



July 2016

Getting ready for school kids!

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Now that school is out, be sure you continue to follow CA state licensing rules this summer. According to licensing regulations 102416.5 the following must be observed.

Small Family Child Care Home:

The maximum number of children cared for, including those under age 10 living at home, is:

- Four infants, or
- Six children, (of whom no more than three may be infants), or
- Up to eight children when one child is at least six years of age and one child is enrolled and attending kindergarten or elementary school and no more than two infants are in care.

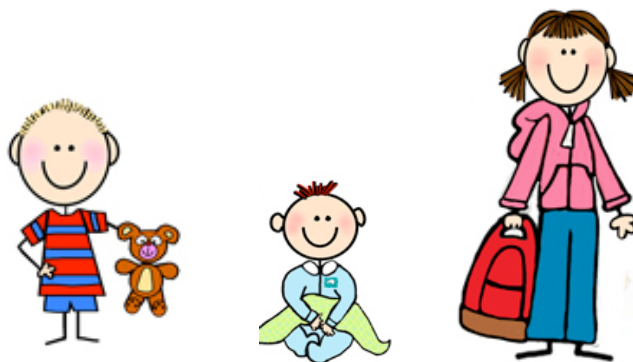
Large Family Child Care Home

The maximum number of children cared for when a provider's helper is present, including children under age 10 living at home, and or the helper's children is:

- Twelve children, (of whom no more than four may be infants), or
- Up to 14 children when one child is at least six years of age and one child is enrolled and attending kindergarten or elementary school, and no more than three infants are in care.

Note: An infant is any child under the age of 2 years (for licensing purposes).

We are required by law to report any provider that is operating outside of their capacity limits. Remember child safety is at stake.



Source: <http://tomcopelandblog.com/parent-arrives-early>

Program Reminders/ Updates

Child Nutrition Labels (CN label):

- Foods such as fish sticks, chicken nuggets, and corn dogs need to have the **CN label** on the box or bag in order to be reimbursable. If you have not yet provided one to your consultant make sure you do so. Also, if a product that had a CN label no longer has it, then it is no longer reimbursable. CN labels will be verified during home visits.

Menu Ideas – Meatless Mondays

Breakfast

Biscuits	WW Toast	Cheerios	Cream of Wheat	Bulgur pancakes
Strawberries	Baked Apples	Peaches	Blueberries	Banana slices
Milk 1 %	Milk 1 %	Milk 1 %	Milk 1 %	Milk 1 %

Lunch or Dinner

Cowboy Quinoa Beans	Ground beef	Pork roast	Cottage & Mozz Chees	Roasted Chicken
* Cowboy Quinoa *	Tortillas	Whole grain roll	Lasagna noodles	Brown rice
Broccoli	Avocado	Baked potato wedges	Zucchini & broccoli	Corn
Apple slices	Pear	Mixed vegetables	Nectarines	Melon
Milk 1 %	Milk 1 %	Milk 1 %	Milk 1 %	Milk 1 %

Snack Am or Pm

Chedd. Cheese	HM muffin	Hummus	Mixed nuts	Almond butter
WW Crackers	Blueberries	Broccoli	Oranges	Bread & Bananas

** Cowboy Quinoa **



Ingredients:

- | | |
|---|----------------------|
| ¾ cup quinoa | 1 ½ cups water |
| 1 Tbsp. cider vinegar | 2 Tbsp. olive oil |
| 1 Cup frozen corn | ¼ cup onions, sliced |
| ½ cup cherry tomatoes, halved | |
| 2 - 15 oz. cans black beans, drained & rinsed | |

Instructions:

1. Combine water and quinoa in a small pan and bring to boil. Cover and let simmer, about 12 to 15 minutes (until quinoa is tender).
2. Whisk together oil and vinegar. Pour over quinoa.
3. Add beans, corn, tomatoes and onion.
4. Stir.

Yield: 6 servings for 3-5 year olds

Meets requirement: grain/bread, and meat/meat alternate at lunch or dinner.

Source: CACFP menu planning guide, Wisconsin & Team Nutrition

Activity Corner – Fun in the sun!

Target throw: All you need is a tarp, heavy rope, scissors, a marker, and colorful tape. Once you have created it have kids see that can make the most goals/points.



Sponge ball dodge ball: Sponge balls are a fun way to keep the kids cool and active outside on a hot summer day. Fill up a bucket with water so kids can dip and “reload” the sponge balls with water.

1. Cut three sponges into equal pieces lengthwise.
2. Lay the strips on top of each other in three layers, in equally numbered layers.
3. Cinch the layers tightly across the middle with a rubberband or floss.
4. Shape into a ball by fluffing the pieces outward.

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