




# FRAMAX HEALTHY START



July 2018

Volume 2018-7

Modesto Office: (209) 578-4792 or (800) 755-4792

FRAMAX Child Care Food Program

715 G Street, Modesto, CA 95354

Fresno Office: (559) 275-6838 or (888) FRA-MAXX

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Email: [support@framax.net](mailto:support@framax.net)

## Enrollment Renewal Reports

It's time once again for Annual Enrollment Renewal Reports (ERR's)... Be on the look out for your ERR envelope from FRAMAX. We plan to send these out the **13<sup>th</sup>** of July. **All providers** will receive their entire ERR and step-by-step instructions in the mail. **Please do not print them on your own.**

Now is a good time to "clean up" your child roster in KidKare. You can do this by **withdrawing** any children that are no longer in your care, and/or withdrawing "**drop-in**" children (that are not scheduled to be in your care within the next month). This will save time and paper because the ERR, will include all children currently enrolled (active and pending) in your child care. If you have "**Pending**" children that are no longer in your care, please call the Modesto office to have them removed. If the child(ren) is still in your care please make sure to send in a signed child enrollment to "**Activate**" any pending children, **a parent signature on the ERR will not make them active.**

**Remember to make a copy of your completed ERR before mailing it back to our Modesto FRAMAX office. As part of your record retention requirements, a copy of your ERR must be retained in the home. Also, remember to return ALL pages of your ERR, even if the children on some pages are not longer in care, this will speed up processing.**

These reports are **required** to be filled out and returned each year. If you have any questions regarding your ERR, please feel free to call the office and someone will gladly assist you.

**The due date for the Annual Enrollment Renewal Reports is August 15, 2018.**

## Accessing Claim Errors Online

Please remember it is **important** that you check your *Claim Errors Report* each month after submitting your claim. Doing this will help ensure you are not missing out on any reimbursements. Viewing this report will give you the opportunity to view any children still "**pending**", non-participating children, over capacities (i.e. because of missing kindergarten letters), etc. Some errors found on this report may be able to be resolved and your claim possibly reprocessed, if caught in a timely manner. Once you have read this report, you can call the Modesto FRAMAX office with any questions you may have regarding correcting your claim errors report.



## Pass the Word

If you know someone that is not participating with FRAMAX, that should be, **pass the word!** Let them know how beneficial our program is to you as a child care provider, and how it can be to them. If the person that you refer begins to claim with us, we will send you a special gift.

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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.

- **Amber Solis** - North Highlands
- **Lissette Reyna** - Los Banos
- **Jennifer Vonah** - Oakhurst
- **Brenda Gutierrez** - Sacramento
- **Joan Hill** - Clovis
- **Eloisa Lemus** - Lindsay
- **Becky Espinoza** - Tulare
- **Maria I. Trejo** - Dinuba



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 and other program documents\* are due to FRAMAX on the **first calendar day of the month**, after the month of the claim, and must be submitted, delivered and/or postmarked no later than the 5<sup>th</sup> calendar day of the month. The claim and program document due date is also included in your signed (pink) Standard Agreement.

Late claims are only accepted from providers with unusual circumstances or hardships. If a provider is granted an extension to file his/her claim, the provider will be given a deadline date to file the late claim using KidKare.

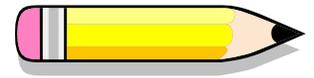
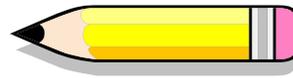
Providers must notify FRAMAX of a *Zero Meal Count*, if they are not serving and claiming meals for the month.

\*Examples of FRAMAX program documents include (but are not limited to):

- Child Enrollment Reports
- Holiday Verification Forms
- TK/Kindergarten Letters
- Medical Statements

## 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-

El reclamo y otros documentos del programa tienen que estar en Framax para el primer día del calendario del siguiente mes, después del mes del reclamo, y debe enviarse, entregarse o enviarse por correo a más tardar el quinto (5<sup>th</sup>) día del mes. La fecha de vencimiento del documento del reclamo y del programa también se incluye en su contrato (Rosita) estándar firmado.

