

# The Edible Editorial

August 2023

## 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.

<b>HOME Based Day Care</b>		
	<b>Tier I</b>	<b>Tier II</b>
<b>Breakfast</b>	\$1.65	\$0.59
<b>Lunch/Supper</b>	\$3.12	\$1.88
<b>Snacks</b>	\$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.

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

# Barbecue Beef Sliders —USDA Recipe for Child Care Centers

CACFP Crediting Information (25 servings):

One serving provides 1 1/2 oz. meat and 1 oz. grain

## Ingredients:

- 1 lb. 5 oz. (1 oz. each) Rolls or Slider buns, whole-wheat
- 3 lbs. 13 oz. Beef chuck roast, fresh or frozen, thawed without bone
- 1 cup Barbecue sauce

## Directions:

1. Place beef in a slow cooker (4 quart). Cook on low for 5 hours or cook on high for 2 1/2 hours. Heat to an internal temperature of 145 degrees F or higher for at least 15 seconds.
2. Remove beef from slow cooker. Place on a cutting board. Use two forks to shred beef into strips.
3. In a large bowl, combine shredded beef, barbecue sauce, and au jus (liquid) from the slow cooker. Mix.
4. Slice rolls in half horizontally (if not pre-sliced).
5. Place 1/4 cup barbecue beef between each roll.
6. Serve 1 slider. Serve immediately, or keep warm at 140 degrees or higher.



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In accordance with federal civil rights law and U.S. Department of Agriculture (USDA) civil rights regulations and policies, this institution is prohibited from discriminating on the basis of race, color, national origin, sex (including gender identity and sexual orientation), disability, age, or reprisal or retaliation for prior civil rights activity.

Program information may be made available in languages other than English. Persons with disabilities who require alternative means of communication to obtain program information (e.g., Braille, large print, audiotope, American Sign Language), should contact the responsible state or local agency that administers the program or USDA's TARGET Center at (202) 720-2600 (voice and TTY) or contact USDA through the Federal Relay Service at (800) 877-8339.

To file a program discrimination complaint, a Complainant should complete a Form AD-3027, USDA Program Discrimination Complaint Form which can be obtained online at: <https://www.usda.gov/sites/default/files/documents/USDA-OASCR%20P-Complaint-Form-0508-0002-508-11-28-17Fax2Mail.pdf>, from any USDA office, by calling (866) 632-9992, or by writing a letter addressed to USDA. The letter must contain the complainant's name, address, telephone number, and a written description of the alleged discriminatory action in sufficient detail to inform the Assistant Secretary for Civil Rights (ASCR) about the nature and date of an alleged civil rights violation. The completed AD-3027 form or letter must be submitted to USDA by:

1. **mail:** U.S. Department of Agriculture Office of the Assistant Secretary for Civil Rights 1400 Independence Avenue, SW Washington, D.C. 20250-9410; or
  2. **fax:** (833) 256-1665 or (202) 690-7442; or
- email:** [program.intake@usda.gov](mailto:program.intake@usda.gov)

This institution is an equal opportunity provider.

# Provider Pictures!!

Thank you so much for sending us pictures of the children gardening!!!

If you would like to share pictures, we would love to see them! Make sure to get parents permission.

Email to: [rachel@midmichigancc.com](mailto:rachel@midmichigancc.com)



**Malaysia (3 years old) loves tomatoes and we love seeing her planting her seed paper at LaShanette Keels' (Wayne County) home.**



**The children at Nation of Wonders Inclusive Education Center in Wayne County did such a great job planting their seed paper!**



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>6 ENJOY a family song - a long 'dooh dooh dooh'</p>	<p>7 finger paint with shaving cream</p>	<p>8 how many times can you bounce a ball?</p>	<p>9 go on a number hunt... look for numbers everywhere!</p>	<p>10 trace a square, color and cut it out</p>	<p>11 Name and move four body parts</p>	<p>12 climb UP a hill and call back DOWN</p>
<p>13 HELP clean your house!</p>	<p>14 jump and shake to music</p>	<p>15 ICE CUBE RACE! one in the shade, which melts first?</p>	<p>16 Visit the LIBRARY! books are cool!</p>	<p>17 walk like an animal</p>	<p>18 have milk and cereal for a snack</p>	<p>19 point on the sidewalk with water, watch it DISAPPEAR!</p>
<p>20 Count the cars parked on your street</p>	<p>21 READ a book TOGETHER!</p>	<p>22 FIND something PURPLE to wear today!</p>	<p>23 practice drawing and naming shapes</p>	<p>24 make up a story about FROGS!</p>	<p>25 talk about FULL and EMPTY</p>	<p>26 play hide and seek outside</p>
<p>27 stretch a rope in the grass, try to balance and walk</p>	<p>28 match shapes, colors or numbers from a deck of cards</p>	<p>29 use spuns, caps and funnels, play in the sink</p>	<p>30 create art with food coloring, water and spray bottles</p>	<p>31 form a marching band with kitcher stuff</p>		

