

KENT REGIONAL 4C CACFP CHECKSTUFFER

June 2011

Are You a Tier II Provider?

The income level for providers to qualify for Tier I rates is listed below. If you currently **do not** have an approved Provider Income Eligibility Application for FY 2011 on file and feel you may now qualify, call your CACFP Specialist for an income application.

FAMILY SIZE	INCOME	
	YEARLY	MONTHLY
1	\$20,147	\$1,679
2	\$27,214	\$2,268
3	\$34,281	\$2,857
4	\$41,348	\$3,446
5	\$48,415	\$4,035
6	\$55,482	\$4,624
For each additional family member, add	\$ 7,067	\$ 589

Remember, if you don't qualify for Tier I rates give the parents in your care the Parent Income Eligibility Application. If they qualify you can receive Tier I rates for their children.

Stork Report

Ruth Houghtaling – Grandma

Lily Elizabeth
12/15/10
6 lbs 2 oz 19"

Danielle Mier

Lorelai Marie
4/4/11
6 lbs 6 oz 18½"

Karrie Seleck – Grandma

Natalee Ritenburgh
4/15/11
8 lbs 6 oz 20"



Angela Tanksley

Parker Ryan
2/26/11
6 lbs 10 oz 18½"

Michelle Arnold – Grandma

Brianna Marie
4/12/11
7 lbs 8 oz 19"

Carol Pierce – Grandma

Coen Parker
4/19/11
8 lbs 6 oz 20¾"

Sara Thomas

Grace Caroline
4/19/11
4 lbs 13 oz 17"

Visit: www.letsmove.gov

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Summer Fun

- * Glue small seashells to a clean, small, flat lid. When the glue has dried, use a paint brush to paint glue on the remainder of the lid. Sprinkle with sand, gently tapping off any excess sand. When glue has dried, glue a magnet to the back side of the lid.
- * Play Hot Potato using a water balloon as the "potato."

Firecracker Napkin and Utensil Holder



What you'll need:

- 4 cardboard tubes
- Red, white, blue and black construction paper
- 2 stems each of blue and gold glittery chenille
- 5.5" x 5.5" piece of sturdy cardboard
- 2 lids from milk jugs, salad dressing, or other bottles that will fit snugly inside the cardboard tubes
- Glue stick
- Scissors
- Hot glue gun (where indicated)
- Pencil

How to make it:

1. Cover top 1/3 of each cardboard tube with blue construction paper.
2. Cover bottom 2/3 of cardboard tubes with white construction paper.
3. Use a pencil to draw 12 stars on a piece of white construction paper.
4. Cut the stars out and glue them to the blue sections of the cardboard tubes, pencil marks should be facing down toward tube so that they cannot be seen.
5. Cut strips from red construction paper and glue around the tubes onto the white construction paper. Trim ends where needed.
6. Cover the cardboard square with black construction paper.
7. Hot glue bottle lids into the bottom of each cardboard tube so that the flat end of the bottle cap is facing out/down. This will serve as the bottom of your utensil holder and will give you something to glue onto.
8. Glue all four firecracker utensil holders onto the black square, leaving about an inch in the center where you will place your napkins. Let dry completely.
9. Use hot glue gun to add a border of glittery blue chenille around the tops of each utensil holder, and glittery gold around the border of the black base.
10. Fill utensil holders with plastic forks, knives and spoons and place napkins in the center.

Tips:

- For the cardboard square, we used cardboard from a juice box package as it is quite thick and sturdy.
- Plastic milk jug lids are the perfect size for this project; however you can try other lids such as salad dressing bottles.
- Fancy this up even more by adding glitter or glitter glue to the black construction paper base.
- You can make any time of the year. Just use different construction paper. Plain or make decorative.

4th of July Favorites



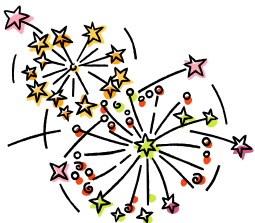
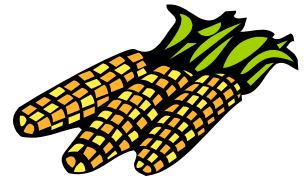
Easy American Flag Cake

2 pints strawberries
1 white or yellow cake
1 1/3 cup blueberries
1 tub of whipped topping (low fat or fat free work great!)

1. Mix up and bake your favorite cake mix or recipe. Let cool.
2. Slice 1 cup strawberries, set aside. Halve remaining strawberries, set aside.
3. Top cake (in pan) with 1 cup sliced strawberries, 1 cup blueberries and all of the whipped topping.
4. Arrange remaining strawberry halves and blueberries on whipped topping to create a flag design.
5. Refrigerate until ready to serve.

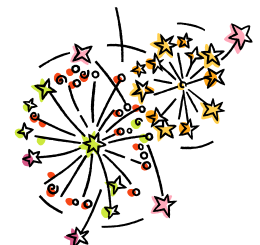
Corn on the Cob Tip

Here is a tip for cutting corn off the cob. Set a bundt or angel food pan on the counter (open side up, as if to pour batter in), then rest one end of the cob in the middle hole. No slipping around as you cut and the kernels fall right into the pan!!



Fireless Fireworks

Make fireless fireworks by pouring about $\frac{1}{4}$ of an inch of milk (higher fat milk works best) into a glass baking dish. Add a few drops of various colors of food coloring. Add a drop of liquid dish soap (into the milk, not directly onto the food coloring).



SUMMERTIME FOOD SAFETY

Eating and cooking outside are perfect ways to enjoy summer! Food safety is especially important as you prepare, cook and serve food outdoors. Proper food safety techniques will protect you from getting sick as a result of food poisoning.

Checklists for food safety:

Grilling

Cook meat to proper internal temperature by using a meat thermometer or a t-stick (disposable thermometer available in stores). Ground meat and hotdogs need to be cooked all the way through to make sure harmful bacteria has been killed.

USDA Meat Temperature Guidelines

Whole meats	145 degrees
Ground meats	160 degrees
Poultry	165 degrees

Insert thermometer in thickest part of the meat (do not touch bones, fat or pierce through the meat). Let register for 15 seconds or until the t-stick turns black. Continue to cook if proper temperature has not been reached. Always place grilled food on a clean plate – not the plate that held the raw meat.

Storage

Always store perishable food in a cooler packed with ice (25% ice and 75% food). Keep cooler lid on. Replenish melting ice as soon as possible. Pack raw meats in a container or bag that won't leak. Place in the bottom of the cooler, to avoid contact with other foods. Chill beverages before adding them to the cooler.

Serving Food

Set out cold food just before the meat is done. Serve refrigerated foods in bowls cradled in ice to keep food cold. Serve grilled meat immediately after cooking. Keep utensils and plates used for raw food away from ready to eat foods. Re-refrigerate perishable foods within 2 hours (or within 1 hour if the day is warm). Otherwise, throw the food out. Tip: If having an outside party fill a kiddie pool with ice to set food dishes inside.

Handwashing

Wash hands in hot soapy water for at least 20 seconds, before and after touching raw foods. Rewash hands after touching face, nose, or undercooked foods. Use waterless sanitizer if no water is available for handwashing.

USDA MEAT AND POULTRY HOTLINE: 1-800-535-4555



*Have a Fun & Safe
4th of July!*

*From the Staff @
Kent Regional 4C*