

# ProvidersVoice

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## **Breakfast**

Is the most important meal of the day!

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# WELCOME New Members

## FROM THE CEO



Our cover story and Recipe Share (pgs. 3-5) is all about why breakfast is the most important meal of the day. I never questioned my breakfast habits back in 1985 when I started Providers Choice. I thought chocolate cake with chocolate frosting and a cup of coffee was totally fine. Especially since, in my mind, I could record it as 'HM cake' ☺

As I worked with the food program and learned more about nutrition I decided to make some changes. I replaced the cake with toast and peanut butter. Later I added blueberries or strawberries on top. I let my children pick out their own cereals with the criteria that sugar wasn't the first ingredient. There was no sugar on the table. I think choosing their cereals even with this criterion helped them be more acceptable of the change.

My adult children still talk about how this experience taught them how important it is to eat healthy breakfasts. I know your kids are learning the same from you!

Added bonus: I have read that eating breakfast will control your appetite while also revving up your metabolism which will help burn more calories throughout the day.

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Susan Bell – Clearwater  
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Kathryn Brake – Becker  
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Nicole Dokken – Belgrade  
Jennifer Dougherty – Rockford  
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Jodi Guggenberger – Rockville  
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Courtney Weber – Tenstrike  
Mandy Wierling – Blackduck

# recipe share



Ellie Blair has been a childcare provider since 2005. Ellie regularly is trying new foods with her childcare and encourages the kids to help out at meals. In preparation for the New Meal Pattern changes at breakfast, Ellie has shared her Antioxidant Egg Bake recipe.

*FROM THE KITCHEN OF Ellie Blair*

## RECIPE

### Antioxidant Egg Bake

**PREP TIME** 20 min  
**COOK TIME** 60-65 min

**INGREDIENTS**

- 10 eggs
- 1 lb. mild Italian sausage (optional)
- 1 c. 1% milk
- 2 c. shredded mozzarella cheese
- 2 c. shredded mild cheddar cheese
- 1 (7oz.) box of frozen antioxidant veggies (broccoli, carrots, red and yellow bell peppers)
- 1 (28 oz.) bag of frozen O'Brien potatoes (potatoes with bell peppers)
- 3 Tbsp. fresh chopped basil

**Yield:** 16 servings  
**Serving Size:** One serving (without sausage)  
**1/2 cup vegetables and 2 oz. meat/meat alternate**

**DIRECTIONS**

Cook the mild Italian sausage in a skillet, there should be no pink left. (preheat oven to 350)

Microwave the bag of antioxidant veggies for about 2 min (do not slit the bag to vent)

Combine milk and eggs in a very large bowl, whisk together

Add all of the ingredients to the bowl, except only add half the mozzarella and half the cheddar cheeses (set this aside for on top, at the end)

Nonstick spray your 9x13 baking dish and add your egg bake ingredients

Bake in the oven at 350 degrees for 60-65 min, or until the center is set. Add the rest of the cheese on top for the last 5 minutes

Toddler (1-2 years)	1/4 cup	1 oz. MMA, 1/4 cup VEG
Preschool (3-5 years)	1/2 cup	1.5 oz. MMA, 1/4 cup VEG
School age (6-12 years)	1/2 cup	2 oz. MMA, 1/4 cup VEG

## Recipe Notes and Tips from Ellie

"This recipe took a couple of tries before the kids really started to like it so don't be discouraged! Kids need to see and taste things a number of times before they even know if they like something or not! And yes, this recipe calls for a lot of cheese! I don't know about you, but for my kiddos, cheese makes everything more palatable!"

This recipe can also be made ahead (unbaked) and refrigerated for up to 12 hours. Prepare the night before to simplify your morning breakfast. Freeze any leftovers for another meal!

Send us your favorite recipes!

### GOT A NEW RECIPE?

**Share your ideas or favorite recipe!**

Send your recipe to:  
provider@providerschoice.com  
or share on Facebook.



**How do you serve eggs at your child care?** Share your ideas on our Facebook page or email us at provider@providerschoice.com



# Breakfast

## is the most important meal of the day!

Breakfast provides your body daily with the necessary energy it needs to start each morning. Breakfast is important at any age from birth through those later years.

Eating breakfast also enhances focus and memory. Breakfast foods like fruits/vegetables, grains, protein and milk also contain important nutrients that your body needs.

Starting on October 1, 2017, the Child and Adult Care Food Program (CACFP) New Meal Patterns will go into effect. One of the most exciting changes is that meat and meat/alternates may replace the grain component at breakfast a maximum of three times per week. This change is a great benefit for adding protein to a child's diet.

Protein is a key nutrient that has many functions in the body such as building bones and muscles. Not only does it provide the necessary nutrients for these functions, but it also can provide additional energy throughout the day, helping you feel full longer.

