

# The Link

PLANTING THE SEEDS FOR A HEALTHY MIND, BODY AND HEART.

Volume XXXIX Newsletter : September 2018



A CACFP &  
Child Nutrition  
Sponsoring Agency

Proud CACFP Sponsor since 1995  
Serving Tennessee & Kentucky



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### Knoxville, TN

108 Stekoia Lane #101  
Knoxville, TN 37912  
Local | 865.938.6328  
Toll-Free | 855.238.6328  
Fax | 865.938.6335

### Memphis, TN

1255 Lynnfield Road #222  
Memphis, TN 38119  
Local | 901.308.2269  
Fax | 901.308.2378

### Clarksville, TN

635 Frosty Morn Drive, Suite A  
Clarksville, TN 37040  
Toll-Free | 855.238.6328  
Fax | 931.920.3902



CONNECT WITH US ONLINE!

[www.odbcacfp.org](http://www.odbcacfp.org)  
[contact@odbcacfp.org](mailto:contact@odbcacfp.org)



# SEPTEMBER

## National Childhood Obesity Awareness Month

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
						1
2	OFFICE CLOSED		July Late Claim Aug. Claim Due			8
9	10	11	12	13	14	15
16	17	18	19	20	21	22
23	24	25	26	27	29	30

### National Childhood Obesity Awareness Month

National Childhood Obesity Awareness Month: National Childhood Obesity Awareness Month offers opportunities for families to prevent childhood obesity early and to address the issue early. Addressing them now prevents lifelong health issues such as diabetes, certain cancers, heart and sleep disorders.

Not sure if a child is considered overweight or obese? This CDC developed calculator can give you a general idea if a child is a healthy weight for their age and height.

- ★ Sept. 11 – National Ants on a Log Day
- ★ Sept. 13 – Kids Take Over the Kitchen Day
- ★ Sept. 18 – National Cheeseburger Day
- ★ Sept. 26 – National Johnny Appleseed Day
- ★ Sept. 29 – Family Health & Fitness Day USA



Teen & Child  
BMI Calculator

<https://goo.gl/MsfG7L>

# OCTOBER

## Tackling Hunger Month

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	1	2	3	4	5	6
7	8	9	10	11	12	13
14	15	16	17	18	19	20
21	22	23	24	25	26	27
28	29	30	31			

### Tackling Hunger Month



During the month of October, hunger awareness is the focus of several nonprofit organizations dedicated to raising awareness of food issues.

#### VOLUNTEER INFORMATION

[hungervolunteer.org](http://hungervolunteer.org)

Join in the fight against childhood hunger by volunteering with Hunger Free America during the month of October. Visit [hungervolunteer.org](http://hungervolunteer.org) to learn more about volunteer opportunities in your area.

- ★ Oct. 1 – National Child Health Day
- ★ Oct. 12 – National Farmer's Day
- ★ Oct. 17 – Take Parents to Lunch Day
- ★ Oct. 20 – Youth Confidence Day
- ★ Oct. 29 – National Oatmeal Day
- ★ Oct. 31 – Halloween

# NOVEMBER

## National Gratitude Month

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
				1	2	3
Sept. Late Claim	4	5	6	7	8	9
10	11	12	13	14	15	16
17	18	19	20	21	22	23
24	25	26	27	28	29	30

### National Gratitude Month

Gratitude is more than simply saying "thank you." Gratitude's amazing powers have the ability to shift us from focusing on the negative to appreciating what is positive in our lives.

What are you waiting for? Give gratitude a try! You'll be happier you did. Participate in the 30 Days of Gratitude Challenge.



