



# HEALTHY START

October 2017  
Volume 2017-10

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Page #1  
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## The New CACFP Meal Pattern

The new meal pattern has begun! Here are a few steps to help you with the many changes ahead:

**Out with the old, in with the new.** Be sure to replace your old meal patterns with the new ones you received during your meal pattern training with your FRAMAX field representative. Your new English meal patterns are purple (Spanish are light blue). You can also find them on our website.

**Test out the changes.** Now is the time to familiarize yourself with these changes in KidKare. Click around and ask questions. Some of the biggest changes you'll see:

- The way infant meals are recorded
- Required documentation of a whole grain
- Fruit & Vegetable components are separate categories
- Additional foods added to the food list
- Some foods removed from the food list
- The FRAMAX menu templates have changed

**Know where to go for help.** As we all adjust to the new meal pattern changes, it is important to have these helpful resources handy.

- Did you know that FRAMAX has new meal pattern resources available online? Check them out at [www.framax.net](http://www.framax.net).
- Follow our [FRAMAX Facebook page](#). This is a quick way to get the latest info on current KidKare issues. When KidKare shares, we try our best to get the news out to you.
- Are you familiar with KidKare's help site? Just click Get Help when you are logged in to your KidKare account. You can also find it at: <https://help.kidkare.com>. This website is constantly updated with the latest news, including how-to videos. If you still have unanswered questions, you can even submit a ticket (to KidKare) from this site. FRAMAX can walk you through this "ticket" process as well.

- Don't forget to take a look at all of the resources that your FRAMAX representative gave you during your new meal pattern & KidKare trainings.

Sometimes change is hard, and that's why the FRAMAX team is here to help you. Contact us right away if you have questions or concerns regarding this new meal pattern launch.

## Eat Well Year 'Round

### October

Make time for breakfast. Commit to share this important meal with your children. Prepare for success by setting the table the night before, preparing a weekly menu and wake up 10 minutes early.

Think beyond ready-to-eat cereal to breakfast burritos, a bowl of oatmeal, whole grain pancakes, waffles, bagels, or hard cooked eggs. Serve with crisp fall apples, figs, persimmons, or pears or simmer fruit with delicious sauce.

-Adapted from: CACFP Roundtable's Nutrition Edition, Issue 32



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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
- Deanie Guerin - Sacramento
- Anita Lichty - Modesto
- Gloria Rodriguez - Winton
- Maria Vargas - Maderia
- Rosa Gasca - Orosi
- Kristi Henry - Tulare



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!!

FRAMAX is trying something NEW for our monthly newsletter and it's going to take the help of our Providers to make this idea work. We think it would be 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 providers name, address, contact number, and the age range of children wanted in your care. FRAMAX will take this information and place it in our monthly newsletter, this way providers in the area that may be full or down sizing 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 Service 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.

### Josephine Barbin

Fresno

Ages: 2-10 yrs.

(559) 494-0483

### Melinda Medeiros

Modesto

Ages: 0-5 yrs.

*(Specializes in Special Needs)*

(209) 567-2348

### Julia Marieiro

Tracy

Ages: 0-12 yrs.

(209) 835-9124

### Sherrie Miller

Modesto

Ages: 0-12 yrs.

(209) 544-1486

**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)**

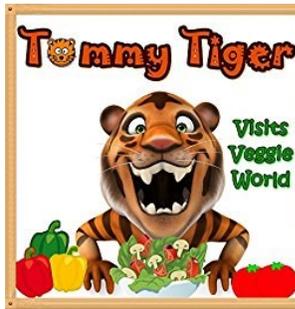
## Holiday Reminder

Just a reminder, FRAMAX offices will be closed next month in observance of the Thanksgiving holiday. FRAMAX will be closed on Thursday, November 23<sup>rd</sup> and Friday, November 24<sup>th</sup>. If you have children in care on **Thursday, November 23<sup>rd</sup>** you will need to submit a [Holiday Verification Form](#), but only for Thursday.

## Coloring Page

[Page 8](#) is a coloring page to help us bring in the fall season.... We're asking all providers to make copies for each of their children (to color) and mail the colored pages back to the Modesto office to help us decorate for the coming fall season. If you have a different project you would like to share, we would appreciate those as well. We enjoy seeing the work of the children hanging up in our office throughout the year.