### **1/2 serving of grain (1-5 years) can be swapped for:**

- 1/4 cup of yogurt
- 1/2 egg
- 0.5 oz of cheese
- 1/4 cup of cottage cheese
- 1 tablespoon of peanut butter
- 1/8 cup of beans
- 0.5 oz of meat, poultry or fish



### **Protein Benefits Include:**

- More energy
- Hunger control (Keeps you full, longer)
- Muscle maintenance
- Nutrients that helps build bones and muscle

### **Healthy Breakfast Tips!**

1. Pick one food from at least three of the five food groups shown on Choose My Plate
2. Provide a variety of foods and colors
3. Include foods that have whole grain, fiber, protein and are low in sugar



## New Meal Pattern Breakfast Sample Menu

Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast meat*	Oatmeal	Yogurt*	Pancakes	Scrambled Eggs*
Mixed Fruit	Banana	Strawberries	Oranges	Hashbrowns
1% Milk	1% Milk	1% Milk	1% Milk	1% Milk

\* Meat/meat alternate can replace the grain component at breakfast no more than 3 times/week

### Meat/Meat Alternate Breakfast Recipe

#### Viva la Veggie Scrambler

2 Tbsp. olive oil  
 4 eggs, beaten  
 1 c. bell peppers, chopped  
 1 c. mushrooms, sliced  
 ¼ c Parmesan cheese

1. In a medium sauté pan, heat oil on medium heat, add bell peppers, mushrooms, and sauté for about 2 minutes.
  2. Add eggs, stir and cook until firm, solid and not clear, 2-3 minutes.
- Serves 4.

One scrambler is ½ c. VEG and 1 oz. meat alternate for a 3-5 year old at breakfast.



#### Resources:

Adolphus K, Lawton CL, Champ CL, Dye L.  
 The effects of breakfast and breakfast composition on cognition in children and adolescents: a systematic review. *Adv Nutr* 2016;7:590-612.

Intermountain Healthcare:  
<https://intermountainhealthcare.org/ext/Dcmnt?ncid=520289779>

Choose My Plate

WebMD: <http://www.webmd.com/food-recipes/most-important-meal#1>

# Infant Meal Pattern Changes

The New Meal Pattern changes were designed to ensure that all children have access to healthy and balanced meals. The changes to the New Infant Meal Pattern are specifically intended to support breastfeeding, provide developmentally appropriate meals and to make infant meals and snacks more nutritious.



## Updated Infant Meal Pattern changes-effective October 1, 2017

### Encourage and support breastfeeding

- Providers may receive reimbursement when a breastfeeding mother feeds her child at the childcare home
- Expressed breastmilk is an acceptable fluid milk substitute at any age

### Developmentally appropriate meals

- Two age groups instead of three: 0 - 5 month olds and 6 – 11 month olds
- Only breastmilk/infant formula served to infants 0 through 5 months
- Solid foods are introduced gradually around 6 months of age as a child is developmentally ready

### More nutritious meals

- A vegetable or fruit (or both) is required at snack for 6 – 11 months (as developmentally ready)
- Juice, cheese food or cheese spreads are not creditable for infants
- Ready-to-eat cereals (examples: Cheerios, Kix) are allowed at snack (Breakfast cereals must contain no more than 6 grams of sugar per dry ounce or no more than 21.2 grams sugar per 100 grams of dry ounce cereal).
- Yogurt and whole eggs are creditable meat alternates (Yogurt must contain no more than 23 grams of sugar/6 oz.)

# KidKare Online Claiming Roll Out

We are excited to announce that KidKare is ready for roll out to Providers Choice providers. KidKare, Minute Menu's newest claiming tool, is web-based meaning it can be accessed from any mobile device (smartphone, tablet) with an internet connection. To facilitate a smooth transition for all providers, Providers Choice has set up the following roll out schedule for transferring providers from Minute Menu Kids Pro to KidKare.

The schedule below coincides with the Child Enrollment Update schedule. This enables the updated enrollment information to be migrated to the KidKare program eliminating the need for additional data entry for these children in the new program.

Provider Number	Earliest KidKare Start Date
1000 - 2250	February 2017 *
2251 - 3750	March 2017
3751 - 5000	April 2017
5001 - 6500	May 2017
6501 - 7999	June 2017

You will receive an e-mail about 10 days prior to the end of the month when our Child Enrollment Updates are due notifying you that KidKare is now available for you. Follow the instructions in the e-mail to begin using KidKare the first of the following month.

If you prefer you can wait to start using KidKare until after your Field Representative provides training on your next monitoring visit.

If you are currently claiming on paper but would like to be set up to use KidKare, please contact our office to get set up for online claiming.

## Resources

[www.kidkare.com](http://www.kidkare.com) – Click on Support and you will be directed to the KidKare Knowledge Base page for training tools.

Your Field Representative will provide information on her next monitoring visit to get you started with KidKare.

