




FRAMAX HEALTHY START



April 2018
Volume 2018-4
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FRAMAX Child Care Food Program
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Page #1
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Happy Birthday CACFP!!

We need your help to make CACFP's 50th Birthday a memorable one!! Send a CACFP photo by **April 14, 2018**, to be included in a huge mosaic birthday card displayed on Capitol Hill in Washington, D.C.!

How to send a CACFP Photo?

- Email photo to: smarshall@cacfpforum.com
- Post on Facebook, Twitter, or Instagram. Use the #CACFP50 hashtag. (Don't forget to make your post public or we won't be able to see it.)

Why does it matter?

Everyone loves a celebration. This is our time to thank Congress for the last 50 years and to remind them that there are ways to continue to make the program stronger as we move forward...together. Now is the time to engage with the public and share the significant difference that the CACFP makes in children's lives.

The goal is to gather over 3,000 pictures for this mosaic birthday card. *If a picture is worth a thousand words, what would 3,000 pictures be worth?*

May 8, 2018 marks 50 years of the CACFP.

There are many more ways to celebrate:

- Sign the [National CACFP Birthday Card](#)
- Share the [Birthday fun with the Community](#)
- Get some fun [Birthday Swag to Celebrate](#)
- Keep an eye on our [FRAMAX Facebook](#) for more ideas

For more information about CACFP's 50th Birthday celebration, visit the [National CACFP Forum's website](#).

[\(Cont. on page 6\)](#)



Extra Incentives for CACFP's 50th Birthday

As a Family Child Care provider, you can also submit your CACFP 50th photos of your child care participating in a Healthy Celebration [here](#). Your program will be entered into a drawing for Kaplan materials, courtesy of Nemours and sponsored by Kaplan. Three lucky prize winners will be selected from the entries. Looking for ideas for healthy celebrations?

[Discover MyPlate](#) offers ideas to help you incorporate healthy snacks AND physical activity into classroom celebrations for holidays and the end of the school year!

[Healthier Generation](#) has ideas for non-food celebrations as well as healthy snack and beverage ideas to use in your classrooms.

Check our [FRAMAX Facebook](#) page, and [Healthy Start Newsletters](#) for more fun ideas!

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Provider Recognition

Our Field Representatives would like to acknowledge the following providers for their excellent work noted during their monthly review.

- Vernadine Murphy - Sacramento
- Aurora Vega - Marysville
- Sharon Walters - Modesto
- Raquel Avila - Los Banos
- Terri Johnson - Prather
- Katherine Owens - Porterville
- Leticia Ramirez - Visalia
- Georgia Hall - Hanford
- Bonnie Liedtke - Sonora



We know that there are many providers that have exceptional practices in their operation of the CACFP. It is only possible, however, to recognize a few each month.

*Keep up the great work!
We are proud of everyone.
You could be next.*

!!!Claim Due Dates!!!

Claims must be turned into FRAMAX offices on **the first working day of the month**, after the month of the claim. FRAMAX will consider the claim to be **ON-TIME** if: 1) It is personally delivered and received in our office no later than **5 PM on the 5th calendar day of the month** or 2) It is postmarked on or before **the 5th calendar day of the month** and delivered to our offices by the US Postal Service on or before **the 9th calendar day of the month**. **THERE ARE NO EXCEPTIONS TO THIS POLICY. YOU ARE RESPONSIBLE FOR SUBMITTING YOUR CLAIM ON TIME.**

The **DEADLINE** date for all Late "scannable" claims is the last working day of the month following the claim month. The late claim must be **postmarked** by that date or delivered to our office by that day. **LATE CLAIMS ARE ONLY ACCEPTED FROM PROVIDERS WITH UNUSUAL CIRCUMSTANCES OR HARDSHIPS.** We cannot reimburse for any claims received after this date. If you are not submitting a claim for the month submit a **ZERO MEAL COUNT** on your Claim Information Form.



Working as a TEAM!!

