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New Pay Rates for July Claims!!

Breakfast

Tier 1: \$1.19

Tier 2: \$.44

Lunch/Dinner

Tier 1: \$2.22

Tier 2: \$1.34

Snack

Tier 1: \$.66

Tier 2: \$.18



To keep you posted:

Please never use staples on any form that you need to send to the office.



Paperclips are best for securing important notes or documents.

Online Training

Workshops have finished up for this training year.... So on our website at www.swhuman.org we have federally required mandatory training. There is a Self-Instructional Training Packet and Civil Rights Guide that you can do at home. Go to the website, click on training, download the materials, take the tests and mail them in along with a completed certificate. We only need the signed certificate and tests for our file, not the whole packet. Please feel free to call the office with any questions 1-800-369-9082.

Coffee Bag Sandwich Wrap

Materials:

- 🌐 Empty coffee bag
- 🌐 Soap and water
- 🌐 Baking soda
- 🌐 Scissors
- 🌐 Self-adhesive hook-and-loop dots

Instructions:

- 🌐 Start with an empty coffee bag. To eliminate the coffee smell, swirl some warm, soapy water around inside the bag, rinse it out, then fill the bag with hot water and 2 tablespoons of baking soda.
- 🌐 Hold the bag closed and shake the mixture, then let it sit for half an hour.
- 🌐 Rinse the bag. If there's still a strong coffee odor, repeat the baking soda wash.
- 🌐 Cut the bottom from the bag, open the side seam, and dry the bag.
- 🌐 Cut it into a 10-inch square.
- 🌐 Attach self-adhesive hook-and-loop dots at two opposite corners of the square, one on the front and the other on the back of the bag.
- 🌐 Use your wrap with the inside facing out and you'll have a shiny, reusable sandwich wrap!








back to School








Breakfast Party Picnic

Since the afternoons in August are scorchers, enjoy a cool morning picnic with the kids! Lay out a large table cloth or sheet in the yard. Have each child bring a basket from their home that day to use as their picnic basket.



Ingredients:

-  Whole Wheat Pita Pocket Bread
-  Eggs
-  Red and/or Green Peppers
-  Seasonal fruit
-  Milk

Directions:

-  Sauté the diced red/green peppers with olive oil in a skillet.
-  Add the eggs and scramble together.
-  Let the kids hold their pita pocket open while you scoop in the scramble.
-  Add a seasonal fruit like fresh peaches, raspberries, or cantaloupe.
-  Finish the meal by adding a cold glass of milk.

Variations:

-  Serve tea as well (or tea-colored apple juice) and create a breakfast tea party.
-  Use leftover party plates or napkins to create themed picnics.

Spotlight Providers

161-0038

From Dallas, TX, **Elizabeth Piper** is a super lady that always has a smile on her face. ☺ She loves all of her children and feeds them yummy foods that they enjoy and are good for them. She often gets the kids involved and lets them help prepare the food. Her food records are always current and Elizabeth comes to a food program workshop each year, too. Thanks for being such a stellar childcare provider!

Meanwhile over in Lubbock, TX, **Eveli Johnson-Smith** can win a prize for record keeping! She has folders for each child with every bit of information from them. She has a great sign-in sheet that helps keep track of all those children. Eveli's specialty is with the babies and is constantly holding and playing with them. She is fairly new to the program and has her home set up perfectly for her daycare. Keep up all that great work, Eveli!

How To... Re-enroll or Inactivate Children for the School Year!

Now that the school months are upon us, "summer kids" might be returning to school full time and your regular school-year children might be returning to your daycare. If a child has attended your daycare previously and has since been withdrawn, you can re-enroll! Also if a child is temporarily leaving your daycare for the school months and will be returning (either next summer or on holidays), do not withdraw that child – he can instead be "inactive."

Using paper enrollment forms:

- ✓ Write out the child's information completely on the form. Write "re-enroll" at the very top of the form.
- ✓ If a child is leaving for an extended period of time, state that on your yellow CIF and mail into the office instead of withdrawing the child.

On MM Kids Online:

- ✓ Reprint the child's enrollment form from your computer and obtain a new signature from the parent. In the margin, write Re-enrolled and what date he will be entering your care. Mail/fax a copy to the office.
- ✓ If a child is leaving for an extended period of time, his status can be made "inactive" directly on MM Kids Online.
- ✓ After signing into the program and at the main screen 1)Click on the Child Information icon 2)Select the child's name 3)Click on the "Active" status and select "Inactive." This will prevent the child from showing up on the Meal Counts screen. When the child is in your care again, follow the same steps and change "Inactive" to "Active" so that you are able to claim meals for that child again.

Call the office with any questions 1-800-369-9082.

Answers to July's quiz

- | | |
|-----------------|-----------|
| 1. can | 6. true |
| 2. true | 7. true |
| 3. food allergy | 8. growth |
| 4. true | 9. anemia |
| 5. not candy | 10. true |

Mystery Provider











Each month in this newsletter we put the provider ID of one MYSTERY PROVIDER. The Mystery Provider wins a fun children's book to share with their kiddos. If you find your ID somewhere in the newsletter call the office at 1-800-369-9082 and claim your prize!

