



Alaska Family Child
Care Food Program
7926 Old Seward Hwy
Suite A-7
Anchorage AK 99518

Food Program Newsletter

Child Care Authorizations needed for October

Upcoming Holidays Needing Holiday Care Logs

If you are in a Tier II neighborhood please do not forget to turn in Child Care Assistant Authorizations, which include the month of October, for the children in your care.

- October - No Holiday Care Logs Needed
- November - Thanksgiving - November 23, 2017
- December - Christmas Eve - December 24, 2017
- December - Christmas Day - December 25, 2017

If you care for children with OCS authorizations, those will also need to be handed in with your October claim.

If you care for children on Cook Inlet please have their parents fill out a Confidential Income Statement for the new fiscal year. Call the front desk if you need to have one mailed to you.

Child Enrollment Renewal Worksheet

Please remember to turn in your Child Enrollment Renewal Worksheet with your claim. If you need assistance with printing it, or need us to send you one. Please call Nicole at 274-2237.

Enrollment Renewal Report (10/01/2017 - 09/30/2016)

Congratulations on choosing a provider who cares about children and realizes the importance of a strong nutrition foundation early in life! The day care home provider listed below participates in the Child & Adult Care Food Program (CACFP), a nutrition program funded by the United States Department of Agriculture (USDA) and sponsored by Alaska Family Child Care Association 7926 Old Seward Hwy Suite A7, Anchorage, AK 995183261. The purpose of this program is to promote good eating habits among children. Providers receive cash reimbursement for approved meals. As a participant, your provider has agreed to follow USDA minimum standards in the planning and serving of meals to the children in her/his care. All food served to participating children must be provided by the day care provider.

TOPARENT(s): Please check the information below for your child. Record or verify the COMPLETE address (city, state, zip), and phone # and the drop-off and pick-up times. Please add any corrected or missing information in the space provided. Also, be sure to indicate both the days and meals your child will attend. You may be contacted by Alaska Family Child Care Association regarding the meals claimed for your child. You MUST sign on the line to the right of the meals you indicate. **NOTE: All information is mandatory. Please complete all sections.**

Provider Name: **KidKare, Inc** Phone #: **9955** Provider Signature: _____
 and Address: **7926 Old Seward Hwy Suite A-7** Phone: **(907) 274-2237**
Anchorage, AK 99518 Monitor: _____

| No | Child Name | DOB | DOE | Relation | Age | Status | Ethnicity | Race | Sex | School Type | School District |
|--|----------------------|----------------------|-------------------|----------------------------------|-------------|----------------|-----------|--|----------|---------------------------|-----------------|
| | Hanni, Annika | 02/12/2016 | 02/16/2016 | None | 1v8m | A | NH | W | F | | |
| Address: 3519 Newcomb Dr Anchorage, AK 99508 | | Drop Off: 6:00am | | Weekday Times: 6:00pm | | PickUp: 6:00pm | | Participation: [X]Mo[X]Tu [X]We[X]Th [X]Fr []Sa []Su | | | |
| Home Phone: _____ | | Weekend Times: _____ | | Meals: [X]B [X]A [X]L [X]P [X]JE | | Days vary: [] | | Times vary: [] | | Parent Name: Raquel Hanni | |
| Work Phone: _____ | | Depart: _____ | | School Times: _____ | | Return: _____ | | Days Attending School: []Mo []Tu []We []Th []Fr | | Parent Signature: _____ | |
| Mobile Phone: (907) 244-8104 | | Date: _____ | | Withdrawal Date: _____ | | | | | | | |
| | Hanni, Braden | 02/09/2016 | 01/01/2017 | Foster | 1v8m | A | NH | W | M | | |
| Address: 3519 Newcomb Dr Anchorage, AK 99508 | | Drop Off: 7:45am | | Weekday Times: 5:30pm | | PickUp: 5:30pm | | Participation: [X]Mo[X]Tu [X]We[X]Th [X]Fr []Sa []Su | | | |
| Home Phone: _____ | | Weekend Times: _____ | | Meals: [X]B [X]A [X]L [X]P [X]JE | | Days vary: [] | | Times vary: [] | | Parent Name: Raquel Hanni | |
| Work Phone: _____ | | Depart: _____ | | School Times: _____ | | Return: _____ | | Days Attending School: []Mo []Tu []We []Th []Fr | | Parent Signature: _____ | |
| Mobile Phone: (907) 244-8104 | | Date: _____ | | Withdrawal Date: _____ | | | | | | | |
| | HANNI, Braden | 02/09/2016 | 01/01/2017 | Foster | 1v8m | A | NH | W | F | | |
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| Home Phone: _____ | | Weekend Times: _____ | | Meals: [X]B [X]A [X]L [X]P [X]JE | | Days vary: [] | | Times vary: [] | | Parent Name: Raquel Hanni | |
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| Mobile Phone: (907) 244-8104 | | Date: _____ | | Withdrawal Date: _____ | | | | | | | |

