



201 Harrison Ave. Coeur d'Alene, ID 83814

## Provider News Letter April 2016



### SOME GOOD THINGS

Rice Krispies are creditable, however, Rice Krispie treats are not when made according to the recipe listed.

Rice Krispie treats can be creditable if the cereal outweighs the marshmallows. 12 cups cereal, 10 oz. of marshmallows, ½ cup butter, ½ cup peanut butter. Serves 12 full servings and 24 ½ servings.

### REMEMBER

**Electronic Paperwork:** Infants be sure to record attendance arrival and departure times only once. It is not necessary to record attendance twice for infants. You can discontinue using the 'Pink' infant attendance and start using the 2<sup>nd</sup> one when they turn one year old, and are eating regular foods.

**Closures:** Please put us on your list of contacts for when you are closed. We do not want to come to your facility unnecessarily. According to regulations a facility must notify the SO office when they are closed, on vacation, or on an outing during a meal time.

**School times** must be listed on the attendance for each school age child. Unless you are able to record two arrival and departure times. (Which can only be done on hard copy paperwork)

**Menus:** The brand of the CN label submitted must be listed on the menu. We cannot assume you are using the same label unless it is listed. **Raisins**-Remember to add a second fruit or vegetable to achieve the correct volume portion needed.

Be sure to check each Nutrition Label on your grain products to determine the correct serving size from the grain chart.





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From: Mealtime Memo for Child Care  
April 2016

A busy day in a child care setting may call for many things beyond caring for children, such as greeting parents, answering phones, purchasing food, etc. Occasionally, the long list of tasks can limit the time for preparing food. On days when you are overwhelmingly busy, meal preparation can be more manageable by planning and preparing in advance.

One of the best ways to plan in advance is to create and use a cycle menu. A cycle menu is a series of menus planned for a period, such as four weeks.



Another way to plan ahead is to shop using a grocery list. A grocery list, used for shopping in-store or through a vendor's website, can be an essential tool for saving time. Think about how long it takes you to purchase what you need without a list?

Even with careful planning, sometimes there is not enough time to prepare the planned menu. For these situations, identify a few quick and easy meals that meet CACFP meal pattern requirements that can be made completely from pantry and freezer items.

The next part of the solution for saving time in meal preparation is to prepare in advance. On days that are not as busy, double a recipe for a main dish that can be properly stored in a freezer until a later date.

Another way to prepare in advance is to cook large quantities of certain items that can be frozen in small amounts and then used in recipes at another time.

In addition to preparing food in advance, you can purchase partially prepared foods. These items cost a little more, but for days when there is limited time for food preparation, the cost may be worth it. Such as (shredded cheese, bagged salad, chopped vegetables, chopped fruit, chicken tenders)

When time is limited, planning and preparing ahead are solutions for keeping meal preparation manageable. For more time-saving ideas, visit the Spend Smart, Eat Smart website at <http://www.extension.iastate.edu/foodsavings/>.

## References

Extension. (2012). *Cooking methods to preserve nutrients in fruits and vegetables*. Retrieved from: <http://www.extension.org/pages/24340/cooking-methods-to-preserve-nutrients-in-fruits-vegetables#>.  
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Institute of Child Nutrition. (2014). *Family child care FUNDamentals*. Retrieved from: <http://theicn.org/ResourceOverview.aspx?ID=497>