## Let's Read!!



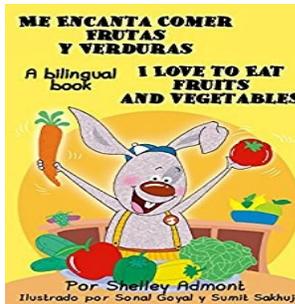
### [Tommy Tiger Visits Veggie World](#)

When Tommy Tiger won't eat his vegetables at dinner, he gets in trouble by his mom and dad. After they send him to bed, Tommy visits Veggie World and gets to find out why vegetables are important for him. Will he learn to love his veggies?



### [I Love to Eat Fruits and Vegetables](#)

Jimmy, the little bunny, doesn't like fruits and vegetables. He wants candy instead. His whole world turns giant-sized when he is knocked over by a mysterious cookbook.



### [Me Encanta Comer Frutas y Verduras - I Love to Eat Fruits and Vegetables](#)

A Jimmy, el pequeño conejito, le gusta comer caramelos. Por eso, se cuelga en la cocina para buscar una bolsa de caramelos que está escondida dentro del armario. ¿Qué ocurre

justo después de que Jimmy escale el armario para coger la bolsa de caramelos? Lo descubrirás cuando leas este libro para niños ilustrado. Desde ese día, Jimmy empezó a desarrollar hábitos de comida saludables e incluso, ahora, le gusta comer frutas y verduras.

*Here is a special book to remind children that it is important to brush their teeth, especially now with Halloween candy around the corner and other sweet treats with the approaching holidays.....*



### [Cedric The Shark Gets Toothache!](#)

Meet Cedric, a little boy shark who loves adventures and playing with his friends. Cedric loves candy, lollies, and toffees. But what happens when he gets greedy? Can his friend Billy the sea lion help him out? A visit to Mary puts things right and Cedric learns a sound lesson.

## Fun Halloween Crafts for the Kids...

Please take pictures of these or any other seasonal crafts and email them to us at [support@framax.net](mailto:support@framax.net) so we can share them on our Facebook page.



### Craft Some Creepy Crawlies

Mini real or faux pumpkins make fantastic spiders. Just attach pipe cleaner legs to the pumpkins' bottoms and use lentils or beans to create eyes. Add a drop of black paint for a pupil

and white for the highlight in each eye, then let your charming little critters crawl.



### Pumpkin Apple Stamps

(Parent step) First cut your apples in half, dry inside and outside with paper towel.

On a paper plate or scrap paper, squirt a little orange paint on one, and green on the other. Using the inside of the apple as a stamp, dip the inside of your apple in orange paint,

making sure it's completely covered in paint, then stamp on your white paper. Using a paint brush, paint a leaf and stem of the top of your pumpkins. Let your beautiful pumpkins dry and display proudly.



### Toilet Roll Cats

Start by squishing down the top of the paper tube cores to create ears. Paint with black paint and leave aside to dry. The joy of painting toilet roll cores is that the paint soaks in and dries super fast. When dry it's time to watch the cats emerge; cut lemon shape

pieces of yellow paper and draw the pupils on with black marker, glue on the eyes, make little holes in the cores, push in the pipe cleaners and bend to make the tail and whiskers



### Yarn Wrapped Mummy

Start by cutting out the shape of gingerbread man from your cardboard. It doesn't have to exactly be a gingerbread man shape but I thought the plainness of the shape would be perfect for a mummy. Paint your cardboard person with your black paint. Let it dry completely. Use Glue Dots or tacky glue to glue on

your googly eyes. I recommend Glue Dots if you have them because you don't have to wait for drying time and they make such a good hold on the cardboard for when you wrap your mummy. When your cardboard person is dry, cut small slits all along the shape to help with the wrapping. Tape the end of your white yarn to the back of the cardboard (at the top) and begin wrapping the yarn around the face of the mummy, leaving a space open for the eyes. Continue wrapping the mummy all the way down and wrap each of the legs. When you are finished wrapping your mummy craft, tape the end of the yarn onto the back of the mummy.



### Egg Carton Monsters

Cut the egg carton cups into individual pieces (kids will need some help with this part). You might like to include some teeth, or keep it flat and add a tongue from the flat part of the egg carton. Snip off some pointy bits to use as horns – the sky is the limit, design them however you like.' Paint them inside and out and allow to dry. Glue on horns, googly eyes and anything else you've made. Place treats inside.

**10  
tips**  
Nutrition  
Education Series



**MyPlate**  
**MyWins**

Based on the  
Dietary  
Guidelines  
for Americans

# Add more vegetables to your day

**It's easy to eat more vegetables!** Eating vegetables is important because they provide vitamins and minerals and most are low in calories. To fit more vegetables in your day, try them as snacks and add them to your meals.