USDADISCLAIMER:

If you are interested in participating in the USDA Child and Adult Care Food Program, meals will be reimbursed and made available to enrolled children in each of our sponsored child care homes and will be provided at no separate charge without regard to race, religion, color, national origin, sex, age, or disability. Anyone who believes they have been discriminated against should write immediately to the USDA Director, Office of Civil Rights, Room 326-W, Whitten Building, 14th and Independence Avenue, SW, Washington D.C. 20250-9410 or call 202-720-5964.

What's in my Sandwich?

Did you know that many deli meats (whether bought by the pound in the deli section or pre-packaged in the refrigerated section of your grocery store) are NOT allowable on the CACFP?

Who knew that most deli/lunch meats are not 100% meat but have binders, extenders and by products? Binders and extenders hold processed meats together and may aid in retaining product moisture.



Example: OSCAR MAYER DELI FRESH – TURKEY BREAST

INGREDIENTS: TURKEY BREAST, WATER, MODIFIED CORNSTARCH, CONTAINS LESS THAN 2% OF SODIUM LACTATE, SALT, SUGAR, SODIUM PHOSPHATES, CARRAGEENAN, NATURAL FLAVOR, SODIUM DIACETATE, POTASSIUM CHLORIDE, SODIUM ASCORBATE, SODIUM NITRITE, CAMEL COLOR

This is a "binder"

| Examples of Binders/Fillers | Examples of Extenders/By-Products |
|---|--|
| <ul style="list-style-type: none"> • Carrageenan (a byproduct of algae or seaweed) | <ul style="list-style-type: none"> • Stomachs |
| <ul style="list-style-type: none"> • Cereal, cereal flours, bread crumbs | <ul style="list-style-type: none"> • Tripe |
| <ul style="list-style-type: none"> • Starchy vegetable flour | <ul style="list-style-type: none"> • Hearts |
| <ul style="list-style-type: none"> • Dried milk or whey | <ul style="list-style-type: none"> • Tongues and Lips |
| <ul style="list-style-type: none"> • Isolated soy protein, milk protein | <ul style="list-style-type: none"> • Fats, fatty tissue |
| <ul style="list-style-type: none"> • Sodium caseinate | <ul style="list-style-type: none"> • Spleen |
| <ul style="list-style-type: none"> • Modified corn starch | <ul style="list-style-type: none"> • Soy protein concentrate, soy flour |
| <ul style="list-style-type: none"> • Polysaccharides | <ul style="list-style-type: none"> • Textured vegetable protein (TVP) |
| <ul style="list-style-type: none"> • Gelatin, wheat gluten, tapioca | <ul style="list-style-type: none"> • Snouts |

What to do...what to do...what to serve?

- Canned tuna or chicken, egg, cheese, peanut or nut butter or hummus sandwiches.
- Ham and turkey ham (turkey ham has no pork in it) are allowable because they are a "standardized" product – meaning that every manufacturer has the same amount of lean meat in the product. However, these highly processed meats are usually high in fat and sodium and should be limited.
- Cook your own healthy (and less expensive) sandwich meats.

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