

CFR Connection

2016 Issue 3



**Child & Family
Resources, Inc.**

SERVING CHILDREN
AND FAMILIES IN
ONTARIO, SENECA
AND YATES
COUNTIES

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United to Promote Quality

Quality Investments in Children, QIC, is an initiative to raise awareness about the importance of affordable and high quality childcare for all families in the state of New York. Quality childcare is more than day long babysitting. Our first priority for children is their health and safety but Quality goes further than that! It helps a child to thrive. When children thrive, communities thrive.

Studies have shown that from the moment children are born, they are learning. During the first 3 years a robust child's brain is bursting, growing at the rate of 700 neural connections per second. During the first 4 years of life, 85% of their brain architecture is completed. The first few years of a child's life has a profound impact on the rest of the child's life. A child whose early years are filled with quality learning experiences is more likely to be ready for kindergarten, to be proficient in reading and math by the 3rd grade, to graduate high school, to succeed higher education or job training, and to become a valued member of our workforce and community.

As parents, caregivers and community members it is important that we invest in our children during their early years. This investment is time, understanding, money, and demand that all children be able to find this type of care.



15 Essential QIC Messages about Quality

- 1) What we mean by "**Quality**" is **high quality early learning experiences** that help a child thrive.
- 2) **Quality** can also be described as those events, activities, environments, relationships, and factors that have a positive impact on a young child's cognitive, physical, social, and emotional development.
- 3) **Quality** involves **more** than simply the custodial care very often associated with "babysitting".
- 4) **Quality** can have a particularly positive **impact** for young children whose families experience racial, cultural, and/or economic inequity.
- 5) **Quality** prepares young children for **success** in school, job training, employment, and community life.
- 6) **Quality** serves young **children**, as well as **parents/guardians** who might be less effective in their jobs without access to **Quality** for their children. In turn, **employers** benefit by the enhanced performance of their workers.

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staff & site...

Penn Yan Staff

Julie Champion—Executive Director, ext. 2304
Heather Fiero—Director of Operations ext. 2306
Debra Hartman—Referral & Outreach Coordinator, leave messages at ext. 2301
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TBD— Early Childhood Assistant, (315) 531-3438

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Alison Snyder — Family Support Worker, ext. 2508
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***Regular office hours are Monday-Friday, 9-4:30**

****Canandaigua office hours are Monday-Friday, 10:30-4:30**

Website: www.cfresources.org

Like us on [Facebook](#)

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Penn Yan Center*

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Penn Yan, NY 14527
315-536-1134
Fax: 315-536-9918

Children's Center

Yates County Courthouse
Monday, Tuesday, Thursday,
9:00—5:00 and
Wednesday, 1:00—4:00
415 Liberty Street
Penn Yan, NY 14527
315-531-3438

Geneva Center*

671 S. Exchange Street
Geneva, NY 14456
315-781-1491
NEW Fax: 315-789-2524

Seneca Falls* Center

115 Fall Street
Seneca Falls, NY 13148
315-568-0945
Fax: 315-568-0978

Canandaigua ** Center

514 S. Main Street
Canandaigua, NY 14424
585-919-2476
Fax: 585-394-2078

agency highlights...

WELCOME TO OUR NEW STAFF!



Hello! My name is Courtney Johnsen. I am the new Registrar at Child & Family Resources, housed in the Geneva office. I came to Child and Family Resources searching for a different experience in the child care field. I attended Finger Lakes Community College for Early Childhood Education and received an Associate's Degree. I have

worked in several different child care settings. I started out in the child care field as a nanny for three children. I worked with them for about four years. I then began to work in a licensed Group Family Day Care where I worked for about a year caring for children and assisting in implementing an early learning curriculum into the program. Then took on the role of Lead Teacher at Our Children's Place in Clifton Springs where I worked with children ages one to three years. In my spare time you can typically find me crafting, doing a DIY project, gardening or spending time with my family and my dog, Princeton, out on Seneca Lake. I am looking forward to meeting and working with you all!

Hi! I am Heather DeRuyter. I am a registered nurse who has joined CFR as your Healthcare Consultant. I am very excited to bring my unique combination of experiences as a nurse, childcare center owner, director and Montessori teacher to the team to assist our providers. I live in Phelps with my husband and 3 children.