## 1 Discover fast ways to cook

Cook fresh or frozen vegetables in the microwave for a quick-and-easy dish to add to any meal. Steam green beans, carrots, or bok choy in a bowl with a small amount of water in the microwave for a quick side dish.

## 2 Be ahead of the game

Cut up a batch of bell peppers, cauliflower, or broccoli. Pre-package them to use when time is limited. Enjoy them in a casserole, stir-fry, or as a snack with hummus.



## 3 Choose vegetables rich in color

Brighten your plate with vegetables that are red, orange, or dark green. They are full of vitamins and minerals. Try acorn squash, cherry tomatoes, sweet potatoes, or collard greens. They not only taste great but are good for you, too.

## 4 Check the freezer aisle

Frozen vegetables are quick and easy to use and are just as nutritious as fresh veggies. Try adding frozen vegetables, such as corn, peas, edamame, or spinach, to your favorite dish. Look for frozen vegetables without added sauces, gravies, butter, or cream.



## 5 Stock up on veggies

Canned vegetables are a great addition to any meal, so keep on hand canned tomatoes, kidney beans, garbanzo beans, mushrooms, and beets. Select those labeled as "reduced sodium," "low sodium," or "no salt added."

## 6 Make your garden salad glow with color

Brighten your salad by using colorful vegetables such as black beans or avocados, sliced red bell peppers or onions, shredded radishes or carrots, and chopped red cabbage or watercress. Your salad will not only look good but taste good, too.

## 7 Sip on some vegetable soup

Heat it and eat it. Try tomato, butternut squash, or garden vegetable soup. Look for reduced- or low-sodium soups. Make your own soups with a low-sodium broth and your favorite vegetables.

## 8 While you're out

If dinner is away from home, no need to worry. When ordering, ask for an extra side of vegetables or a side salad instead of the typical fried side dish. Ask for toppings and dressings on the side.

## 9 Savor the flavor of seasonal vegetables

Buy vegetables that are in season for maximum flavor at a lower cost. Check your local supermarket specials for the best in-season buys. Or visit your local farmers market.



## 10 Vary your veggies

Choose a new vegetable that you've never tried before. Find recipes online at [WhatsCooking.fns.usda.gov](http://WhatsCooking.fns.usda.gov).

**10**  
consejos  
Serie  
de Educación  
en Nutrición



**MiPlato**   
**MisVictorias**

Basado en las  
Guías  
Alimentarias  
para los  
Estadounidenses

## Agregue más vegetales a su día

**¡Comer más vegetales es sencillo!** Comer vegetales es importante porque aportan vitaminas y minerales y la mayoría son bajos en calorías. Para incorporar más vegetales en su día, tómelos como bocadillos y agréguelos a sus comidas.

**1** Descubra maneras rápidas de cocinar  
Cocine vegetales frescos o congelados en el microondas como acompañamiento rápido y sencillo de cualquier comida. Cocine al vapor judías verdes, zanahorias o bok choy en un recipiente con una pequeña cantidad de agua en el microondas como acompañamiento rápido de preparar.

**2** Lleve la delantera  
Corte una tanda de pimientos, coliflor o brócoli. Enváelos en bolsas para usar cuando el tiempo sea limitado. Disfrútelos en un guisado, salteados o como bocadillo con hummus.



**3** Elija vegetales de intensos colores  
Alegre su plato con vegetales de color rojo, anaranjado o verde oscuro. Son ricos en vitaminas y minerales. Pruebe calabaza, tomates cherry, batatas o coles. No solo saben muy bien, sino que también son buenos para usted.

**4** Revise el pasillo de vegetales congelados  
Los vegetales congelados son rápidos y fáciles de usar y son tan nutritivos como los vegetales frescos. Trate de agregar vegetales congelados, como maíz, guisantes, edamame o espinacas, a su plato favorito. Busque verduras congeladas que no tengan salsas, jugos de carne, mantequilla o crema agregados.



**5** Abastézcase de vegetales  
Los vegetales enlatados son una gran adición a cualquier comida, así que tenga a mano tomates, frijoles, garbanzos, champiñones y remolachas en lata. Seleccione los que se etiquetan como “sodio reducido,” “bajo en sodio” o “sin sal agregada” (“low sodium,” “reduced sodium,” or “no salt added”).