<https://goo.gl/vwyBYW>

#### 30 Days of Gratitude Challenge

- ★ Nov. 3 – National Sandwich Day
- ★ Nov. 11 – Veterans Day
- ★ Nov. 13 – World Kindness Day
- ★ Nov. 17 – Homemade Bread Day
- ★ Nov. 22 – Thanksgiving
- ★ Nov. 27 – National Day of Giving





## CHILD CARE TRAINING EVENTS

Tennessee and Kentucky Childcare Training Events

### TENNESSEE CHILD CARE TRAINING

**TUESDAY SEPTEMBER 11, 2018**

**Emergency Preparedness Planning Effective Drills** | Nashville

**THURSDAY SEPTEMBER 13, 2018**

**Learn the Signs: Act Early** | Knoxville

**SATURDAY SEPTEMBER 15, 2018**

**Understanding the Spread of Illnesses** | Jackson

**Building Relationships with Families** | Jackson

**Creating Opportunities for Learning w/ Dramatic Play** | Jackson

**Lesson Planning for Infants and Toddlers** | Jackson

**Relaxation and I Love You Rituals** | Jackson

**Introduction to Strengthening Families** | Memphis

**Brain Architecture Game: ACES** | Memphis

**Mindfulness: Bring Some Zen to Your Classroom** | Mt. Juliet

**Supervision and Keeping Children Healthy and Safe in Child Care** | Livingston

**Social & Emotional Needs of Children in Strengthening Families** | Mt. Juliet

**Brain Architecture Game: ACES** | Mt. Juliet

**Revised TN-ELDS for 4 year olds: Overview and Approaches to Learning** | Winchester

**Playground Safety and Supervision** | Columbia

**Noticing, Understanding, Addressing Brain States** | Columbia

**MONDAY SEPTEMBER 17, 2018**

**Activities to Benefit the Child and Educator in the Childcare Setting** | Jackson

**TUESDAY SEPTEMBER 18, 2018**

**Safe Sleep Practices for Infants** | Oak Ridge

**Learn the Signs: Act Early** | Bolivar

**Social-Emotional Teaching Strategies (Pre-Literacy)** | Lebanon

**THURSDAY SEPTEMBER 20, 2018**

**Connecting Literature to STEM Instruction (Pre-Literacy)** | Lenoir City

**TUESDAY SEPTEMBER 25, 2018**

**Using Choices with Conscious Discipline** | Paris

**Learn the Signs: Act Early** | Lawrenceburg

**THURSDAY SEPTEMBER 27, 2018**

**What Program Administrators Need to Know: Get Moving!** | Dyersburg

**SATURDAY SEPTEMBER 29, 2018**

**Bullying Behavior: Why it Hurts So Much?** | Memphis

**Working with Children and Families Experiencing Homelessness** | Memphis

**Learn the Signs: Act Early** | Memphis



**Register  
Online**

[tncrr.org/training-by-region](http://tncrr.org/training-by-region)



### CLAIMING TIP #1:

Review Child Enrollment Forms and Income Eligibility Forms (centers) for completion and accuracy before submitting paperwork to the ODB CACFP offices. Both forms must be signed and dated by the parent (and provider, homes only) in order for the child to be activated.

Please make sure parent's date the Child Enrollment Forms for the child's first day in your care. Meals claimed before the parent's signature date cannot be reimbursed\*\*

## NO MORE PAPERWORK?

Go electronic! ODB CACFP offers access to Minute Menu, an online claiming program, free of charge. Switch to online claiming & save on time, paper and postage. Online claims are sent directly to ODB CACFP with the click of a button – no worries about claims lost in the mail or arriving after the cutoff date. If you do submit a paper claim, make sure to double check for sufficient postage & consider faxing your paperwork in to avoid delay.

**CLICK BELOW TO SIGN UP FOR ONLINE CLAIMING**

**I WANT TO SWITCH**

### KENTUCKY CHILD CARE TRAINING SESSIONS



early care orientation

ecool online

**Learnscaping**

### FREE ONLINE COURSES:

- 1.) Learnscaping: Creating Appropriate Environments for Preschoolers
- 2.) Learnscaping: Creating Appropriate Environments for Infants and Toddlers
- 3.) Learnscaping: Creating Appropriate Environments for School-Agers

These FREE, one hour training modules are intended to help professionals engage children in meaningful play experiences. The Training objective for you to take the knowledge acquired and be able to:

- Identify age-appropriate materials
- Understand how materials supports cognitive, physical and social-emotional skills
- Design exciting interest centers that invite children to interact and explore.