My name is Joan Diaz. I had worked as a Family Support Worker for Healthy Families at CFR in 2014. I took a detour and now I am back as the Office Manager and Legally Exempt Administrator in the Geneva Office. I enjoy working for CFR because of the positive impact this agency has in the community. I love working with people and

helping them any way I can. I'm also fluent in Spanish. I am excited about helping the Spanish community with all the resources we have to offer.

*We extend our sincere gratitude to every person who supports Child and Family Resources with contributions of time, goods and money.
Thank you.*

VR Food Equipment, Inc
Generations Bank
Finger Lakes Federal Credit Union

Penn Yan Elks #1722
Finger Lakes Bone and Joint Center, LLP

Our Mission Statement

Child & Family Resources is dedicated to providing affordable and accessible programs that enhance and support the education of parents, caregivers, and child care providers, as well as encourage the highest quality of care and positive learning experiences for young children.



The Ties that Bond — Forming an Attachment with Infants

Whether providers are in a center based or a family child-care setting, they need to know the fundamental secrets of quality infant/toddler care. The essence of quality care for infants and toddlers depends on the intimacy a caregiver develops in a relationship with the baby. Professionals work toward understanding and generously meeting infant needs.

Each caregiver needs to be willing to develop an “I-THOU” relationship with a baby, rather than to treat the baby as a non-verbal object who is pleasant enough and can be easily given a bottle or a diaper change from time to time. Babies thrive on body loving, with lots of cuddling and lap time. But just holding is not enough. Every baby needs a tuned-in-adult partner committed to genuine engagement with the unique little person that each baby is. Quality infant/toddler caregivers fine tune a special relationship with each baby.

Here are some important ideas for care providers:

- ☺ **Hold and Mold: Nourish babies** - Babies need nursing and warmth, safety and cleanliness. Beyond physical essentials, every baby needs someone to mold into, to drape upon, to lean against, and to crawl into the lap of.
- ☺ **Be a responsive, reciprocal partner** – Every baby needs a “tuned in partner” to dance with emotionally. The quality caregiver interprets signals of distress- crying, compulsive self-rocking, or vacant eyes- promptly and accurately.
- ☺ **Enhance your noticing skills** – Keen observation skills clue in the caregiver to infant needs. Some babies want to cuddle more; some want to explore more.
- ☺ **Learn ages and stages: Prerequisites and windows** – Learn norms and milestones well, so that you can lure babies further in development. Provide supports when early learning is more difficult, and recognize delays. For example, some developmental timetable windows are wide (walking). Some are narrow (pincer prehension). Prerequisites are important for the dialectical dance of early learning. No “dance” comes without a few backward steps! Toilet learning often means a few days dry, a few days with accidents.
- ☺ **Digest and apply developmental theories** - Eriksonian theory, Piagetian theory, and Mahlerian theory teach us that there is always a balance - a see sawing between striving toward growth and optimal accomplishments, on the one hand, and the negative dark pole - of anger and frustration, of no-saying, of pushing away, of falling apart from efforts to push forward in development. A toddler who is wildly no-saying and defiant still needs you to be there as a refueling station, a place of refuge when her still-baby soul is on overload, and coping with growing up is too much for her.
- ☺ **Learn Jean Piaget’s sensory motor milestones in infancy:** Quality caregivers apply Piaget’s principle that children learn at the cutting edge between what they already know and is easy for them, and the new that a teacher will help them to struggle to learn. Hone your matchmaking skills at the boundary so that you adapt what new learning you are luring baby into. Offer activities, toys and opportunities for learning that are appealing for each individual child. Encourage babies to stretch their persistence in trying.
- ☺ **Provide language treasures: Enhance beauty in children’s lives’** – Language playfulness, rhyming, chanting, singing, delighted responsiveness to infant vocalizations all promote to emergence of early language. Babies respond to and enjoy beauty. Give Toddlers colorful nylon squares and let them sway and twirl to the music. Put up colorful pictures of beautiful scenes or animals on the lower walls of the child care rooms.
- ☺ **Read picture Books** – Talk about pictures in books as you snuggle babies close to your body. Choose books with single pictures of familiar objects and single pictures on the pages.
- ☺ **Promote kindness and friendliness** –Toddlers will need a boost to encourage a rich socio-dramatic play and positive peer interactions. Try a wide variety of positive discipline techniques. Emphasize words for caring, sharing, and taking turns. Toddlers will play out with their dolls the same nurturing interactions you are modeling with them. So be sure to provide a variety of props, such as dolls of different ethnicity and lots of baby blankets and toy bottles.
- ☺ **Discover infant’s unique temperamental styles** - Each baby has unique temperamental characteristics. Every baby comes with a biologically based assortment of temperamental traits. The perceptive caregiver notices each baby’s temperament traits and how they cluster. Thus, caregivers can individualize care in tune with each infant or toddler’s personality.