**6** Haga que su ensalada verde brille con el color  
Alegre su ensalada con vegetales coloridos como frijoles negros o aguacates, pimientos rojos o cebollas cortados en rodajas, rábanos o zanahorias rallados, y col roja o berro picados. Su ensalada no solo se verá bien, sino que también tendrá un buen sabor.

**7** Tome sopa de verduras  
Calientela y tómelala. Pruebe la sopa de tomate, calabaza o de vegetales. Busque sopas con sodio reducido o bajas en sodio. Haga sus propias sopas con un caldo bajo en sodio y sus vegetales favoritos.

**8** Cuando está fuera  
Si la cena es fuera de casa, no se preocupe. Pida un acompañamiento adicional de vegetales o de ensalada en lugar del acompañamiento frito típico. Pida coberturas y aderezos aparte.

**9** Saboree el sabor de las verduras de temporada  
Compre verduras que sean de temporada para obtener el máximo sabor a un menor costo. Chequee las ofertas especiales de su supermercado local para encontrar las mejores compras de temporada. O visite su mercado de agricultores locales.



**10** Varíe sus vegetales  
Elija un nuevo vegetal que nunca haya probado antes. Encuentre recetas en línea en [WhatsCooking.fns.usda.gov](http://WhatsCooking.fns.usda.gov).



BREAKFAST	
58	(Whole Wheat) Tortillas (1)
04	Banana (1)
7	Milk
AM SNACK	
63	Garbanzo Beans (2)
7	Milk
LUNCH	
80	Cheddar Cheese (3)
85	(Whole Wheat) Tortillas (3)
236	Sweet Potato (3)
45	Tangerines
7	Milk
DINNER	
24	Turkey Kielbasa (4)
20	Italian Bread
258	Vegetable (Kale Stew) Soup (4)
4	Pears
7	Milk



## FOOD FUNNY:

**Q: What do you call a sleeping egg?**

**A: EGGSHAUSTED!!**

## Peanut Butter Banana Burrito (1)

**Ingredients:** 1 whole grain tortilla, 2 tbsp peanut butter, 1 banana **Directions:** Spread tortilla with peanut butter. Place banana on top. Roll up and slice in half.  
Recipe adapted from: CCFP Roundtable's Nutrition Edition, Issue 1

