

Orem Child Care Nutrition Program

Newsletter - July 2009 - Staff: Dionisiamara, Karla, Amber, Aylla and Lucia.

Weekend care?

Please note that, if claiming weekends, you need to send a note with parent signature to be able to get reimbursed. You will also receive an extra visit for weekend care.

Help!!!

In order to be able to process your claim on time and meet our deadline with the State, we need to get your claim on time.

Claim **due date** is the **5th** of each month.

Scannable forms users, please do not fold, staple or tape it.

Use big envelopes (9x12) or drop off in our mail box located by the door.

Always use #2 pencil.

Contact our office if you know your claim is going to be late.

If you have direct deposit and your claim is late, you will be receiving a check instead.



Home Visits

The USDA requires that our organization conducts a minimum of three visits in your home per year.

Our first visit will be conducted within the first four weeks of initial program participation.



Daily attendance!

Total daily attendance for all children in day care, including your own is a requirement. If you claim online, record in-and-out attendance of all children (including your own) or submit through email or mail it to the office. If you use scannable form, use the CIF to record total attendance. Direct Deposit vouchers mailed out.

Email Change!

Please note, our email address is going to be changed soon. We'll notify you.

8 tips for getting a good night's sleep

1. go to bed at the same time every night.
2. get up at the same time every day, including weekends. Sleeping in can give you an in-home version of jet lag.
3. Avoid caffeine, nicotine, and alcohol several hours before bedtime.
4. Give your body the signal that it's time to go to sleep with a nighttime ritual like a warm bath or a cup of warm milk or herbal tea.
5. Get regular daytime exercise, but avoid vigorous activity three hours or less before bedtime.
6. Pass on foods that you know give you heartburn and will wake you up during the night.
7. Keep your sleep room dark, quiet, and comfortable. Earplugs, rugs, heavy curtains, double-pane windows, eye shades, and white noise from a machine like a fountain or fan can help control noise.
8. If you aren't asleep within 15 or 20 minutes, go to another room and do a quiet activity like reading until you are sleepy. By staying awake in bed, you are associating the bed with sleeplessness.

A Simple Web Claiming reminder!!!

If you are interested in a fast, convenient way to claim and reduce paperwork, check out <http://www.minutemenu.com> click on "current provider" and type in: Login: 996000991 and Password: temporar .

This is a "practice site" you can check out all of the features. If you are interested in this, please call 801-224-2143 or send an email to:

ocnpg@qwestoffice.net



Relative Care. The only requirements for Relative Care now are an annual BCI background check for all residents of the home 18 years of age or older and an annual inspection by your Sponsoring organization (Orem Child Care Nutrition Program.)

tips

To get all the vitamin C from a tomato, don't remove the seeds before cooking or serving. Most of the vitamin C is found in the jelly around each seed.

For the best flavor, store tomatoes at room temperature.

Nonfat milk has the same amount of bone-building calcium as whole or 2% Milk.

You can cut the amounts of fat, sodium, and sugar in recipes by a quarter to a half and still retain the flavor.