Quality infant/toddler care giving is a highly skilled profession. With powerful insights and knowledge, plus priceless personal gifts for intimacy and cherishing, caregivers enhance the daily lives of very young children. Keep faith in yourself and your intellectual spunk and sparkle for carrying out a noble job- high-quality infant/toddler care giving.
Alice Sterling Honig, Ph.D



Dear Child Care Providers,

I'd like to focus your attention toward Infection Control. For each modality of care, Infection Control is found within the Health and Infection Control section .11 of Child Day Care Regulations. Grab your regulations, page to this section and follow along.

Did you know caregivers and volunteers must thoroughly wash their hands with soap and running water at the beginning of each day... Read on.

Did you know caregivers and volunteers must ensure that children thoroughly wash their hands or assist children with thoroughly washing hands... Read on.

Did you know adequate steps must be taken when diapering children... Read on.

Did you know caregivers must assist children in keeping clean and comfortable... Read on.

Did you know children in night care shall have a routine... Read on.

If you are following along, you realize that the above regulations are only five out of thirty-two listed. Don't stop here. Keep reading and reacquainting yourself with each regulation. There are regulations addressing the proper care of disposing diapers, sanitizing potty chairs as well as potty seats, sanitizing rooms, equipment, surfaces, and toys. There are regulations addressing keeping the indoor and outdoor areas of the home clean, when and how often cleaning and sanitizing/disinfecting should take place. There are regulations addressing how dishes, utensils, linens, blankets and bedding must be cleaned. Whew!

Okay...don't get overwhelmed or complacent...begin with number one and examine each regulation...is number one part of your program...check it off...go onto the next regulation...oh, not so good at number two...no worry...just begin to practice it daily...move along...keep examining each regulation.

As mentioned above, it is recommended that each regulation become a daily practice in your program. Children thrive on routine and gain confidence in knowing what to do. Children familiar with their daily routine are well equipped to proceed independently with gentle guidance on days when one child may need more attention than the rest of the children.

Practicing infection control procedures is also a proven practice in reducing viral and bacterial infections that otherwise may create serious illnesses among children and adults.

Do you have this year's Flu Information? Did you know The (Flu) Guide for Parents must be posted? If you need a copy of these documents be sure to ask your licenser or registrar.

Keep healthy practicing infection control!

Mary Jepsen

Registration Coordinator

Did you know?

...that caring for 3 or more unrelated children for more than 3 hours per day per child is considered illegal care according to NYS law?

Call:
315-536-1134
Ext. 2313
for more information

New Child Care Providers:

*Pinnacle
Athletics LLC -
Registered
School Age
Center*

New CACFP Providers:

*Amanda
Telarico*

*Holly
Lovejoy*

child care training reminders ...

Be on the lookout for the

2017 Training Catalog

arriving in your mailbox in January!

Here are some of the offerings that will begin in February.



Family Child Care 5 Plus+

For Family and Group Family providers with 5 or more years in the child care field

Starting on February 7, 6:30—8:30 at the Geneva site

The “FCC Five Plus+ is the place for you! Every other month, starting in February, we will meet to discuss topics that you choose! The group will be facilitated by Tracy Killigrew, who was a Registered and Accredited Family Child Care provider for many years and who has her B.S. Degree in Early Childhood Education.

During these **6 sessions** all 9 topic areas will be addressed. With the expectation of a half hour of research and interactive program development time at home for the following class’s discussion, this will total 15 hours of training in all 9 topic areas!

You will receive 15 hours of training in all 9 topic areas for \$200! Because this series’ topics are driven by participation and due to EIP time requirements for submission of training organization sessions, this series does not qualify for EIP funds. For more information, contact Tracy at 315-536-1134, ext. 2314

Early Literacy Project (ELP)

Topic areas: 1-CD, 3-PD

***First introduction and information session:
February 2, 6:30—8:00 at the Canandaigua Site***

This free class will discuss how important literacy is for language development through reading, writing, listening, and talking for children from infancy through 2nd grade. If participants are interested in the full program they will receive: an additional 8 hours of training (9.5 hours in total); 20+ children’s books, an Early Literacy Curriculum binder focusing on the books and stories; and knowledge on how to prepare your children in care for school readiness using the “whole child” approach. The second portion of this class is funded by the William G. McGowan Charitable Fund, the Nord Family Foundation and OCFS. Due to this, the cost to the participants is only \$25.00! For more information, please contact Barb Owens through the Penn Yan office at 315-536-1134.