Los reclamos tardíos solo se aceptan de proveedores con circunstancias inusuales o con dificultades. Si a un proveedor se le concede una extensión para presentar su reclamo, se le dará una fecha límite para que presente el reclamo tardío utilizando KidKare.

Los proveedores deben notificar a Framax de Cero Recuento de Comidas, si no están sirviendo y reclamando comidas para el mes.

\*Ejemplos de los documentos del programa Framax incluyen (pero no están limitados):

- Informe de Inscripción de niño
- Verificación de día festivo
- Carta de TK/ kindergarten
- Declaraciones Medicas



## 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.

**Sherrie Miller**

Modesto

Ages: 0-12 yrs.

(209) 544-1486

**Norma Andrade**

Madera

Ages: 0-6 yrs.

(559) 598-2760

**Sheril Vinaja**

Ceres

Ages: 0-5 yrs.

(209) 538-2019

**Cherise Torkelson**

Modesto

Ages: 1-4 yrs.

(209) 526-0694

**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](mailto:support@framax.net)**

## Peach Tomato Salsa

2 tomatoes (chopped), 1 peach (chopped), 1 nectarine (peeled, chopped), ¼ cup chopped sweet onions, 2 tbsp lime juice, 3 tbsp chopped cilantro, ⅛ tsp salt, 4 corn tortillas (6-in, cut into 8 triangles), 1 seedless cucumber (sliced)

Preheat oven to 400°F. Combine tomatoes, peach, nectarine, and onion in medium bowl. Stir in lime juice, cilantro, and salt. Let stand 15 minutes. Spray tortillas with cooking spray. Place on parchment-lined baking sheet and bake 5-6 minutes, or until lightly browned.

Adapted from: [Produce for Kids](#)

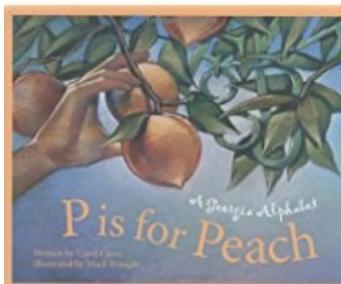


## Let's Read!!

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

### P is for Peach

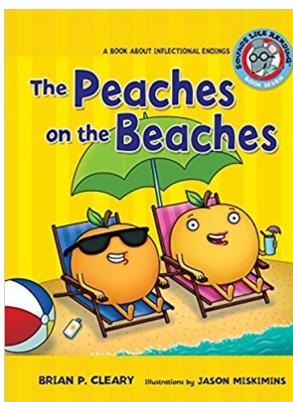
As you travel through the Okefenokee Swamp, keep an eye out for Tiger Swallowtails and Brown Thrashers, and be sure to pick some Yellow Confederate Daisies



before taking a nap under a Live Oak Tree. This is the Georgia that becomes a wondrous reality within the beautiful rhyming verses of Carol Crane and the colorful images of Mark Braught.

### The Peaches on the Beaches

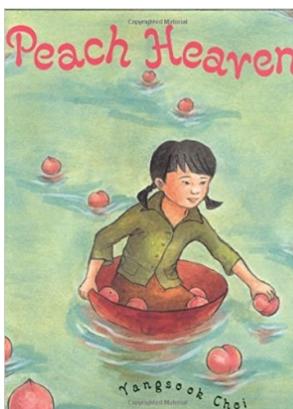
Come along with me and learn all about reading! Brian P. Cleary's wacky sentences and Jason Miskimins's colorful art will make phonics fun!



### Peach Heaven

Based on the author's childhood in South Korea.