We think it is beneficial to our providers to have an article for Referrals Needed (for those providers that need children in care). Please contact the Modesto office at: (800) 755-4792 or fax your information to: (800) 578-9891. All FRAMAX needs is your name, address, contact number, and the age range of children needed in your care. FRAMAX will publish this information in our monthly newsletter. This way providers in the area who may be full or downsizing their childcare can pass the information along to the parents.

!!!Ultimo días de reclamo!!!

Reclamaciones deben de ser entregadas a las oficinas FRAMAX en el primer día laborable del mes después del mes de la reclamación. Sin embargo FRAMAX examinará la pretensión de ser A-TIEMPO si: 1) personalmente son entregadas y recibidas en nuestras oficinas no más tarde de las **5PM** en el **quinto** día del calendario del mes o 2) que son matasellados antes o el **quinto** día calendario entregado a nuestras oficinas por el US Postal Servicio en o antes del **noveno** día de calendario del mes. **NO HAY EXCEPCIONES A ESTA POLÍTICA. USTED ES RESPONSABLE DE PRESENTAR SU RECLAMACIÓN A TIEMPO.**

La fecha límite para todas las reclamaciones "escaneadas" es el último día del mes siguiente al mes de la reclamación. La reclamación final debe ser matasellado de esa fecha o entregada a nuestras oficinas en ese día. **SÓLO SE ACEPTAN RECLAMACIONES TARDÍAS DE PROVEEDORES CON CIRCUNSTANCIAS INUSUALES O CON DIFICULTADES.** No reembolsaremos por cualquier reclamación recibida después de esta fecha. Si no va a enviar un reclamo para el mes presentar un "recuento de cero comida" en su Forma para Reclamar Información (CIF).

Referrals Needed

The following providers participate on the CACFP with FRAMAX and are in need of day care children. If you live in their area, and have children to refer, they would really appreciate a referral!! Providers must allow publishing of their phone number for this referral service.

Renee Wright

Delhi

Ages: 0-12 yrs.
(209) 617-3190

Sharon Rodgers

Modesto

Ages: 0-12 yrs.
(209) 529-2412

Adriana Garcia

Woodland

Ages: 0-12 yrs.
(530) 312-1125

Aurora Vega

Marysville

Ages: 1-5 yrs.
(530) 632-7481

The above providers will only appear in this month's Newsletter. If they would like to remain in the referral section, providers will need to contact the Modesto office each month at (800) 755-4792, (209) 578-4792, or support@framax.net

Easter Holiday

If you had children in care on Easter (Sunday, April 1st) you will need to send in a completed [Holiday Verification Form](#) for this day only.



FOOD FUNNY:

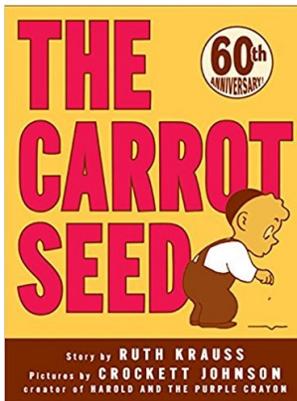
Q: What do dentists call their X-Rays?

A: Tooth-pics!!

Let's Read!!

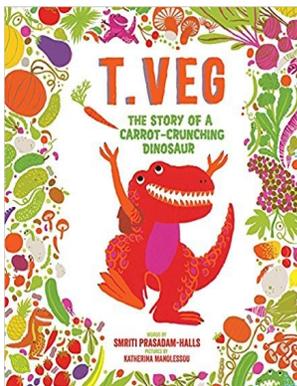
Want to download books like these right to your phone or table ... FOR FREE?! Contact FRAMAX for details on this exciting new program.

The Carrot Seed



When a little boy plants a carrot seed, everyone tells him it won't grow. But when you are very young, there are some things that you just know, and the little boy *knows* that one day a carrot will come up. So he waters his seed, and pulls the weeds, and he waits...

