



Nutrition, News & Information for Nebraska Child Care Business Owners

Get Your 2018 Nebraska Child Care Fact Sheets

The 2018 annual Nebraska Child Care Fact Sheet from the National Child Care Aware organization has been published. These 1-2 page mini reports highlight relevant child care supply and demand statistics, the breadth and type of child care referrals managed by the Nebraska Department of Education and the status of Nebraska's Quality Rating and Improvement System (QRIS). Every state has its own unique child care landscape—this fact sheet provides a snapshot of what's going on in Nebraska. It is a brief, yet valuable, resource to take with you when you talk to your state, local, or federal legislators. [View the Fact Sheet Here](#)



CACFP Focus

A Newly-Published USDA Study Highlights the Benefits of the CACFP (Food Program)

The Child and Adult Care Food Program (CACFP) Sponsor and Provider Characteristics Study



In fiscal year (FY) 2015, the child care component of the CACFP included more than 178,000 child care providers who served 1.9 billion meals and snacks to an average of 4.1 million children each day. About one-quarter of the meals served to these children were served in homes; three-quarters were served in centers. Recently released is a study about the characteristics of the sponsors and providers which serve the program.

Here are a few highlights: **Sponsors strongly agreed these are the top benefits of the CACFP:**

1. Provides nutritious meals to children
2. Helps parents learn the importance of healthy eating habits
3. Helps children develop healthy eating habits
4. Helps teach providers how to plan and prepare nutritious meals

Providers agreed that the top benefits of participation are:

1. Helps children develop healthy eating habits
2. Feeds children who otherwise have limited access to food
3. Helps teach providers how to plan and prepare nutritious meals
4. Helps lower the cost of child care for both providers and parents

To Learn More - [Read the Study](#)

True or False?

Parents should start cleaning their child's teeth as soon as the first tooth appears.



True



False

Answer on
following
page

What Children Can Learn from Family Style Dining

Because young children do not have fixed eating habits, your child care setting is a good place for them to develop specific ideas about what foods they want, and when they want them. To maximize the benefit of this “domestic setting”, family-style dining not only emphasizes the planning and preparation aspects of healthy meals, but also establishes healthy eating schedules.

Children benefit from family-style dining in the following ways:

Family-style meals reinforce social skills

- Taking turns
- Passing food to others
- Saying please and thank you
- Helping to set the table for their friends

Children practice serving skills

- Children practice fine and gross motor skills to serve and pass food.
- Children learn appropriate meal time behaviors like serving without touching food.

- Children learn not to eat out of the serving dishes or off serving utensils.

Children feel in control of their eating

- Children may take small servings of food and additional food later in the meal.
- Children may choose not to take a food initially, but change their minds as the meal proceeds.
- Children feel confident that additional food will be available throughout the meal.



- Children take approximately the amounts of foods they'll eat, decreasing the amount of waste.

Indirectly encourages them to try new things

- Children who feel in control of their eating are more likely to try new things.

True or False?

Answer (from previous page):
True. As soon as the first tooth appears, wipe teeth every day with a clean, damp cloth. Switch to a small, soft toothbrush as more teeth come in.

Midwest Corner



Meet Tyler Wilson

Homes Area Representative

Where did you grow up and what kind of a child were you?

I grew up mostly in the Midwest area, with graduating from high school in O'Neill, NE, and getting my BS at SDSU in Brookings, SD. I lived in 6 different states before the age of 18! What kind of child was I? Hmmm, I was a fairly good kid. Adjusted and made new friends easily considering how often we moved...I excelled in school with graduating high school in the top 8 in my class.

Where did you go to school and what was your favorite subject?

I graduated from high school in O'Neill, NE, but did spend my first 2.5 years of high school in Hot Springs, SD. My favorite subjects in high school were social studies, government and band. I went to SDSU for college graduating with a BS in hotel/restaurant/institutional management with a minor in business economics. My favorite subjects in college were business law, hospitality law and food science. I finished college with a GPA above a 4.0.

Where do you fit in your family's birth order?

I am the baby of my family. I have an older brother (6 years older), and an older sister (4.5 years older).

My work experiences before Midwest were in the tourism industry in South Dakota. Several years as the Administration Assistant for the Juvenile Diabetes Research Foundation (JDRF) in Omaha. I was also the Administration Assistant for Interiors Joan & Associates also located in Omaha. Finally, for the last 12 years I operated my in-home childcare and pre-school business.

Tell me two of your pet peeves.

Tardiness and people being unkind (life is too short to be cruel)

What are three words you would use to describe yourself?

My three words are compassionate, positive, outgoing

What do you think are three best skills you bring to Midwest?

The three skills I bring to Midwest are relatable, efficient and optimistic

Online Grocery List - Now Available



**Chef
Marshall
O'Brien**

Remember last spring when Chef Marshall (MN) presented his workshop and Midwest distributed his "Look & Cook" cookbook to all the participants? Since then many of you expressed an interest in having an **online shopping list** tool that when you pick your week of recipes and put in the number of children you serve the program would produce a shopping list for that week.

Well, its here!

This shopping list program will allow you to pick a week from the cookbook (*Summer, week 1 for example*) or to load your own selections from the cookbook. You then choose the number of children you want to feed and with the push of a button you have your shopping list for the week.

The price for this program is \$3.99/month. (*Approved CACFP expense*)

With Look & Cook planning your meals and the L&C Shopping List Program creating your shopping list, your life just got a lot easier. Learn more at www.childcaremealplan.com

The Cost of Staff Turnover in Child Care

According to a recent survey, 68% of for-profit child care organizations ranked labor as their top risk. 65% ranked talent and recruitment as their top priority.

As you know from your own experiences, child care has a nearly **40% turnover rate**, that is according to a recent Childcare.net evaluation of the industry.



Let me ask you a question, how many teachers, aides, cooks, drivers do you employ? Now take 40% of that number to see what your estimated turnover rate would be for a year. Then multiply that number by each turnover's annual salary by 40% to get an estimate of your total cost.

In an article "Cost of Employee Turnover," Forbes Magazine suggests for a **high turnover, low-paying** position the cost of turnover is about 30 - 50% of the annual salary. So, if we use that formula and apply it to a teacher who makes \$24,000/year, the turnover rate for replacing that one teacher would be \$9,600. (\$24,000 times 40% = \$9600)

If a staff person is doing a good job - how much are you willing to spend to keep that person involved, committed and happy in the workplace before you let them go, or they find a different place to work? **Ninety-six hundred dollars?**

Sorry **VOLUME**
FOR THE
laughter

CHAOS

AND/OR

Mess...

but we are learning!

Tips & Activities

Cardboard boxes are a great resource for preschool play. After all, who hasn't seen a child playing with a box instead of the toy? These ideas take using cardboard boxes to a whole new level. These ideas are perfect for enhancing dramatic play or for fun exploration of different themes. The children extend their play and use their imagination as the boxes are transformed into houses, cars, buses and airplanes... Imagination is limitless! Bring a big sturdy box into your classroom and see how fun it can be!



Midwesttips

Remember!

Due to Midwest

When?

Mid-month and End-of-month



1. New Enrollments & IEF
2. Menu Production Records
3. Infant Production Records
4. Weekly Attendance and Meal Counts Sheets
5. Copies of Receipts/Invoices
6. Parents Sign-In & Out Sheets
7. Monthly Income/Expense Report
8. Employee Time Certification (Labor Sheets)
9. Title XX Payment Document

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