# eclipse

# sun fun

## Great American Eclipse

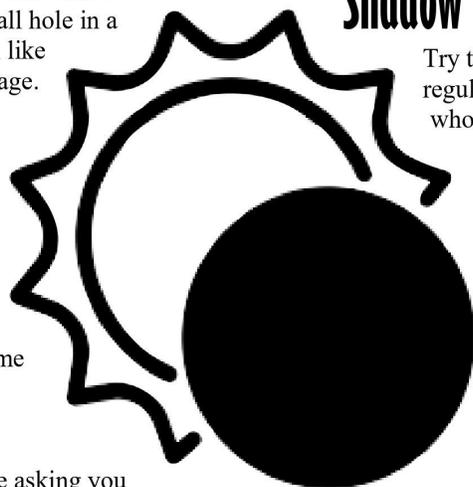
Now's a great time to talk with children about the moon, the stars, and the great sun that powers our planet. Spend the week before Monday, August 21 incorporating a bit of sun fun into your day to create excitement about this rare event. It's been almost 40 years since the last eclipse was visible in the United States so likely many of your children's parents haven't ever seen one either!

## MAKE IT Sun Safety

Looking directly at the sun is extremely dangerous, damage to the retina occurs in a few seconds and is not reversible. Watch the eclipse safely by looking at a projected image of the sun with a pin-hole viewer. A small hole in a piece of foil acts much like a lense, creating an image. [eclipse2017.nasa.gov](http://eclipse2017.nasa.gov).

## SING IT Mr. Sun Song

Oh Mr. Sun, Sun  
Mr. Golden Sun  
Please shine down on me  
Oh Mr. Sun, Sun  
Mr. Golden Sun  
Hiding behind a tree  
These little children are asking you  
To please come out so we can play with you  
Oh Mr. Sun, Sun  
Mr. Golden Sun  
Please shine down on me



## EAT IT Sunny Side Up

Serving an egg-in-a-hole breakfast is a perfect CACFP way to celebrate the eclipse! Cut a hole in the center of a slice of whole-grain bread using a drinking glass. Heat skillet, melt a tablespoon of butter, place bread in pan, and crack the egg into the center of the hole. Cook until egg is set and flip over for just a bit until the egg whites are set. Toast the hole and place on top of the egg before serving to create an eclipse on the plate. Add a glass of milk and orange slices for a #cacfpcreditable start of the day. Make it a #cacfpcreditable meal—just add vegetables!

## PLAY IT Shadow Tag

Try this eclipse twist to a traditional outside game! Just like in regular tag, one child will be "it" and will try to tag another child, who then becomes "it." Unlike real tag, no one touches each other; instead, only shadows touch shadows!

## READ IT Someone Is Eating the Sun

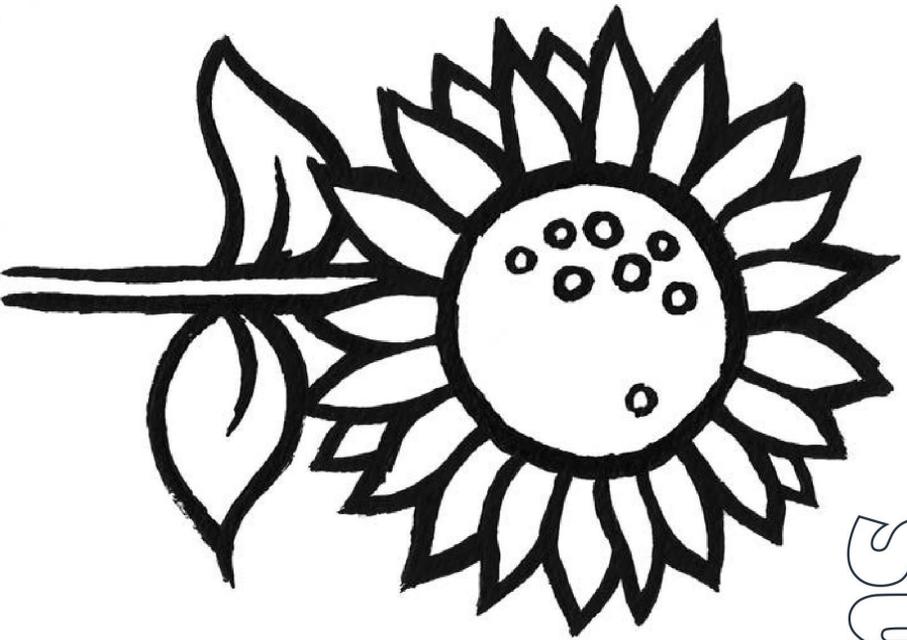
This favorite children's book by Ruth A. Sonneborn shares the story of barnyard animals who feared the worst as the sun disappeared from the sky. No longer in print, look for it at a local library or share the YouTube dramatic performance by kindergartners at Doane Stuart School.

