



What's Cookin' Child Nutrition Services

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Happy Thanksgiving! I hope you all plan to visit with your families and daycare children about Giving Thanks! We all have so much to be thankful for.....friends, family, teachers, child care providers, a roof over our heads, food in our tummy's and so many other things in our lives! I am thankful to be working with such a wonderful team inside and outside of our new office. It has been a great transition. As many of you have heard, we have moved our office to **Beatrice**. We are located at **1818 Court Street, Suite 3**. Use the west entrance if you are dropping off claims at our office. We also have a drop box located outside our door. Our new number is **402-806-4477**. We are enjoying our new space!

How to have a deduction free claim....

Serve **1 whole grain rich item** daily and mark **WG** beside that item on your menus.

Homemade grains—specify the wholegrain flour used in your recipe and amount. **(we will view your recipe at visits)**

Do Not serve serving grain based dessert items.

Serve only **unflavored milk**.

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 approved WIC cereals)

Limit **fruit/vegetable juice** to 1 time daily.

Do not deep fat fry.



Fruits and vegetables count as separate food groups and can now be served together as a creditable snack.

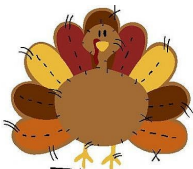
Breakfast **may** include a meat/meat alternate in place of the grain component up to 3 times per week. **(breakfast must still include a fruit/veggie** along with 1%/skim milk) Children under 2 years must be served **Whole milk**.

Serve only CN Label chicken nuggets and fish sticks. Must have CN label on file. **(specify if homemade**, mark HM on menu)

Save Labels for all wholegrains, yogurts, cereals, hotdogs/corndogs and bologna. **(specify kind of meat)**

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.



Happy Thanksgiving

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.



Child Nutrition Services
1-402-806-4477

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Finn Henry and Lilianna May
were welcomed into this crazy world on August 9th at 5:17pm by their older sisters Aubrey (16) and Ema Jo (10) and older brothers Conor (5) and Trevor (4). Finn weighed 6# 6oz and Lily weighed 6# 4oz. Their family has spent the last few weeks adjusting to their new "normal."



Tammy, who owns Little Learners Pre-School & Childcare in Nebraska City and her husband, Christopher are very busy parents!

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.

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 SOLIDS FOODS— 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.

Solid Foods

Breakfast

- 0-4 Tablespoons infant cereal meat, fish, poultry, whole egg, cooked dry beans, or cooked dry peas; **or**
- 0-2 ounces of cheese; **or**
- 0-4 ounces (volume) cottage cheese; **or** 0-4 ounces or 1/2 cup of yogurt; **or** combination of the above
- **AND**
- 0-2 Tablespoons vegetable, fruit or a combination of both

Lunch & Supper

- 0-4 Tablespoons infant cereal meat, fish, poultry, whole egg, cooked dry beans, or cooked dry peas; **or**
- 0-2 ounces of cheese; **or**
- 0-4 ounces (volume) cottage cheese; **or**
- 0-4 ounces or 1/2 cup of yogurt; **or** combination of the above;
- **AND**
- 0-2 Tablespoons vegetable, fruit or a combination of both



Annual Training 2017

November 2018 Dates to know.....

Sunday, **November 4th**—Daylight Savings, make sure to turn your clocks back an hour.

Monday, **November 5th**—Claims are due by noon.

Sunday, **November 11th**—Veterans Day.

Holiday Care Form—must be received in our office by **November 15th, 2018** in order to claim children on **Thanksgiving Day**.

Tuesday, **November 20th**—Checks SHOULD BE* mailed.

Wednesday, **November 21st**—Bank Transfers SHOULD BE* complete based on information provided by: The Nebraska Department of Education.

Thursday, **November 22nd**—Happy Thanksgiving!