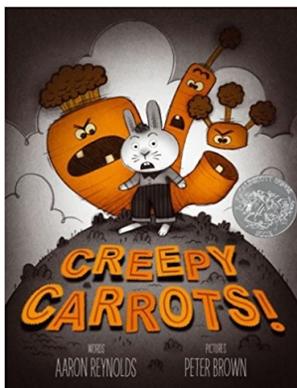
T. Veg



Reginald's a T. Rex just as fierce and ferocious as the rest: he's got a mighty roar, gnashing teeth, and all the speed a dino could need. But when it comes to mealtime, Reg would rather chow down on broccoli, beans, and greens than the juicy steaks his paleo pals

Prefer. When Reginald realizes how different he is from the others, he hopes to find a place to fit in among the herbivores.

Creepy Carrots!



Jasper Rabbit loves carrots—especially Crackenhopper Field carrots. He eats them on the way to school. He eats them going to Little League. He eats them walking home.

Until the day the carrots start following him...or are they?



Healthy Teeth and Gums for Little Ones

Teeth are among our most important possessions. Taking care of teeth by protecting and cleaning them from the very beginning will make a difference in how they grow and how healthy they are. Tooth decay is preventable!

PROTECTING TEETH

- Don't allow babies to use a bottle for an extended period of time during the day or after they have fallen asleep. The sugar can lead to tooth decay.
- Breast fed babies should be detached from the nipple when the feeding is finished.
- Babies should stop using a bottle by the time they are 1 year old.
- Don't put anything sweet on the baby's pacifier.
- Lift your child's top lip once a month to look for early signs of tooth decay, which looks like white chalky lines or brown spots near the gum line.
- Healthy snacks and drinks are important for children, avoid sugar. Offer plenty of water.



CLEANING TEETH

- Start cleaning a baby's teeth as soon as they appear in the mouth. Clean the teeth with a small, soft toothbrush.
- Brush the teeth twice a day - after breakfast and last thing before going to sleep at night. Clean the teeth, gums and tongue.
- Adults should supervise the use of toothpaste and tooth brushing by young children. Children generally do not do a good job until they are 8 or 9 years old.

TOOTHPASTE

- Using fluoride toothpaste twice a day is a very effective way of reducing tooth decay,
- Teach children to spit out the toothpaste after brushing, swallowing may cause them to get too much fluoride.
- Don't rinse. Fluoride can protect the teeth for some time after brushing if the toothpaste is not rinsed out of the mouth.

CHILDREN UNDER 18 MONTHS OF AGE

- Children ages 0 to 17 months do not need

toothpaste.

- From birth to 18 months of age the permanent front teeth are developing, if children swallow fluoride toothpaste they may get white flecks (fluorosis) on their permanent adult teeth.
- If you live in an area which does not have fluoridated water, ask your dental professional for advice.

CHILDREN 18 MONTHS - 5 YEARS OF AGE

- Research shows that young children swallow a lot of toothpaste when brushing their teeth. Therefore, it is recommended that they use a low-fluoride toothpaste.
 - Use a pea size amount of low-fluoride toothpaste, applied to the brush by an adult.
 - Toothpaste should be kept out of children's reach.

CHILDREN 6 - 18 YEARS AND ADULTS

- For children aged 6 years and over use a pea size amount of regular toothpaste.
- Remind younger children and teens to brush twice a day, as needed.

TOOTHBRUSHES

- Everyone should have their own toothbrush with a small head and soft bristles.
- Store toothbrushes in a clean, airy place so that they can dry out between uses.
- Replace toothbrushes regularly, when they become 'shaggy' and after illnesses such as colds, the flu or mouth infections.

FLUORIDE

Fluoride is found naturally in food and water and is added to most water supplies and many oral care products such as mouth rinse and toothpaste.

Fluoride protects both before and after teeth come through to prevent tooth decay.

DENTAL VISITS

All children should have an oral health check-up by the age of 2 and regular cleanings from a professional.

Screen Time: The Good, the Bad, and the Ugly

Regardless of engaging in “good” or “bad” screen time, the fact is that digital entertainment is displacing many activities that are integral to childhood development. Excessive screen time is linked to poor school performance, attention problems and childhood obesity. Most marketing of unhealthy food is done through screens, with ads for junk food strategically placed on children’s programming. While we can’t control the pace or direction of technology, we can take steps to help keep our children healthy and limit the amount of screen time they are exposed to.