## LEARN IT Solar Eclipse

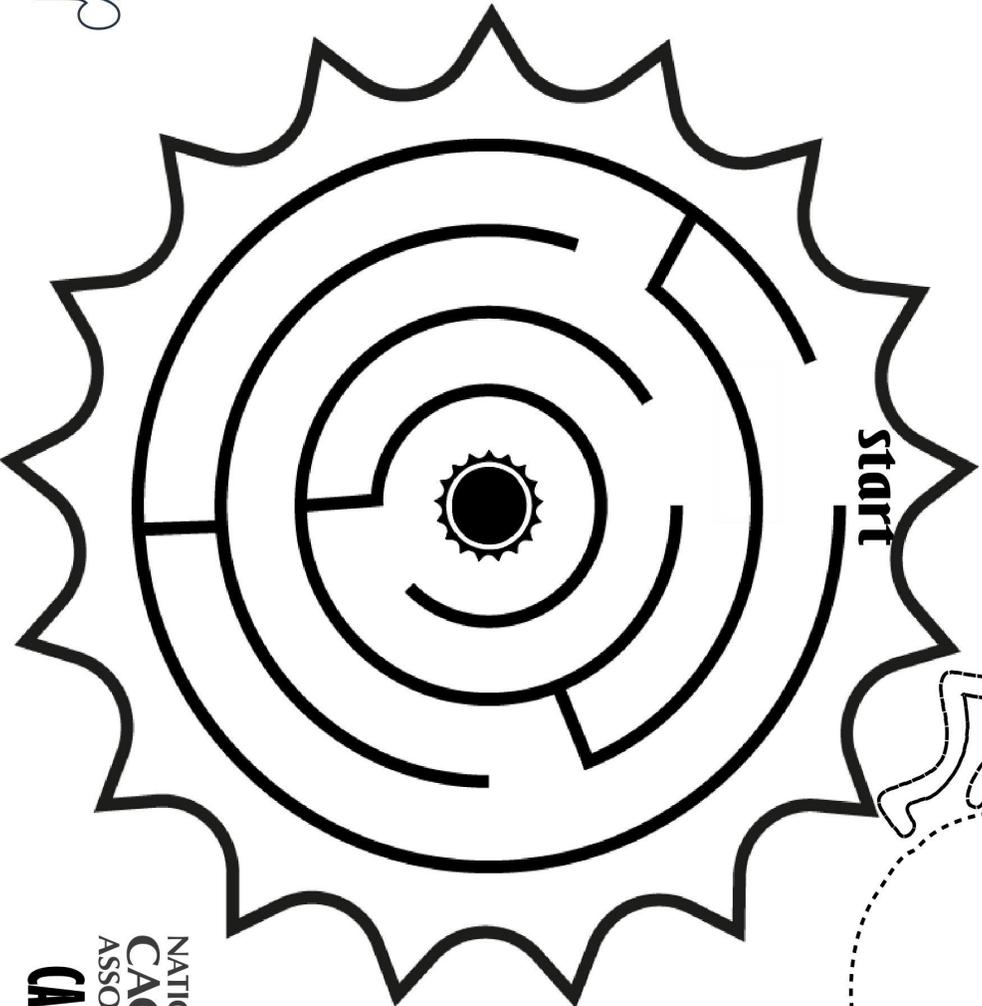
An eclipse occurs when one object in space blocks an observer from seeing another object in space. A solar eclipse occurs when the Moon passes in front of the Sun, causing a shadow to fall on the Earth.

Geometric

Sun Fun



Sun Flower



Start

