimbursement.
- ◆ **Choose Low sugar (<6 g) cereals. Always list cereal by name brand—not "child's choice" or "cold cereal".**
- ◆ **Breakfast may include a meat/meat alternate in place of the grain requirement up to 3 x week.**

How to Have a Successful CNS Home Visit!

1. Have current enrollment forms for all children available.
2. Have menu and attendance records available and current to the end of business day.
3. Have a file of all labels for whole grain items, low sugar cereals, low sugar yogurts and CN labels for processed meats.
4. Have recipes available for any whole grain—home made items.
5. Prepare and serve a creditable meal to all children. Document this meal exactly.

By having these items handy when CNS staff arrive, your visit is guaranteed to be pain free and we will have plenty of time to answer questions and discuss your concerns.

Claiming On-line?

- Please select food items from the list available.
- If you need an item added—contact Brooke and she will add this. Usually the food item is already listed.
- If checking WG box—you **must** have a label for that item to show it is whole grain.
- If you want to try out on-line claiming—just let us know you would like a password.

Chips and crackers—look for **enriched or whole grain** as first ingredient. If label just says "corn" it isn't creditable.

Fritos & Doritos - NO!
Cheetos & Sun Chips -Yes!

Eliminate pre-breaded meats from your daycare.

Most processed meat items are higher in sodium, fat and calories. Try making homemade chicken nuggets (mark HM) , oven bake chicken legs, bread your own fish, make casseroles or buy deli sliced meats—so many other ideas to explore!

Contact CNS

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 Child Nutrition Services, NE

 Child Nutrition Services

Congratulations



Nash Granger blessed the Frank family on 4/25/18. Nash weighed 8 # 14 oz. and was 21” long. Mom—Terra Frank is the owner of Little Learners Daycare in Falls City.

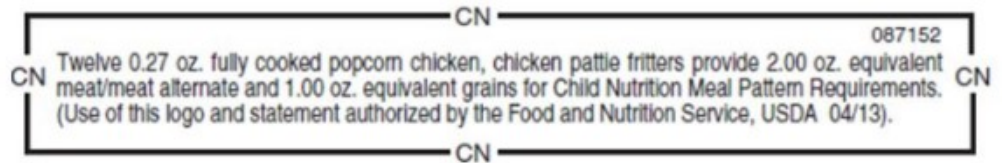
Nash joins big sister Maelynn—age 1 1/2. Congratulations!



Limit Processed Meats

Processed Meats are often a source of fat, sodium and many added meat by products. We are encouraged to limit these as much as possible. Look for home made items /recipes to avoid all the additives.

Chicken Nuggets, Fish Sticks and any other pre-breaded meat item— **must** have a CN label to be served. You **must** keep this CN label to show CNS staff or Nebraska Department of Education staff if they would select your home for a random visit. If you have a CN labeled product read the label carefully to be sure you are servicing adequate amounts.



Hot Dogs, Polish Dogs and any other similar products should be all meat—no additives or fillers. You must select the appropriate product to be creditable. **Save your label.**



Child Nutrition labels or All Beef—no by products or fillers do NOT indicate that a product is healthy. There are generally much healthier products available. It only indicates that this particular product meets minimum standards to be served. You must save labels for any of these products.

July 2018 Dates to Know:

Wednesday, July 4th—Independence Day (Holiday forms due by June 27th to claim children)

Thursday, July 5th —Claims are Due - allow extra time for mail delivery due to holiday

Wednesday, July 18th—Checks SHOULD BE* mailed

Thursday, July 19th—Bank Transfers SHOULD BE* complete based on information provided by:

The Nebraska Department of Education



Happy 4th of July!