The white peaches grown in Puchon are the best in all South Korea, and a rare treat for a little girl who lives in the town. She dreams of a peach orchard where she can play and eat as much of the



delicious fruit as she wishes. Then one day, after weeks of heavy downpours, the sky begins to rain peaches. Yangsook finds herself in peach heaven - until she remembers the farmers who have lost their harvest, and decides she must help them.

## The Heat Is On

During the summer months, children may be spending more time participating in outdoor activities. According to the National Weather Service, during extremely hot and humid weather the body's ability to cool itself is challenged. Providers should take precautions to avoid heat related illness. Keep children hydrated, avoid outdoor activities during the hottest part of the day, protect children's skin with sunscreen and/or lightweight protective clothing. California Department of Public Health has tips for [treating heat-related illness](#) should it occur.

For more information: See [PIN 17-08-CCLD Extreme Heat in California National Weather Service Heat Safety: Common Heat Illnesses, Heat Exhaustion and Heat Stroke](#)



## Water Safety

Summer is here and everyone wants to go swimming. Providers are reminded to use extreme caution when supervising children around bodies of water. Drowning is a leading cause of death among children under five years of age in California. Drowning can occur quickly, silently, and in as little as two inches of water. Maintaining visual supervision is vital when children are near any bodies of water.



## National Berry Month

July is National Berry Month. A ½ cup of berries - like blackberries, blueberries, raspberries, strawberries - is a good source\* of vitamin C. This vitamin helps the body heal cuts and wounds and lower the risk of infection. A ½ cup of most berries is also a good source\* of fiber, which helps you feel full. Berries are rich in phytochemicals that may help you stay healthy.

\*Good sources provide 10-19% Daily Value.

## Healthy Banana Splits

Make healthy banana splits for dessert! Top a peeled banana with low-fat vanilla yogurt. Sprinkle with low-fat granola and add your favorite berries



## Blueberry-Pineapple Parfaits

1 can pineapple chunks (20 oz. drained), 1 container fat-free lemon flavored yogurt (8 oz.), 1 ½ cups fresh blueberries (or frozen blueberries, thawed and patted dried), ½ cup granola

In a small bowl, combine the pineapple with half of the yogurt. In small wineglasses or juice glasses, alternately layer the pineapple-yogurt mixture, blueberries, and granola. Repeat the layering twice. Top each parfait with a dollop of yogurt.



## Stories in Motion

Read each story out loud. When an underlined “action” word or phrase is read, have the children demonstrate the action for 15-30 seconds. These stories can easily be incorporated into other educational lessons or weekly themes. Use of props is encouraged as well as activities to extend the story.

### A Trip to the Zoo

Hi! Today we are going to the zoo. Put your shoes on and start walking! I'm so excited, I can hardly stand it! Let's jog so we can get there faster! Keep your arms close to your body and stand tall. Come on, faster!

We're here! The giraffes are up there. Let's try to reach to touch the giraffe. Maybe if we jump we can get a little bit further up. Ready? On the count of three. One... Two... Three... jump!

Wow! Look at those fish. Let's pretend we are swimming with the dolphins. We can do the front crawl and the back stroke. Now, plug your nose and wiggle under the water.

I see the flamingos over there and they are standing on one leg! Let's try that. Can you close your eyes while you do it?

Let's imitate the monkeys. They are bending down to pick up a banana and they jump up in the air and flail their arms!

Look at all of those birds flying! Lift up your arms and fly like them. Now, put your hands together and slither like a snake.

Just for fun, go ahead and imitate your favorite animal. I'm going to waddle like a penguin. What animal did you choose? Before we leave, let's get on the train for a final trip around the zoo. Pull on the bell and make the choo-choo noise! Now, move your feet quickly to help the train move!

This ends our trip to the zoo!



### Fun at the Lake

Get in your boats; we are at the lake today! To row forward, pull your shoulders back and move your arms in a “J” shape. Make big, powerful motions!

Good job. Now that we are away from the shore, let's row backward to get back to land. Be sure to move your arms in the opposite direction.