## Sun-Dried Tomato Hummus (2)

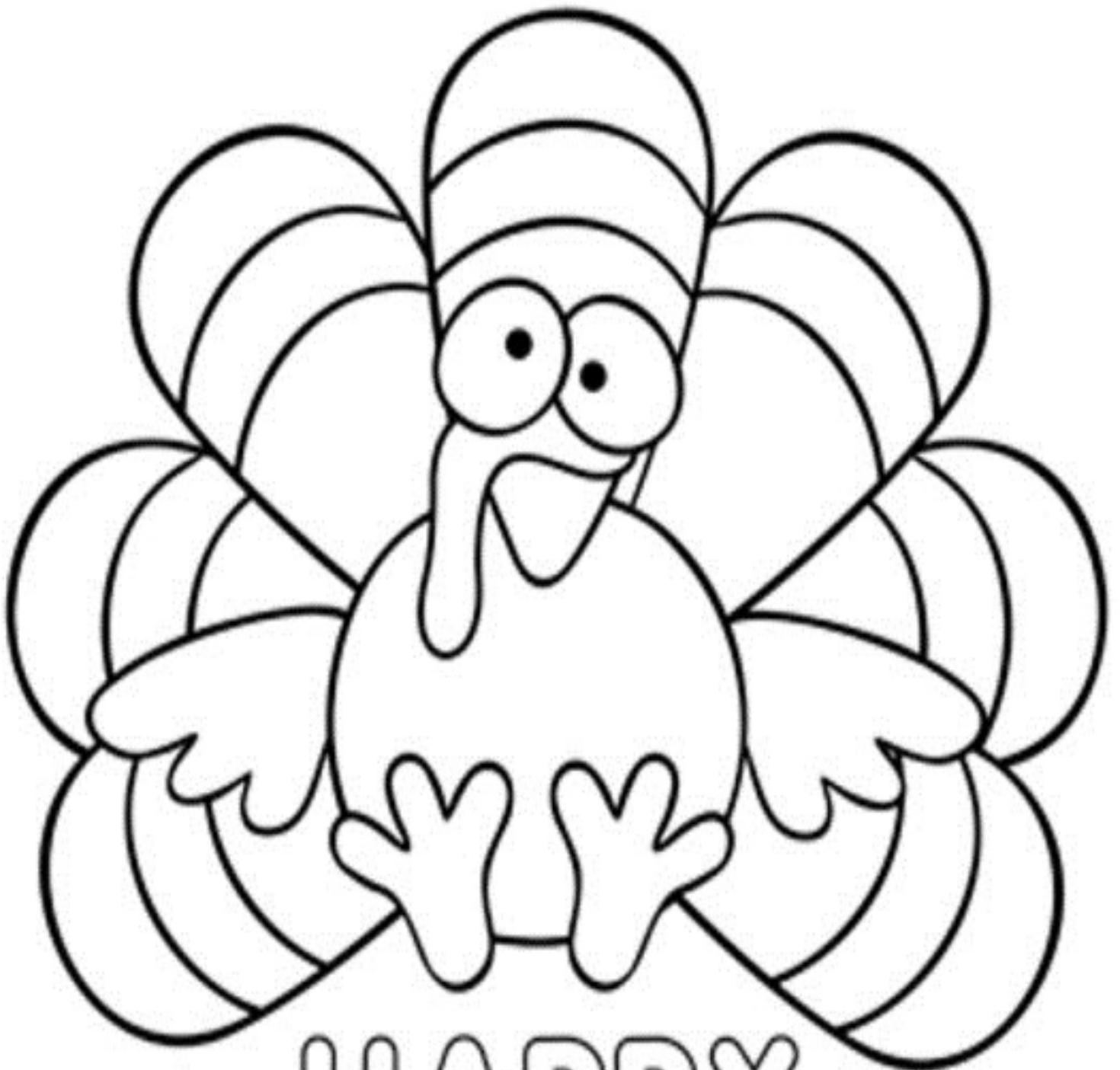
**Ingredients:** 16 oz can garbanzo beans (drained),  $\frac{3}{4}$  cup sun-dried tomatoes, 2 tbsp. tahini, 1 tbsp. olive oil, 1 tbsp. lemon juice, 2 cloves garlic (minced), salt and pepper (to taste),  $\frac{1}{3}$  cup water (approximately) **Directions:** Place all ingredients in a food processor and mix until all ingredients are well combined and mixture is smooth. If the hummus is too thick, add water as needed. Taste and season accordingly. Store in an air-tight container in the fridge for up to two days.  
Recipe adapted from: CCFP Roundtable's Nutrition Edition, Issue 33

## Orange and Black Quesadillas (3)

**Ingredients:** 2-3 cups sweet potato (large, peeled, and diced), 1 tbsp cilantro (fresh, chopped),  $\frac{1}{2}$  tsp chili powder,  $\frac{1}{2}$  tsp salt, 1 can (15 oz) black beans (drained and rinsed), 2 $\frac{1}{2}$  cups cheddar cheese (shredded), 8 flour tortillas **Directions:** Boil sweet potato chunks in a large pot of water. Simmer until soft, about 15 minutes. Drain and mash with cilantro, chili powder, and salt. Assemble quesadillas by layering mashed sweet potato, beans, and cheese on half of each tortilla. Fold in half. Spray a frying pan with oil and cook each quesadilla over medium heat until cheese is melted and beans are hot, turning halfway through.  
Recipe adapted from: CCFP Roundtable's Nutrition Edition, Issue 52

## Kale Stew (4)

**Ingredients:** 1 tbsp. vegetable oil, 1 large onion (chopped), 2 cloves garlic (chopped), 1 medium green bell pepper (chopped), 1 (8oz.) can of tomato sauce, 1 (6oz.) can tomato paste, 1 (14oz.) can low-sodium chicken broth, 4 cups water, 1 pound kale (chopped), 2 medium carrots (chopped), 2 medium white potatoes (cut into cubes), nonstick cooking spray,  $\frac{1}{2}$  pound turkey kielbasa (sliced into thin rounds) **Directions:** In a large pot, heat oil over medium-high heat. Sauté onion, garlic, and bell peppers until tender, about 5 minutes. Add tomato sauce, tomato paste, chicken broth, water, kale, carrots, and potatoes. Cook on medium-high heat until potatoes are tender, about 45 minutes. Spray a medium skillet with nonstick cooking spray. Sauté kielbasa until heated through, about 5 minutes. Add turkey kielbasa to stew and cook for 15 minutes more. Serve while hot. Recipe courtesy of: [www.cachampionsforchange.cdph.ca.gov](http://www.cachampionsforchange.cdph.ca.gov)



HAPPY

THANKSGIVING!

Make copies for your children to color  
and mail them back to us to decorate  
our office for fall.....