Back-to-School Meal Planning on a Budget



Preparing to send your children back to school takes planning and preparation to ensure your family starts the school year on the right foot. With rising food costs, many families face back-to-school season with tighter budgets. Yet, many practical budget tips go hand-in-hand with expert nutrition advice for healthy eating at back-to-school time—and throughout the year.

Planning meals saves you money in a number of ways by allowing you to stretch your dollar and shop smart. Meal planning has additional benefits for your health because it keeps you in control of what you eat by helping you plan healthy portion sizes and balanced meals throughout the week.

Ten back-to-school meal planning tips that can save you money:



-  **Make fewer trips to the grocery store—or fast food restaurants—and cut your fuel costs.** Frequent trips to the grocery store waste time, gas and money. So, create your meal plans for the week and make all of your purchases in one trip to the store.
-  **Eliminate wasted food that goes uneaten in your refrigerator.** When you plan your meals you make better use of the food you purchase and reduce spoilage. For example, soups and stews are a great way to make use of extra vegetables, milk or cheese.
-  **Buy fresh produce in season—when it's cheaper.** You'll pay more for food purchased off-season so choose recipes that use seasonal ingredients.
-  **Build meals around sale items featured at your grocery store.** Take advantage of what's on sale by searching online recipe database by ingredient.
-  **Clip coupons and check store promotions for foods you buy on a regular basis.** This is a money saving habit that can really add up over the long term.
-  **Stock your pantry when items you can store in the cupboard or freezer are on sale.** In addition to saving money up front, buying more of your kitchen staples when they go on sale will also ensure that you always have healthy food on hand for those nights when you don't know what to cook.
-  **Eat a healthy breakfast from home—decrease spending on expensive convenience foods eaten on the go or purchased from vending machines.** Breakfasts do not need to be complicated. Having simple foods on hand, such as yogurt, whole-wheat bread, fruit and cereal, provide important nutrients often lacking in convenience foods.
-  **Pack your lunch.** Lunch and snacks prepared at home save money. Packing your lunch will keep you from feeling pressured to purchase expensive and often less nutritious meals or snacks from convenience stores, vending machines and restaurants. If you're already making a lunch for your children, it only takes a few more minutes to make an extra sandwich or snack for yourself.
-  **Buy in bulk.** Purchase and prepare your favorite and frequently eaten foods in bulk—such as, purchasing two for one gallons of milk. Preparing dinner "in bulk" by doubling a recipe or adding another serving or two will cost very little extra and leave you with leftovers for lunches or another dinner later in the week.
-  **Eat at home.** Make time for family meals at home. Meals prepared at home are often more nutritious and less expensive than restaurant meals. In addition to providing your family with nutritious meals and cutting food costs, eating at home gives you the invaluable opportunity to talk to and connect with your family.

Green Tips for Planning Meals:

-  **Save Paper.** Laminate your shopping list or put it in a plastic sleeve. If you frequently purchase the same foods at the grocery store, you can mark your foods off with a dry-erase pen then clean it off before your next trip. Leave room on the list to add special foods for the week.
-  **Eliminate Waste.** Purchase re-usable containers and lunch bags to store and transport food. Packing your lunch in a reusable bag makes it easier to bring home portable containers to be washed and re-used. Anything from sandwiches to crackers to soups can be safely transported in portable containers.

August



1 Friendship Day	2	3 Send in Claim!	4	5	6	7
8	9	10	11 Islamic Ramadan	12	13	14
15 Assumption Day	16			17	18	19 National Aviation Day
22	23	24	25	26 Women's Equality Day	27	
29	30	31				









Cool Chicken Melon Salad











Just five ingredients make this perfect little salad a real gem. Try it on the hottest summer day. I sometimes like to add a tablespoon or two of raspberry vinegar to the dressing.

Ingredients:

-  1 cup strawberry yogurt
-  1/3 cup mayonnaise
-  4 boneless, skinless chicken breasts
-  2 cups of fun shaped whole grain pasta
-  1 ripe cantaloupe, cut into 1" pieces
-  Field greens or spinach leaves



Preparation:

-  In large bowl, combine yogurt and mayonnaise then blend well. Refrigerate while preparing rest of salad.
-  Bake chicken with salt and pepper to taste at 375 degrees for 20-30 minutes until thoroughly cooked.
-  Let cool until cold enough to handle. *Quick alternative: use an already prepared rotisserie chicken.
-  Cut chicken into 1" pieces, and add to salad dressing.
-  Cook pasta as directed on package. Drain, rinse briefly with warm water and drain thoroughly.
-  Stir pasta into dressing; taste for seasoning. Gently stir cut cantaloupe into the salad.
-  Chill 1-3 hours until cold or serve immediately.
-  Serve on a bed of lettuce or spinach for an extra boost of nutrients!