Note these facts and do your part to make a difference in a child’s life!

SCREEN TIME IS AN IDENTIFIED FACTOR IN CHILDHOOD OBESITY

- Time with screens is an important risk factor for childhood obesity in both low-risk and high-risk populations.
- For each hour of television viewing per day, children consume an additional 167 calories.
- Bedroom televisions are associated with obesity risk in children of all ages.

SCREEN TIME CAN UNDERMINE LEARNING FOR BABIES AND YOUNG CHILDREN

- Screen time for children under three is linked to delayed language acquisition.
- The more time preschool children spend with screens, the less time they spend engaged in creative play (the foundation of learning) and constructive problem solving.
- For babies and preschool children, time with screens is negatively correlated with time spent interacting with parents - which is essential for learning. Even when parents co-

view, they spend less time talking to their children when they’re engaged in screen-free activities.

- Toddler screen time is associated with problems in later childhood, including lower math and school achievement, reduced physical activity and victimization by classmates.

RESEARCH SHOWS BENEFITS OF REDUCED SCREEN TIMES

- Reducing screen time can help prevent childhood obesity.
- Children who spend less time watching television in early years tend to be more physically active, have a healthier diet and do better in school.
- Limiting exposure to television during the first 4 years of life may decrease children’s interest in it in later years.



We have the power to change these alarming facts. Join in the international celebration of Screen-Free week, April 30th to May 6th, by swapping digital entertainment for the joys of reading, daydreaming, playing outside, being creative, and spending time with family and friends. Devices can still be used for work or school but go without them during family time. You may be surprised at how much fun you have and you may just choose to go screen free more often!

Adapted from: *CACFP Roundtable Nutrition Edition, Issue 80*



Fun Birthday Ideas for CACFP's 50th

The Child and Adult Care Food Program (CACFP) is turning 50 on May 8, 2018.

Organize a walk with staff, your kids, and their families "CACFP Walk" with a healthy birthday snack at the end. Get neighbors involved and other children. Spread the word of CACFP.

Have a Healthiest CACFP 50th Birthday Party with CACFP creditable food items and lots of fun physical activities.

Make a Healthy Birthday Cake to celebrate the day to remind everyone that celebrations can be healthy. Here are some [fun ideas for cakes](#).

Make CACFP Birthday Signs and take a picture. Send your picture to your Food Program (FRAMAX), your State Agency, and the USDA. Let everyone know you back the Food Program.

Order CACFP [Birthday Wristbands](#) to add to the celebration day fun for your child care photos.

Invite your staff and children to participate in making a CACFP Birthday card. You can send it to us and we will pass it along. Or you can send us a picture and we will make sure it gets where it needs to be.

Why CACFP is Important

- New healthy nutrition standards for the meals and snacks that CACFP provides make a food program even better.
- CACFP ensures that children:
 - Receive a nutritious diet
 - Start good nutrition habits early in life
 - Grow healthy and strong
 - Are prepared for school, ready to learn
- CACFP plays a vital role in improving the quality of child care and making it more affordable for many low-income families.
- CACFP's resources and training support communities by supporting child care.

In 2017, CACFP provided 2.05 billion total meals and snacks to 4.4 million children and 131,000 elderly/disabled adults each day. USDA reimbursed \$3.5 billion to providers in the fiscal year 2017.

What are some of the other benefits of CACFP?

- Studies show that children in CACFP receive meals that are nutritionally superior to those served to children in comparable child care settings without CACFP.
- New research shows that CACFP reduces food insecurity, thus helping families protect children against hunger.
- Research cites **participating in CACFP** as one of the major factors influencing quality care.

CACFP helps working families work. CACFP's funding supports the local economy by purchasing required healthy foods at grocery stores and farmers' markets. The funding from CACFP is a significant resource for supporting child care providers. Lets give the CACFP the shout out it deserves everyday!!