More classes will be listed in the 2017 Training Catalog.

Bonus: If you enroll in both the FCC 5 Plus+ class and complete the full 9 .5 hours of ELP you will be eligible to a \$100 refund for the cost of the FCC 5 Plus+.

specialized training

Early Childhood Professionals! NEED Resources?

A great benefit for [NYSAEYC](#) members is SharedSource ECNY. [SharedSource ECNY](#) is a collaboration between the [New York State Early Childhood Advisory Council](#), NYSAEYC and the [Early Care and Learning Council](#).

What is Shared Source ECNY?

- Professional resources on a single site for easy access that will help in your every day work.
- In addition to daily resources for classroom teachers and program administrators, it also offers buying power by joining a nationwide pool of purchasers. Members are able to enjoy savings such as 20% off child care products from cribs to puzzles and up to 93% off office products provided by Office Max and Staples. This inherently helps to lower operating costs and create a more efficient work environment.
- Click on the Shared Source link above for more information.

MAT is back!

Medication Administration Training

This class is for child care providers and staff who want to administer medication to children in care. We welcome Heather DeRuyter as our Health Care Consultant.

Classes held on Saturdays:

January 14

February 11

March 11

All sessions: 8:00 - 5:00 at the Geneva Site

Non-refundable registration fee is required.
All fees must be paid 3 days prior to the class.

Registration/materials fee	\$50.00
Course fee	\$150.00

**Contact Heather Fiero 315-536-1134, ext. 2306
for more information and registration form**

New!

Child Development Associate (CDA) Course

Beginning on January 10, 2017, CFR is offering a new CDA course for center-based and family child care providers. The full course will cover 120 hours of training in all eight CDA content areas as required by CDA guidelines. Upon successful completion of the training AND all additional requirements, participants will be awarded with a Child Development Associate Credential.

- The full course runs for 40 weeks and will continue into 2018. No summer classes scheduled
- \$50 non-refundable Registration fees due 1/3/17
- Cost for the full course is \$2000 (28 weeks in 2017 = \$1400 and 12 weeks in 2018 = \$600).
- Participants may be eligible for EIP for full or partial course cost. CSEA/VOICE funding may be available to family child care programs. Payments can also be made on a quarterly basis.
- There is an additional cost of \$130 for books due 3/1/17.
- Classes will be held at our Geneva Site beginning on Tuesday, January 10, 2017

For more information, please contact Heather Elisofon at heather.elisofon@cfresources.org.

7) **Quality** is about the **future**, as well as the present. Without **Quality** there will not be an educated, competent, and professional “next generation **workforce**” for tomorrow.

8) **Quality** impacts young children in all settings, including the home environment. **Quality** is enhanced by a woven fabric of social supports, such as home visiting, early intervention, nutrition services, paid family leave, and equitable employment opportunities, which all help a child and family to **thrive**.



9) **Quality** is **vital** for young children, families and communities, so the **United to Promote Quality** state-wide campaign is intended to educate **whole communities** - including families, early learning service providers, businesses, & community leaders - about the importance of **Quality**.

10) **Quality awareness** is the goal of the **United to Promote Quality partnership** between the Early Care and Learning Council, Child Care Resource & Referral agencies, For Our Babies NY, and other allies.

11) **Quality** awareness efforts within a community will **demonstrate** how:

Quality promotes “**robust** brain development” over the first 4 years of life

Quality gives “**peace** of mind” to parents/guardians, so they can be more focused & productive employees

Quality “lays the strong **foundation**” for the future economic development of our communities, state, and nation - by better preparing children to become **successful** in school, work, and life

12) **Quality** in an early learning program has many essential elements, including:

Highly **skilled** staff

Age-**appropriate** curricula

Language-**rich** environment

Warm and responsive **interactions** between staff and children

High and consistent levels of child **participation**

Small class sizes and **low** child-to-adult ratios

13) **Quality** can be **measured** and **improved** through **QUALITYstarsNY**, a comprehensive and evidence based Quality Rating & Improvement System, for which **resources** are needed to complete NY’s implementation.