We're back to shore! Hop out of your boat; it's time to fish now! Grab your fishing pole. First, cast it out, and then reel it back in, tugging on it from time-to-time. Did you catch anything?

Why don't we join that volleyball game for a while? Jog over to the sand court with me.

Here comes the ball! Put your hands together to make a fist, and bump the ball up in the air! It keeps coming back over the net! Keep bumping the ball.

Now let's try spiking the ball down over the net. First, jump in the air and slap the ball down over the net. Try that several times. Great work!

Let's take a dip in the water before we go home. Skip over to the dock with me! Now, run to the edge of the dock and jump in! That was fun. Let's walk a little deeper into the water.

Why don't we swim for a while? Do whatever stroke you would like: the back stroke, side stroke, or front crawl. Whew! That's all we have time for today! Let's do the dog paddle up to shore and call it a day. See you next time!



## Prevent Heat Stroke Tragedies

[KidsAndCars.org](http://KidsAndCars.org) believes the solution to preventable heat stroke tragedies is a combination of education and technology.

[KidsAndCars.org](http://KidsAndCars.org) would like all vehicles to come equipped with a system that would alert a driver if a child has been left in a vehicle. Below are some simple tips parents and caregivers can follow to prevent heat stroke tragedies.

- Never leave children alone in or around cars; not even for a minute.
- **“Look Before You Lock”** - Get in the habit of always opening the back door to check the back seat before leaving your vehicle. Make sure no child has been left behind.
- Create a reminder to check the back seat.
  - Put something you'll need, like your cell phone, handbag, employee ID, briefcase, etc in the back seat so that you have to open the back door to retrieve that item every time you park.
  - Keep a large stuffed animal in the child's car seat. When the child is placed in the car seat. It is a visual reminder that the child is in the back seat.
- Make sure you have a strict policy in place with your childcare provider about childcare drop-off. Everyone involved in the care of your child should always be aware of their whereabouts. If your child will not be attending childcare as scheduled, it is the parent's responsibility to call and inform the childcare provider. If your child does not show up as scheduled; and they have not received a call from the parent, ask the childcare provider to contact you immediately to ensure the safety of your child. (This is similar to the 'absence-line' used by most elementary, middle, and high schools.)



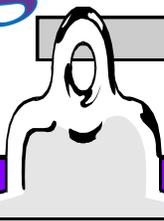
**IT'S 70 DEGREES OUTSIDE...  
IT'S 125 DEGREES INSIDE THE CAR.**

- Keep vehicles locked at all times, even in driveways or garages. Ask home visitors, childcare providers, and neighbors to do the same.
- Keep car keys and remote openers out of the reach of children.
- If a child goes missing, immediately check the inside passenger compartments and trunks of all vehicles in the area very carefully, even if they are locked. A child may lock the doors after entering a vehicle on their own, but may not be able to unlock them.
- If you see a child alone in a vehicle, get involved. Call 911 immediately. If the child seems hot or sick, get them out of the vehicle as quickly as possible.
- Be especially careful during busy times, schedule changes and periods of crisis or holidays. This is when many tragedies occur.
- Use drive-thru services when available (restaurants, banks, pharmacies, dry cleaners, etc.) and pay for gas at the pump.

**Please share these important safety tips with other childcare providers, teachers, relatives, friends, family, and neighbors... It could save a life!**

For more information visit [www.KidsAndCars.org](http://www.KidsAndCars.org) or contact via email at [KidsAndCars.org](mailto:KidsAndCars.org)





