



Disaster Checklist for Child Care Professionals

Child care professionals are often the first line of response for children in their care and during a disaster, all little eyes will be on adults to know how to respond, including where to go, what to do, what to take, and how to reunite with their family. It's important for adults to be prepared for a variety of disasters so that children are not left vulnerable, scared and at higher risk of harm.

Disaster Plans should include:

- How to evacuate and move kids to a safe location
- How to notify parents and/or guardians and reunite them with their children
- How to assist the special and/or medical needs of all the children in your care

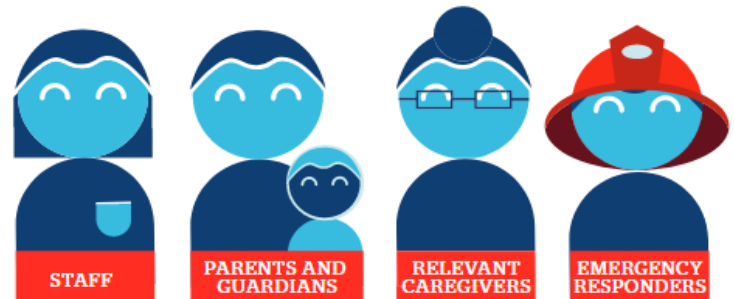
When Developing your Communication Strategy:

- Know at least two ways to contact a parent and/or guardian
- Have a contact outside of your area for each child
- Provide parents a way to contact your facility during and after a disaster

A Crisis Response Box Should Include:

- Contact info and photos of all children
- List of special needs (diet, medications)
- Emergency resource list with phone numbers
- First aid supplies and instructional manual
- Medical supplies and batteries
- Non-perishable foods and formula for infants
- Water
- Battery-powered flashlight and radio
- Toilet paper and diapers
- Blankets and comfort items

GIVE COPIES OF YOUR PLAN TO:



It is important to know how to respond to various types of emergencies because different types of emergencies will require different responses. Be sure to **practice various emergency drills** to prepare children/staff.

Source: <http://www.savethechildren.org/get-ready>

<http://www.redcross.org/get-help/how-to-prepare-for-emergencies/types-of-emergencies>

Program Reminders/ Updates

New Program Year: The 2017 – 2018 CACFP Program Year has officially begun and is well underway. The program year is October 1, 2017 - September 30, 2018.

New Meal Pattern: All Providers are expected to follow the new meal pattern requirements, effective 10/01/2017. Training and technical assistance will be given to Providers that are not compliant.

New Program Consultant: Official notice has been sent out notifying providers who their new program consultant is. Please contact your previous program consultant if you are unsure of your new assignment.

Menu Ideas – Meatless Mondays

Breakfast				
Whole wheat toast	Overnight oatmeal	Egg Omelet	Whole wheat pancakes	Pinto beans
grapefruit	diced pear	red bell pepper	blackberries	corn tortilla
Milk (1% /whole)	Milk (1% /whole)	Milk (1% /whole)	Milk (1% /whole)	Milk (1% /whole)
Lunch or Dinner				
*Tofu Stir Fry	Baked chicken	Turkey ham	Tuna patty	Ground beef
whole grain brown rice	roll	whole grain tortilla	whole wheat bun	whole grain pasta
cauliflower	brussels sprouts	cucumber	lettuce and tomato	zucchini
broccoli	watermelon	avocado slices	fresh spinach	oranges
Milk (1% /whole)	Milk (1% /whole)	Milk (1% /whole)	Milk (1% /whole)	Milk (1% /whole)
Snack Am or Pm				
greek yogurt	sweet potato baked fries	garbanzo hummus	apple slices	cheddar cheese stick
peaches	multigrain crackers	baby carrots	peanut butter & shredded coconut	whole grain pretzels

Tofu & Rice Stir Fry

Ingredients:

- 16 ounces extra firm tofu
- 2 cloves garlic, minced 2 tbsp sesame oil
- 1 small head cauliflower 2 cups cooked brown rice
- ½ broccoli head, 1 red pepper, ½ onion, ½ baby bok choy
- 2 tbs Peanut sauce, soy sauce, or preferred dressing

Instructions: 1. Cut tofu in pieces and let drain for 1.5 hours, or use paper towels to moisture before cooking.

2. Add garlic, chopped cauliflower, broccoli, red pepper, onion, and baby bok choy to a heated skillet with sesame oil. Cook veggies for 6-8 minutes, place veggies in a plate.

3. Add another tbs of sesame oil to the pan, soy sauce, peanut sauce or preferred dressing and place tofu pieces, flipping them after 3 minutes until both sides are brown.

4. Serve cooked rice on a plate and top with veggies and tofu.



Serves: four

Source: *recipe modified from www.minimalistbaker.com*

New Meal Pattern Training- Milk

Things we will look for

For infants, specify on menus if served formula, breast milk or breastfed on-site.

For children 1 year through 1 year and 11 months, specify on menus whole milk.

For children 2 years and up, specify on menus if served low-fat (1%) or fat-free (skim) milk.

Only children 6 through 12 years may be served flavored milk using fat-free (skim) milk.

*For providers with children of varying ages, please document all milk served. Ex: whole/low-fat

Visit us online: www.cbridges.org

Twitter: @puentes_sc

Facebook: [communitybridgessc](https://www.facebook.com/communitybridgessc)

The U.S. Department of Agriculture (USDA) prohibits discrimination against its customers, employees, and applicants for employment on the bases of race, color, national origin, age, disability, sex, gender identity, religion, reprisal and, where applicable, political beliefs, marital status, familial or parental status, sexual orientation, or all or part of an individual's income is derived from any public assistance program, or protected genetic information in employment or in any program or activity conducted or funded by the Department. (Not all prohibited bases will apply to all programs and/or employment activities.) If you wish to file a Civil Rights program complaint of discrimination, complete the USDA Program Discrimination Complaint Form, found online at http://www.ascr.usda.gov/complaint_filing_cust.html, or at any USDA office, or call (866) 632-9992 to request the form. You may also write a letter containing all of the information requested in the form. Send your completed complaint form or letter to us by mail at U.S. Department of Agriculture, Director, Office of Adjudication, 1400 Independence Avenue, S.W., Washington, D.C. 20250-9410, by fax (202) 690-7442 or email at program.intake@usda.gov.