14) **Quality** awareness in a community will result in a **commitment** of new resources for **Quality**, such as new volunteers, grants from local donors, in-kind support from businesses, and advocacy by community leaders.

15) **Quality** awareness is a “team sport”. **Everyone** can play a role to increase awareness & commitments for **Quality**.





**Did you know
CACFP reimburses
childcare settings for serving
nutritious food to children in child
care homes and centers, especially
those in low-income areas?**

For more information about CACFP
or to contact a CACFP Specialist in your county,
visit us at www.earlycareandlearning.org/cacfp-contact-list.html
or contact the New York State Department of Health
at 1-800-942-3858 OR (518) 402-7400.



Early Care & Learning Council
United to Promote Quality

Fun Activities with a Nutritious Snack — Apples!

Fall is a great time to get outside and apples are the perfect fruit to inspire talks about nutrition while incorporating physical activity. Have an apple relay! Divide the children into teams and establish a finish line. The children will take turns holding an apple and individually running around the finish line and back to their team. The next child in line will be passed the apple and take their turn. Change each round by skipping, hopping, or balancing the apple on a head or hand.

Can't get outside? Try this indoor activity. Everyone knows the chant "Who Took the Cookie from the Cookie Jar?" Change it to "Who Took the Apple from the Apple Tree?" As the children sing the chant, they can pass an apple around the circle.



If you can take a field trip to the grocery store in the fall, your kids will be excited to see the many varieties of apples! Do a taste test. Which one is the sweetest, most tart? Which one do they like the

best? they all look the same inside? How many seeds do they have and are they the same color? Investigate together to promote curiosity and interest in healthy foods. And you are implementing math and science as you play!

Peanut Butter & Apple Wraps

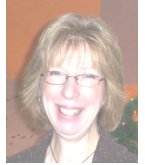
- 1 whole wheat tortilla (8 inch)
- 1/4 cup peanut butter, reduced-fat
- 2 tablespoons granola cereal
- 1/2 apple, sliced or diced



1. Lay tortilla flat and spread peanut butter over 2/3 of the tortilla leaving edges at sides.
2. Sprinkle 2 Tablespoons granola over peanut butter.
3. Cut apple slices into small chunks and place them on top of the granola.
4. Fold over the edges of the tortilla and roll up "burrito style."

Recipe from USDA Mixing Bowl

"The U.S. Department of Agriculture prohibits discrimination against its customers, employees, and applicants for employment on the bases of race, color, national origin, age, disability, sex, gender identity, religion, reprisal, and where applicable, political beliefs, marital status, familial or parental status, sexual orientation, or all or part of an individual's income is derived from any public assistance program, or protected genetic information in employment or in any program or activity conducted or funded by the Department."



Fun with Classic Songs

There are many songs that all children, and those who were children at one time, know. Over the years, I have found it fun to change these classics to be a part of the curriculum for my home daycare and classroom. The following are just a few examples that I have used. What is fun is that you as parents and providers can be as creative and silly as you want.

The Wheels on the Bus

Change this to:

The Fish in the Sea

Examples of this can be

"The sharks in the sea go chop, chop, chop . . .
...all under the sea.

Whales go spout, spout, spout
Lobsters go claw, claw, claw,
Jelly fish go wiggle, wiggle, wiggle.



You could also use:

The Animals on the Farm, The Animals at the

Zoo or Nature: the wind in the air, the clouds in the sky, the rain on the ground, the thunder during the storm . . . outside our door.

What is really fun with this is that you can just make this up as you go. This summer in the car with my granddaughter we started with any animal that we could think of. At one point, I thought my husband was going to stop the car and get out. Lorelei and I had a great time, though. Great way to make the car ride a lot more fun!

The list is endless. Have your children help you decide the movements. You can also make pictures to assist the children with selecting or have them create their own picture.



BINGO

"There was a farmer who had a dog and Bingo was his name-O."

This song can be adapted many ways to help with letter recognition. All you need are 5 sheets of paper. Card stock works great because it can be used over and over. After you have put the letter on the front, turn it over and make some designation of the times the children are to clap. I have used just a black circle starting with one

circle for the B and ending with a fifth circle for the O. I also used hands clapping clipart. I put the corresponding number, 1-5, below the circle or the clapping hands so they learn number recognition, too. As you go, there is always at least one, if not five, children who want to help you flip over the cards!