Adapted from: [USDA and Food Research Action Center](#)

CHILD AND ADULT CARE FOOD PROGRAM

HAPPY BIRTHDAY CACFP

4.3 MILLION CHILDREN

**SERVED MEALS
EVERYDAY IN CACFP**

BROUGHT TO BY THE NATIONAL CACFP FORUM
SOURCE: USDA AND FOOD RESEARCH ACTION CENTER



BREAKFAST	
108	Yogurt (1)
18	Fruit Salad (Mixed Berries) (1)
7	Milk - Whole (13-23 mos.) and/or 1%/skim (24 mos. +)
LUNCH	
21	Chicken Breast
02	Biscuits
207	Mixed Vegetables (onions, zucchini, yellow squash) (2)
10	Cantaloupe
7	Milk - Whole (13-23 mos.) and/or 1%/skim (24 mos. +)
PM SNACK	
217	Parsnips (3)
7	Milk
DINNER (WG)	
36	Salmon (4)
40	Quinoa WG
161	Broccoli
167	Cauliflower
7	Milk - Whole (13-23 mos.) and/or 1%/skim (24 mos. +)

Strawberry Yogurt Parfait (1)

Ingredients: 2 cups strawberry Greek yogurt, 4 cups mixed berries, ½ cup granola (optional) **Directions:** Start with the yogurt, layer yogurt and fruit until you reach the top of your cup. Add a tablespoon of granola on top for a little crunch if desired.

Recipe adapted from: CACFP.org

Squash Casserole(2)

Ingredients: Nonstick cooking spray, ¾ cup onions (fresh, peeled, ¼" diced), 1 cup zucchini (fresh, unpeeled, grated), 1 cup yellow squash (fresh, unpeeled, grated), ½ tsp parsley (dried), ½ tsp oregano (dried), ⅛ tsp salt (table), ⅛ tsp black pepper (ground), 1 egg (large, whole), 2 tbsp. milk (fat-free/skim), 1¼ oz sharp cheddar cheese (reduced-fat, shredded) **Directions:** Preheat oven to 400°F. Lightly coat a medium baking dish (8"x8") with nonstick cooking spray and heat over medium-high heat. Sauté onions for 3 minutes or until soft. Stir frequently. Add zucchini and yellow squash. Sauté for 5 minutes. Stir frequently. Add parsley, oregano, salt, and pepper and stir. Continue cooking until zucchini and yellow squash begin to lightly brown, about 5 minutes. Remove from heat. In a small bowl whisk egg and milk together. Place sautéed vegetables in baking dish. Top with egg and milk mixture and lightly stir. Be sure to keep vegetables spread evenly on the bottom of the pan.

Sprinkle cheese evenly on top of mixture. Bake uncovered for 20 minutes. Heat to 160°F or higher for at least 15 seconds. Cut pan into 6 pieces. Recipe adapted from: <https://whatscooking.fns.usda.gov/>

Roasted Parsnips Fries (3)

Ingredients: 3 parsnips (peeled), 1 tbsp. canola oil, ¼ tsp salt (coarse kosher), ¼ tsp paprika (smoked, sweet), ¼ tsp garlic powder, ¼ tsp onion powder, ¼ tsp black pepper (fine), 3 parsley sprigs (raw) **Directions:** Cut parsnips in half, lay cut-side down and cut lengthwise into strips. Blanch cut strips in boiling, salted water for 3-4 minutes. They should be undercooked and still firm. Drain and spread on a baking sheet to dry. Refrigerate until cool, (can be frozen for later use). Combine spices together in small bowl. When parsnips are cooled, set oven to 450°F. Toss chilled parsnips in a bowl with 1 tbsp. of canola oil - coat well. Sprinkle moderately with spice mixture - toss to coat. Spread seasoned parsnips onto baking sheet and roast at 450°F until brown, caramelized, and beginning to crisp on the outside, about 10 minutes. Garnish with extra seasoning mix and parsley if desired. Recipe adapted from: CACFP Roundtable Nutrition Edition, Issue 78