**Register Online**

<https://goo.gl/CJZp7U>

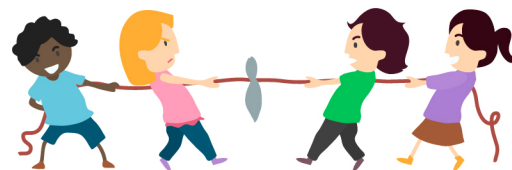




## LITTLE MOVERS

Physical Activities, Crafts & Recipes

Sarah Cascaes, Centers Program Manager (East TN)



## FALL WREATHS



Go on a nature walk and collect leaves and other fall findings. Cut out middle of a paper plate and have children glue their leaves, etc. onto the plate.

## PUMPKIN PAINTING



Line a tray with paper. Place miniature pumpkins in trays of paint. Add utensils. As the pumpkins are moved across the paper with the utensils, a design is created on the paper.

## FRUITY PUMPKIN PIE SMOOTHIE

### INGREDIENTS

- 2 cups canned pumpkin puree
- 4 cups lowfat vanilla yogurt
- 2 cups spinach, loosely packed
- 1 cup 100% pomegranate juice
- 2 medium bananas
- 3 medium mangos, chopped
- 2 teaspoons cinnamon
- 1/4 teaspoon ground cloves

### PREP

Place pumpkin, yogurt, spinach, juice, banana, mango, cinnamon and cloves into blender or food processor. Blend until smooth.



### MAKES 8 SERVINGS

- |            |  |
|------------|--|
| 1-2 years  | 7oz. smoothie = 1 Fruit or Meat Alternate  |
| 3-5 years  | 14oz. smoothie = 1 Fruit or Meat Alternate |
| 6-12 years | 14oz. smoothie = 1 Fruit or Meat Alternate |



DOWNLOAD  
ENTIRE CURRICULUM



## EARLY LEARNING LINK

PLANTING THE SEEDS FOR A HEALTHY MIND, BODY AND HEART.

These activities are featured in our curriculum along with many others at: [providers.odbcacfp.org](http://providers.odbcacfp.org). Available exclusively on our Provider Portal for ODB CACFP sponsored sites.

## FALL RELAY

### INSTRUCTIONS

Set up a fall relay with the kids. Fill large containers with sunflower seed bird feed. Have smaller, clear containers at the opposite end. Kids fill cup with seeds and race to dump it in the empty container. They sprint back to the start and hand-off the cup to the teammates. Goal of the race is to be the first team to fill up the small container with the seeds. As an extra challenge, give the kids an over-sized soup ladle instead of a cup. Don't worry if the seeds spill; that's part of the fun! The birds will easily find them later.





**Sarah Cascaes**  
Centers Program  
Manager



## CLAIMING TIP #2:

### CHILD CARE CENTER TIP

Centers Program Only- Children are at risk of being activated as paid if all required information is not completed on the Income Eligibility Form. Income Eligibility Forms must be signed and dated with the new Income Eligibility Form, as well. Please contact the office if you are unsure what's required for families with government assistance or families who are private pay to guarantee a free or reduced reimbursement rate.

### REMEMBER:

Families First Certificates (FF), Foster Children, and Food Stamps/SNAP Families are the only Income Eligibility Forms that do not require the household income. Any other certificate type **must** include their household income.

