

The Edible Editorial

September 2023

Growing Strong with Milk

United States Department of Agriculture; Food and Nutrition Services

At child care, milk is an important part of meals. The nutrients in milk can help your child build strong bones and muscles.

Why Does Child Care Serve Milk?

Milk provides vitamins, minerals, and protein. Low-fat (1%) and fat-free (skim) milk have the same nutrients as whole milk, but less saturated fat. Choosing healthier sources of fats, while eating fewer saturated fats, is good for heart health.

Be a Dairy Detective

Let's take a closer look at milk. Cow's milk is a good source of calcium, protein, vitamin D, and vitamin A. Take a look at the Nutrition Facts label to the right to see what you're getting in a cup of low-fat (1%) milk.

Encouraging Milk as Children Age

- Take changes slowly. After your child turns 2 years old, change from whole milk to low-fat milk by mixing whole and low-fat together. Increasing low-fat milk and reducing whole milk.

Nutrition Facts	
16 servings per container	
Serving size	8 fl oz (240 mL)
Amount per serving	
Calories	100
% Daily Value*	
Total Fat 2.5g	3%
Saturated Fat 1.5g	8%
Trans Fat 0g	
Cholesterol 10mg	3%
Sodium 105mg	5%
Total Carbohydrate 12g	4%
Dietary Fiber 0g	0%
Total Sugars 12g	
Includes 0g Added Sugars	0%
Protein 8g	
Vitamin D 3mcg	15%
Calcium 305mg	25%
Iron 0mg	0%
Potassium 366mg	8%
Vitamin A 181mcg	20%
<small>*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.</small>	

Tummy Troubles

If your child is lactose intolerant or gets stomach pains, gas, or bloating after drinking milk, try lactose-free milk. If children need to drink soymilk or a milk alternative at child care, we can help direct you with correct documentation.

At child care, "milk-like" beverages that do not contain the same amount of calcium, protein, vitamin A, and vitamin D as cow's milk cannot be served in place of cow's milk without a doctor's note.

Yogurt– Ranch Dip —USDA Recipe for Child Care

CACFP Crediting Information (12 servings):

One serving: 1/3 cup provides 1/2 oz. eq. meat alternate. Claim as yogurt on the menu.

Ingredients:

- 1 (32 oz.) tub plain Greek yogurt
- 1 lemon, juiced
- 4 Tbsp. dried chives
- 4 Tbsp. dried parsley
- 1 Tbsp. dried dill
- 2 tsp. garlic powder
- 1 tsp. salt

Directions:

1. In a medium bowl, mix all ingredients together.
2. Cover and place in the refrigerator for at least 30-45 minutes before serving, allowing the herbs and spices to infuse with the yogurt.



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New Reimbursement Rates

These reimbursement rates are in effect from July 1, 2023 through June 30, 2024. Rates payable for each meal may be adjusted by USDA each July. July claims are paid out during the month of August.

DAY CARE HOME REIMBURSEMENT RATES

Whether you will qualify for Tier I or Tier II rates will depend on a number of factors, such as the location of your child care home, your household income or the income of the families enrolled in the program. In addition, if your household income falls within USDA income guidelines, you may be eligible for reimbursement for your own children ages 12 and younger. For more information on the two-tier system, income guidelines or anything regarding reimbursement call us at 1-800-742-3663.

HOME Based Day Care		
	Tier I	Tier II
Breakfast	\$1.65	\$0.59
Lunch/Supper	\$3.12	\$1.88
Snacks	\$0.93	\$0.25

DAY CARE CENTER REIMBURSEMENT RATES

An additional \$0.2950 cents cash-in-lieu of commodities is paid for each lunch and supper served.

Mid Michigan Child Care Centers, Inc. will automatically deduct an administrative fee of 15% from the monthly meal reimbursement for centers.