<b>BREAKFAST</b>	
85	Flour Tortilla (1)
44	Strawberries (1)
7	Milk - Whole (13-23 mos.) and/or 1%/skim (24 mos. +)
<b>LUNCH</b>	
50	Turkey Breast (2)
008	Croutons
185	Green Salad
006	Blueberries
7	Milk - Whole (13-23 mos.) and/or 1%/skim (24 mos. +)
<b>PM SNACK</b>	
004	Banana (3)
7	Milk - Whole (13-23 mos.) and/or 1%/skim (24 mos. +)
<b>DINNER (WG)</b>	
21	Chicken Breasts
66	Macaroni Noodles (4) <b>WG</b>
173	Corn
161	Broccoli
7	Milk - Whole (13-23 mos.) and/or 1%/skim (24 mos. +)



## Strawberry Banana Quesadilla (1)

**Ingredients:** 1 flour (or gluten-free) tortilla, 6 medium strawberries (sliced), 1 small banana (sliced), 1½ tsp peanut butter, 1 tsp coconut oil (for frying pan) **Chocolate Drizzle:** 1 tsp chocolate chips, 1 tsp coconut oil **Directions:** Spread peanut butter onto one entire side of the tortilla. Place banana and strawberry slices on one half of the tortilla and fold in half. Grease a frying pan with coconut oil. Cook quesadilla on one side for 5 minutes on medium-low or until golden brown. Flip onto the other side and cook for another 5 minutes. Slice into 4 pieces and serve. **For chocolate drizzle:** Melt chocolate chips and coconut oil in microwave for 20 seconds. Take out of microwave and stir, heat in microwave for another 20 seconds, stir until chocolate is completely melted. Using a spoon, drizzle chocolate over the quesadilla.

Recipe adapted from: [#CACFP Kids in the Kitchen](#)

## Turkey Nuggets (2)

**Ingredients:** Cooked Turkey (thickly sliced for cookie cutters), 1 tbsp. milk, 2 tbsp. honey, Panko bread crumbs **Directions:** Using a small, round cookie cutter, cut out little medallions of turkey. Mix milk and honey in a small bowl. Put bread crumbs in another bowl. Dip medallions in honey mixture, then crumbs, set on baking pan. Broil on low for a few minutes, each side, until slightly golden. Serve with honey or honey mustard sauce.

Recipe adapted from: [#CACFP50 Birthday Recipe](#)

## Banana Crunch Popsicles (3)

**Ingredients:** 2 bananas (cut in half), ¼ cup pistachios (shelled, chopped), ¼ cup coconut (unsweetened, shredded), ½ cup lowfat vanilla Greek yogurt **Directions:** Line baking sheet with parchment paper. Mix pistachios and coconut in shallow bowl. Insert popsicle stick into each half of banana, roll in Greek yogurt, then in pistachio/coconut mixture. Place coated bananas on baking sheet. Freeze for two hours or until firm.

Recipe adapted from: [www.produceforkids.com/meal-planning](http://www.produceforkids.com/meal-planning)

## Avocado Mac n Cheese (4)

**Ingredients:** 1lb whole wheat elbow macaroni (cooked according to package), 1½ cups milk, 3 cloves garlic (chopped), ½ tsp chili powder, ½ tsp salt, ¼ tsp pepper, 2 ripe avocados (halved, pitted), 2 cups shredded sharp Cheddar cheese, 1 tbsp. (plus ½ tbsp.) lemon juice (divided), 2 tbsp. chopped chives (optional) **Directions:** Combine milk, garlic, chili powder, salt & pepper in microwave-safe bowl. Microwave on High in 1 minute intervals until hot. Place 1½ of avocados and 1 tbsp. lemon juice into blender and pulse. Add cheese and hot milk, and blend until smooth. Chop remaining ½ avocado and toss with the remaining ½ tbsp. lemon juice. Mix avocado sauce with pasta. Serve topped with chopped avocado and chives, if using.

Recipe adapted from: CACFP Roundtable Nutrition Edition, Issue 78

**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 mean of communication for program information (e.g. Braille, large print, audiotape, 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](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](mailto: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](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](mailto:program.intake@usda.com)

Esta institución es un proveedor que ofrece igualdad de oportunidades.