## Questions

### Q. Do I have to switch to KidKare?

A. All providers who wish to submit their claim electronically will need to switch to KidKare by October 1, 2017 which is the day that the New CACFP Meal Patterns go into effect. The previous Minute Menu Programs will be obsolete as of this date. Providers will have read-only access to the previous program for 3 years after they transition to KidKare.

### Q. I have heard I will have to pay a fee to continue using the accounting features in KidKare. Is that true?

A. No. Providers Choice providers may continue to use the accounting features in KidKare at no charge until December 31, 2018.

### Q. Will my accounting information be transferred to KidKare?

A. Yes, you will be given the option to transfer your accounting information to KidKare (back to January 1, 2015) when you first log into KidKare.

# Food Program Workshop

**Come learn about the NEW Meal Patterns and network with other providers!**

Learn the changes to the USDA's Child and Adult Care Food Program New Meal Patterns. With the first change to the meal patterns since its creation in 1968, these New Meal Patterns bring research-based changes. This includes a greater variety of fruits/vegetables, more whole grains and less added sugar. This workshop prepares participants for the regulation changes that go into effect October 1, 2017 and covers the New Child and Infant Meal Patterns, meal and menu planning and best practices to implement these changes.

*Co-licensed child care providers are also required to complete training each year.*

**Training is approved through the Minnesota Center for Professional Development (MNCPPD/Develop) for 2 hours and applies to KCF VII.C. Providing Healthy Nutrition and CDA Content Area Safe, Healthy Learning Environment**

**MAKING CHANGES  
ONE BITE AT A TIME:**



**NEW MEAL PATTERNS**

**FREE**

**2-hour workshop  
fulfills your  
annual CACFP  
training requirements.**

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FAST & EASY!**

**www.providerschoice.com**

- Click on the Members Tab and login using your PCI username and password
- Scroll down the page to "Training"
- Click on Food Program Training workshops to see workshop availability
- Select the workshop date and location most convenient for you

**WELCOME New Members (continued from page 2)**

**SOUTHEAST**

- Cheryl Atkinson – Rochester
- Rebecca Ausmus – Montgomery
- Allison Bartlette – Goodhue
- Kayla Bartusek – Montgomery
- Aubrey Bergler – Winona
- Krista Blood – Faribault
- Christan Brown – St. Charles
- Krystal Campbell – Stewartville
- Chelsea Casey – Montgomery
- Sara Chaco – Rochester
- Susan Conant – Byron
- Stacey Davis – Rochester
- Natalie Degrand – Rochester
- Rachel Ennis – Rochester
- Katie Furness – Rochester
- Jean Gore – Rochester
- Jenyce Habibovic – Rochester
- Barbara Hanson – Wabasha

- Sydney Harris – Rose Creek
- Katie Hasleiet – Stewartville
- Susan Heaser – Plainview
- Connie Hengel – Rochester
- Nicole Hollar – Rochester
- Patricia Joy – Rochester
- Julie Klapperich – Faribault
- Lynn Korte – Rochester
- Jenna Kullo – Goodhue
- Nancy Lane – Rochester
- Billi Jo Larson – Montgomery
- Amy Lloyd – Faribault
- Dorothy Lodermeier – Goodhue
- Teresa Lodermeier – Zumbrota
- Mary Lombard – Byron
- Dianne Maxson – Montgomery
- Danita Mayzlik – Owatonna
- Donna Meyer – Goodhue
- Melissa Miller – Red Wing
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- Kasey Rubin – Rose Creek
- Alicia Schmier – Rochester
- Kayla Sexton – Kasson
- Jessica Struckmann – Rochester
- Darlena Sturgis – Rochester
- Jennifer Taylor – Rochester
- Amy Tieffenbacher – Rochester
- Morgan Turner – Austin
- Stephanie Viker – Rochester
- Angie Willers – Wabasha
- Kayla Wobbrock – New Richland
- Janna Wondra – Montgomery
- Ashley Wood – Rochester

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- Patti Browne – North Mankato
- Cassandra Carlson – Milroy

- Miranda Evenson – Dawson
- Carrie Goodale – Pipestone
- Samantha Isder – Welcome
- Cheyenne Koll – Redwood Falls
- Christa Peterson – Springfield
- Makayla Price – Mountain Lake
- Nissa Schroeder – Sanborn
- Sara Swanson – Mankato
- Tracy Swanson – Sherburn

**WEST CENTRAL**

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- Tiffany Amborn – Moorhead
- Krystal Helly – Morris
- Amy Lee – Breckenridge
- Danielle Nissen – Alexandria
- Nicole Tester – Willmar
- Sara Wacha – Montevideo
- Billie Jo Wendell – Ortonville

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Office of the Assistant Secretary for Civil Rights  
1400 Independence Avenue, SW  
Washington, D.C. 20250-9410

(2) fax: (202) 690-7442; or

(3) email: [program.intake@usda.gov](mailto:program.intake@usda.gov)

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