Other ideas:

"I know a man with a long white beard and Santa is his name-O." SANTA. . .and Santa is his name-O."

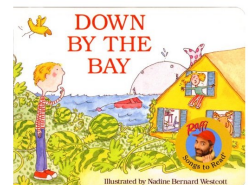
"To show I love all my friends I give them all a heart." HEART . . . A heart says I love you."

"There is a fruit that grows on trees that I love to eat." APPLE . . . I love to eat an apple."

As you can see you can be as creative as you want. And, a bonus is that you really don't have to follow any specific tempo — it won't bother the children if the words don't match up exactly. All you need is a 5 letter word.

Down By the Bay

"Down by the bay,
Where the watermelons grow,
Back to my home, I may not go.
For if I do, my mother will say,
'Have you even seen a goose kissing a moose,
Down by the bay?'"



Great way to teach rhyming words. Let the kids come up with as many rhymes as they can. The sillier the better. I also liked to use the names of the children in care. Here is are a couple examples: "Have you ever seen Joe touching his toe, down by the bay?" My own daughter: "Have you ever seen Jessie when her room wasn't messy, down by the bay?" "Have you ever seen Billy when he wasn't being silly, down by the bay?"

Singing, moving, and being creative are so much fun. Our children are learning, and they don't even know it. Plus all of you will have smiles and feel good, too.

Remember it is important to create experiences And memories and this is a great way to do so!

get connected ...

Win a \$100 Gift Card!

@NationalCACFP, a National Strategic Partner of MyPlate, is excited to sponsor the [#healthyholidayNCA](#) challenge. [#myplatemystate](#)

The National CACFP Sponsors Association (NCA), a MyPlate National Strategic Partner, is proud to sponsor the NCA Healthy Holiday Challenge. In October, My Plate kicked off the MyPlate MyState program asking participants to show how they use local foods from their state and region to create balanced meals. NCA, in an effort to expand, support and continue the program, is sponsoring a contest asking the community to snap a picture of their favorite balanced and nutritious holiday meal featuring local foods from their state and region. It's an easy and fun way to celebrate the holidays with healthy foods!



- 1** Snap a picture of your favorite holiday MyPlate balanced, nutritious meal using local foods from your region.
- 2** Post your pic on FB or Twitter between **November 15, 2016 and December 31, 2016** telling us what you served and how it represents your region. Entries must include the hashtag **#healthyholidayNCA** and you **must tag** our Facebook page or twitter page @NationalCACFP.
- 3** An NCA committee will judge all entries and choose the picture/description that best represents and describes holiday regional foods used with MyPlate guidelines.
- 4** Winning photo will be posted on Facebook January 8, 2017 and featured in our eNews and at the National CACFP Conference in April. Winner will receive \$100 Visa giftcard!

CHILD & FAMILY RESOURCES, INC.

Name: _____

Address: _____

City, State, Zip: _____

Phone: (____) _____ Email: _____

Enclosed is my/our gift to Child & Family Resources, Inc. in the amount of \$ _____

This contribution is a Memorial Gift Honoring: _____

☐ Please call me to discuss my gift through my will of estate plan



December 2016—February 2017

December 2016

12/26 - 27 — Offices closed: Christmas holiday

12/28 - 30 — Offices closed: annual shut down

January 2017

01/02 — Offices closed: New Year's holiday

01/16 — Offices closed: MLK Jr Day holiday

January 18th: Happy Birthday to A.A.Milne,
creator of Winnie the Pooh



February 2017

02/20 —Offices closed: Presidents' Day holiday



Have you liked our page on Facebook?
And when you like what you see...let us know and click on LIKE!!

Have you joined our Facebook group for providers in Ontario, Seneca and Yates Counties?

Have a question?
Need advice from other providers?
Need menu ideas?
Need activity ideas?

Join our Facebook group by requesting an invite on:

www.facebook.com/groups/974669009246256/

Child & Family Resources, Inc. is an official Child Care Resource and Referral Agency affiliated with the New York State Office of Children and Family Services, Division of Child Care Services, Regional Office, 259 Monroe Avenue, Rochester, NY 14607.
585-238-8531 www.ocfs.ny.gov



Child & Family Resources, Inc.
263 Lake St.
Penn Yan, NY 14527

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PENN YAN, NY 14527**

"Promise me you'll always remember: You're braver
than you believe, and stronger than you seem, and
smarter than you think."
A.A. Milne



Community Partner