CENTER Based Day Care			
	Free (A)	Reduced (B)	Paid (C)
Breakfast	\$2.28	\$1.98	\$0.38
Lunch/Supper	\$4.25	\$3.85	\$0.40
Snacks	\$1.17	\$0.58	\$0.10

September

ACTIVITY CALENDAR

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>3 Help a neighbor with a chore</p>	<p>4 CELEBRATE (foods ready)</p>	<p>5 sip milk through a straw, where does milk come from?</p>	<p>6 eat ANTS on a log: celery, raisins, peanut butter</p>	<p>7 write your name, draw a self-portrait</p>	<p>8 Call up socks, try to STUPE</p>	<p>9 take a WALK</p>
<p>10 CELEBRATE GRANDPARENTS DAY</p>	<p>11 work on a puzzle together</p>	<p>12 READ a book about LEAVES</p>	<p>13 touch your toes TEN times!</p>	<p>14 bounce a ball, draw a self-portrait</p>	<p>15 Try to find something blue in each room of your house</p>	<p>16 visit a grocery store or market, name fruits and vegetables</p>
<p>17 Visit a park swinging and sliding</p>	<p>18 tear paper scraps, glue into collage</p>	<p>19 slice, count and eat 5 banana pieces yum!</p>	<p>20 visit the LIBRARY</p>	<p>21 what (game) did you do YESTERDAY?</p>	<p>22 First day of FALL!</p>	<p>23 RUN as fast as you can!</p>
<p>24 HELP around the house</p>	<p>25 what can you make with tape and paper towel tubes?</p>	<p>26 Look in books, papers and magazines for letters in your name</p>	<p>27 put stuff in a bag, identify it by how it feels</p>	<p>28 Talk like an animal</p>	<p>29 MARCH, SKIP or HOP to music</p>	<p>30 talk about STRANGER DANGER!</p>

Small Hands Crafting

Cut the sides of a paper plates in an inward curve. Paint the pieces cut off green. Glue them to the top of the plate, sandwiching your green pieces to make leaves. Then have your kids paint their plates like an apple core. They can each choose how many seeds that they would like to paint.

Encourage them to paint different numbers.

You can then use the seeds in the apples as a visual to count 1-10 and also compare greater than, less than, and equal.



Happy Autumn!

Did you know that the USDA has strengthened nutrition standards for food and beverages served to young children and others in day care settings?

Young children and adults in child care homes and centers who participate in the Child and Adult Care Food Program (CACFP) will now receive meals with more whole grains, a greater variety of vegetables and fruits, and less added sugars and solid fats. The science-based standards introduced in this final rule will elevate the nutritional quality of meals and snacks provided under the CACFP to better align with the Dietary Guidelines for Americans and to be consistent with the meals children receive as part of the National School Lunch Program (NSLP) and School Breakfast Program (SBP).

When your child care provider is a participant of the CACFP, you can be assured that your child is receiving the best nutrition to help them grow.

Apple Relay & Circle Time

Fall is a great time to get outside and apples are the perfect fruit to inspire talks about nutrition while incorporating physical activity. Have an apple relay! Divide the children into teams and establish a finish line. The children will take turns holding an apple and individually running around the finish line and back to their team. The next child in line will be passed the apple and take their turn. Change each round by skipping, hopping, or balancing the apple on a head or hand. Can't get outside? Try this indoor activity. Everyone knows the chant "Who Took the Cookie from the Cookie Jar?" Change it to "Who Took the Apple from the Apple Tree?" As the children sing the chant, they can pass an apple around the circle. If you can take a field trip to the grocery store in the fall, your kids will be excited to see the many varieties of apples! Which one is the sweetest, most tart? Do they all look the same inside? How many seeds do they have and are they the same color? Investigate together to promote curiosity and interest in healthy foods.

Peanut Butter & Apple Wraps

- 1 whole wheat tortilla (8 inch)
- 1/4 cup peanut butter, reduced-fat
- 2 tablespoons granola cereal
- 1/2 apple, sliced (suggest Red Delicious apple, but could use any variety of apple)

Lay tortilla flat and spread peanut butter over 2/3 of the tortilla leaving edges at sides. Sprinkle 2 Tablespoons granola over peanut butter. Cut apple slices into small chunks and place them on top of the granola. Fold over the edges of the tortilla and roll up "burrito style."

Recipe from USDA Mixing Bowl



HAPPY
FALL!