### PROVIDER PORTAL

Download Income Eligibility Forms & more at our "Provider's Portal".  
[providers.odbcacfp.org](http://providers.odbcacfp.org)



### PROVIDER RESOURCE

Joshua Smith, Systems Manager



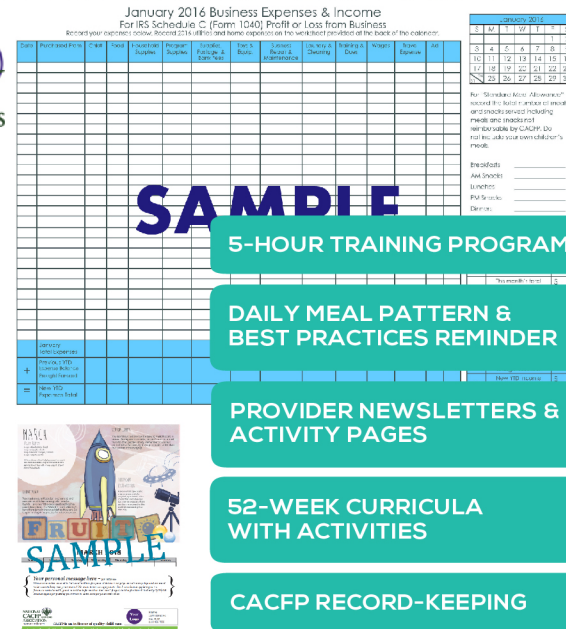
### National CACFP Sponsors Association: Nutrition Calendar & Training Program



This resource is provided FREE to all sponsored ODB CACFP child care sites. Each month highlights CACFP best practices and features healthy recipes, nutrition tips, as well as table and physical activities. In addition to this valuable nutrition education resource, each month's calendar page has oversized squares for recording important events. Additionally, record-keeping pages are provided each month for common child care business task. If you would like a copy, please call or office or ask your field representative during your next visit.

**CACFP**  
Calendar Info  
& Details

[www.cacfp.org](http://www.cacfp.org)



## FROM THE FIELD

Shannon Donahue, Senior Program Specialist

### REVIEW READY!

Child care centers and family day care homes may be approved to claim up to two reimbursable meals (breakfast, lunch or supper) and one snack, or two snacks and one meal, to each eligible participant, each day. The **reimbursement rate** is set for both centers and homes and is updated annually.

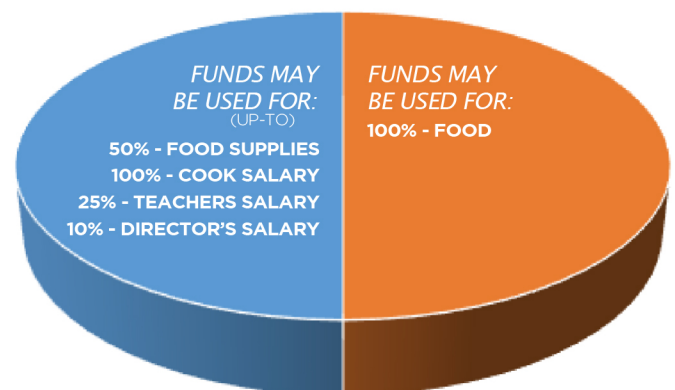
In order to abide by CACFP program regulations, a home or center must use at least 50% of their monthly reimbursement on food for the children in your care. If you are having trouble meeting that 50%, try switching to fresh fruits and vegetables opposed to canned or frozen or purchasing fresh meats from a butcher instead of processed frozen meats.

The remaining 50% of your reimbursement may only be used for the purchase of food related supplies and staff salaries. Food related supplies can include plates, cups, utensils, napkins, pots, and pans. In regards to salaries, 100% of a cook's salary may be taken from the remaining reimbursement, as well as 25% of a teacher's salary, and 10% of a director's salary.



## SPENDING YOUR REIMBURSEMENT WISELY

### CACFP REIMBURSEMENTS: ALLOWED SPENDING



■ Related Cost ■ Food Cost

If you have questions about which items are approved for reimbursement purchase, please contact Our Daily Bread CACFP.