Mini Salmon Loaves (4) WG

Ingredients: 1 cup Alaska salmon (skinless, boneless, canned, drained, flaked), 1 egg (large, slightly beaten), 1 tbsp. milk (fat-free), 1 tsp onion (dried, minced), 1 tsp Dill weed (fresh, chopped), ½ tsp lemon pepper seasoning 3 tbsp. whole-wheat bread crumbs **Directions:** Preheat oven to 350°F. Place salmon in a medium bowl. Break apart chunks of salmon using a fork. Add egg, onion, dill weed, lemon pepper, and bread crumbs. Mix well. Divide salmon mixture into even portions. Shape each portion into a mini-loaf and place on a baking sheet. Bake for 15 minutes. Heat to 160°F or higher for at least 15 seconds.

Recipe adapted from: <https://whatscooking.fns.usda.gov/>



USDA Nondiscrimination Statement:

In accordance with Federal civil rights law and U.S. Department of Agriculture (USDA) civil rights regulations and policies, the USDA, its Agencies, offices, and employees, and institutions participating in or administering USDA programs are prohibited from discriminating based on race, color, national origin, sex, disability, age, or reprisal or retaliation for prior civil rights activity in any program or activity conducted or funded by USDA.

Persons with disabilities who require alternative means of communication for program information (e.g. Braille, large print, audiotope, American Sign Language, etc.), should contact the Agency (State or local) where they applied for benefits. Individuals who are deaf, hard of hearing or have speech disabilities may contact USDA through the Federal Relay Service at (800) 877-8339. Additionally, program information may be made available in languages other than English.

To file a program complaint of discrimination, complete the USDA Program Discrimination Form, (AD-3027) found online at: http://www.ascr.usda.gov/complaint_filing_cust.html, and at any USDA office, or write a letter addressed to USDA and provide in the letter all of the information requested in the form. To request a copy of the complaint form, call (866) 632-9992. Submit your completed form or letter 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;

(2) fax: (202) 690-7442

(3) email: program.intake@usda.gov

This institution is an equal opportunity provider.

USDA Nondiscrimination Statement (Spanish Translation)

De conformidad con la Ley Federal de Derechos Civiles y los reglamentos y políticas de derechos civiles del Departamento de Agricultura de los EE. UU. (USDA, por sus siglas en inglés), se prohíbe que el USDA, sus agencias, oficinas, empleados e instituciones que participan o administran programas del USDA discriminen sobre la base de raza, color, nacionalidad, sexo, discapacidad, edad, o en represalia o venganza por actividades previas de derechos civiles en algún programa o actividad realizados o financiados por el USDA.

Las personas con discapacidades que necesiten medios alternativos para la comunicación de la información del programa (por ejemplo, sistema Braille, letras grandes, cintas de audio, lenguaje de señas americano, etc.), deben ponerse en contacto con la agencia (estatal o local) en la que solicitaron los beneficios. Las personas sordas, con dificultades de audición o discapacidades del habla pueden comunicarse con el USDA por medio del Federal Relay Service (Servicio Federal de Retransmisión) al (800) 877-8339. Además, la información del programa se puede proporcionar en otros idiomas.

Para presentar una denuncia de discriminación, complete el Formulario de Denuncia de Discriminación del Programa del USDA, (AD-3027) que esta disponible en línea en: http://www.ascr.usda.gov/complaint_filing_cust.html y en cualquier oficina del USDA, o bien escriba una carta dirigida al USDA e incluya en la carta toda la información solicitada en el formulario. Para Solicitar una copia del formulario de denuncia, llame al (866) 632-9992. Haga llegar su formulario lleno o carta al USDA por:

(1) correo: U.S. Department of Agriculture
Office of the Assistant Secretary for Civil Rights
1400 Independence Avenue, SW
Washington, D.C. 20250-9410;

(2) fax: (202) 690-7442; o

(3) correo electrónico: program.intake@usda.com

Esta institución es un proveedor que ofrece igualdad de oportunidades.