



What's Cookin' Child Nutrition Services



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Merry Christmas from all of us at CNS!!! Hopefully you all have most of your shopping done. It gets harder for me every year as we all have what we need. We all need to be reminded of how fortunate we truly are. I'm sure you all enjoy buying for the little ones in your care and seeing their little faces light up as they open their gifts.

Oh the joys of little ones! We wish you and your families a Merry Christmas and Happy New Year! Brooke

What we need to see at home visits...

Menus and attendance need to be complete and up to date at the end of each business day.

Current enrollments need to be available for review along with all labels for yogurts, cereals, processed meats, breaded meats and whole grains served.

How to have a deduction free claim....

- * **Whole grain rich** - Serve 1 whole grain rich item daily and mark **WG**.
- * **Limit fruit/vegetable juice** to 1 time daily.
- * **Do Not serve** - grain based dessert items. (bars, cookies, wafers, cinnamon rolls, cobblers, crisps)
- * **Homemade grains**—specify the wholegrain flour used in your recipe and amount. (**have recipe available for review**)
- * **Yogurts** - must contain no more than 23 grams of sugar per 6 ounces.
- * **Cereals** - must contain no more that 6 grams of sugar per dry ounce. (**look for WIC approved cereals**)
- * **Fruits and vegetables** count as separate food groups and can now be served together as a creditable snack.
- * Breakfast **may** include a meat/meat alternate in place of the grain component up to 3 times per week.
(**breakfast must still include a fruit/veggie** along with milk when a meat/meat alt. is served)
- * **Serve only** CN Label chicken nuggets and fish sticks. Must have CN label on file. (**specify if homemade, mark HM**)
- * **Save Labels** for all wholegrains, yogurts, cereals, hotdogs/corndogs and bologna—**specify kind of meat.** (beef, chicken, pork or turkey)
- * Have an enrollment on file for **every** child/infant in attendance.
- * Serve 1 fruit and 1 vegetable or 2 vegetables at meals but **NOT** 2 fruits.
- * **Do not** deep fat fry.
- * Serve only **unflavored milk.** 1% /skim milk for children 2 years & older. Children under 2 years - **Whole milk is required.**



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Harper Jo Jeanneret who was born on June 20, 2018 was welcomed home by Kailynn (11) and Mila (3). Harper was 6 lbs. 12 oz. and 20 inches long! Lindsay owns The Learning Tree in Gretna. Lindsay and her husband Eric keep busy with their 3 children!

USDA/NDE Visits—The Department of Education and/or the USDA have the right to visit your daycare business. Always complete your food program records by the end of the business day. Make sure you are serving all meal/snack components to children in care. Milk along with all required meal components must be served to each child at that meal. Following all Food Program regulations will result in a successful visit with CNS, NDE and USDA staff. We want you all to be successful!

Non School Days—When claiming school age children on a non-school day you are required to send a note with your monthly claim. The note must include the date and reason to avoid meal deductions. **For example:** December 24th—no school, Christmas Break.

LABELS—Make sure you are saving labels for any whole grains, yogurts, cereals, pre-breaded and processed meats served to children in your care. CNS staff will continue to review these labels at your home visits. Missing labels will result in meal deductions!

INFANT MEAL PATTERN—pancakes, waffles, toast and other grains **do not meet** the guidelines for infants at Breakfast, Lunch or Supper. Try serving a meat/meat alternate in place of the IFIC to avoid deductions. (eggs, yogurt, peanut butter, cheese)



FORMULA DOCUMENTATION—Infant documentation **must be complete** on the enrollment forms even if the infant is breastfed or on a different formula than what you offer. We need to have it documented that the provider offered to supply an IFIF. Mom can breastfeed on site and the provider can receive reimbursement.

INTRODUCTION TO SOLID FOODS FORM— Make sure you have this form on file at your child care for us to view at Home Visits. Keep this form easily accessible to parents, have them update as needed. Once an infant is developmentally ready for solids these foods should be documented on the infant menu daily. Proper documentation is needed if infant is not able to tolerate a food on occasion.

December 2018 Dates to know.....

Wednesday, **December 5th**—November claims are due by noon.

Tuesday, **December 18th**—**Holiday Care Form** must be in our office in order to claim children in your care on Christmas day.

Tuesday, **December 18th**—Checks SHOULD BE* mailed.

Wednesday, **December 19th**—Bank Transfers SHOULD BE* complete based on information provided by: The Nebraska Department of Education.

Friday, **December 21st**—Winter Begins!

Monday, **December 24th**—Christmas Eve.

Tuesday, **December 25th**—**Merry Christmas!**

