

CHAT



Giving Providers, Parents and Businesses the Resources to Better Our Children's Future



1-800-424-4532

JULY-SEPTEMBER 2021

Keep checking
OCFS web site
for Updates and
Important
Announcements
for Providers
and Parents!



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**Lisa Murphy, the Ooey Gooley
Lady, is coming to Jamestown in
August!!**

CACFP

Using Ounce Equivalents for Grains to Begin October 1, 2021

Be prepared! Effective October 1, 2021, serving grains using Ounce Equivalents will go into effect. It is strongly suggested that providers take the following online trainings from Thirty on Thursdays:

- In Grained: Easy Tools to Determine Serving Amounts
- Crediting Single-Serving Packages of Grains in the CACFP

To take the trainings, go to www.chautauquaopportunities.com and then click on Services, Chautauqua Child Care Council, Providers, and CACFP.

The trainings are available in English and Spanish. Each training fulfills a half hour of the required 1 hour training per year. Ounce Equivalents will also be included in the CACFP workshop that will be part of the all-day training on July 31st.

Where to find resources (charts and videos) on Ounce Equivalents:

<https://fns-prod.azureedge.net/sites/default/files/resource-files/CACFPworksheetGrainsOzEq%20.pdf>

<https://www.fns.usda.gov/tn/crediting-single-serving-packages-grains-cacfp>

<https://www.fns.usda.gov/tn/feeding-infants-using-ounce-equivalents-grains-cacfp>

<https://www.fns.usda.gov/tn/determining-ounce-equivalents-grains-cacfp-recipes>

<https://www.fns.usda.gov/tn/calculating-ounce-equivalents-grains-cacfp>

<https://www.fns.usda.gov/tn/exhibit-grains-tool-rescue>

<https://foodbuyingguide.fns.usda.gov/FoodComponents/ResourceGrains>

Don't wait until October to learn about this new requirement in the CACFP. If you have any questions or concerns, please contact Chris Wigren, CACFP Specialist, at 716-661-9430 x 2269 or cwigren@chautopp.org.

Try this versatile recipe that can help fulfill the fruit and grain components in the CACFP:

RECIPE

Sugar-Free Fruit Salsa with Cinnamon Chips

Ingredients

- 4 flour tortillas
- 2 Tbs butter melted
- ground cinnamon
- 1 pint strawberries hulled and diced
- 1 orange peeled and diced
- 1 mango peeled and diced
- 2 kiwis peeled and diced
- 1 6 oz. container black berries quartered
- 1 6 oz. container blueberries
- Juice of 1/2 lemon
- fresh mint leaves for garnish



Instructions

1. Preheat the oven to 350.
2. Brush both sides of the tortillas with the melted butter.
3. Sprinkle both sides of the tortillas with ground cinnamon.
4. Using a pizza cutter, slice the tortillas into eighths.
5. Place the 'chips' on a baking sheet and bake for 12 minutes, or until golden and crisp.
6. Peel, slice and dice all of the fruit and place in a bowl.
7. Add the juice of half of a lemon and stir to combine. (about 1 tablespoon of lemon juice)
8. Garnish with torn fresh mint leaves (optional)



Recipe from: https://busymomshelper.com/wprm_print/55500

The salsa in this recipe can easily be changed by adding and/or eliminating different fruits.

Here's how to calculate the grain ounce equivalents in this recipe - with the help of the "Using Ounce Equivalents for Grains in the Child and Adult Care Food Program" handout and the product's nutrition label - if it is served to a 3 year old:

Nutrition Facts

Serving Size 1 pita (58g)
Servings Per Container 6

Amount Per Serving



Grains Measuring Chart for the Child and Adult Care Food Program			
Grain Item and Size	Age Group and Meal		
	1- through 5-year-olds at Breakfast, Lunch, Supper, Snack	6- through 18-year-olds at Breakfast, Lunch, Supper, Snack Adults at Snack only	Adults at Breakfast, Lunch, Supper
	Serve at Least ½ oz. eq., which equals about...	Serve at Least 1 oz. eq., which equals about...	Serve at Least 2 oz. eq., which equals about...
Pasta (whole grain-rich or enriched, all shapes)	¼ cup cooked or 14 grams dry	½ cup cooked or 28 grams dry	1 cup cooked or 56 grams dry
Pita Bread/Round (whole grain-rich or enriched) at least 56 grams*	¼ pita or 14 grams	½ pita or 28 grams	1 pita or 56 grams

If a 3-year-old child is given this snack, at least ¼ pita must be served.

Download this tool using the following link which is also listed above under

"Where to find resources on Ounce Equivalents:"

<https://fns-prod.azureedge.net/sites/default/files/resource-files/CACFPworksheetGrainsOzEq%20.pdf>



Ten Tips for Staying Safe This Summer

Summer is a time to have fun. Here are some things your children can do to help them stay safe, too. How many can they remember?

- 1. Take a friend with you whenever you go places or play outside.**
- 2. Know your full name address, telephone number and your parents' names.**
- 3. If you ever get lost in a public place, talk to someone in charge right away.**
- 4. Before taking anything from anyone, even from someone you know, check with your parents or a grown up you trust.**
- 5. Check with your parents or the person in charge before you go anywhere or get into a car, even with someone you know.**
- 6. Say no if someone tries to treat you in a way that makes you confused or scared and tell your parents or a trusted grown up right away.**
- 7. Talk with your parents about which online activities are safe and which are not.**
- 8. Use the "buddy" system when you go swimming, and always make sure a trusted grown up is watching.**
- 9. Always cross a street at a corner or crosswalk. Look left and right before crossing.**
- 10. Whenever you ride in a car, ride in the back seat and always buckle up.**

Click on this link to register: <https://ccchildrenscoalition.com/lisa-murphy-seminar-fee/>



Chautauqua Connections Children's Coalition presents:

**Lisa Murphy- Nationally known, Early
Childhood Education Expert and Author**

Topics Include:

What If Today was Their Only Day
The Importance of Early Experience & Play
Being Child Centered

**Open to: Child Care Employees, Child Care Directors,
UPK & Kindergarten Teachers**

Friday, August 27, 2021

8:00 to 3:30

Registration 8:00 a.m.

Session 1- 8:30- 11:30

Lunch 11:30- 12:30 on your own

Session 2 & Questions & Answers

12:30 - 3:30

Northwest Arena/Jamestown NY

Cost \$75



**CHAUTAUQUA
CONNECTIONS | CHILDREN'S
COALITION**



Office of Children and Family Services

Attention New York State Essential Workers \$25 Million Available for Child Care Scholarships Starting June 23, 2021

Eligibility

All essential workers: health care providers, law enforcement, pharmaceutical staff, firefighters, transportation workers, food delivery workers, grocery store employees, child care staff and others are eligible. See <https://www.governor.ny.gov/news/no-2026-continuing-temporary-suspension-and-modification-laws-relating-disaster-emergency>

- Essential staff must work outside the home and have an income of less than 300 percent of the federal poverty level (or \$79,500 for a family of four)
 - More information is available at <https://ocfs.ny.gov/childcarerelief>

How to Apply

- Parents can apply for funding through an easy online application, available at <https://ocfs.ny.gov/childcarerelief>
- Online applications can be submitted starting June 23, 2021 and will be processed and awarded on a rolling basis until funds are depleted

IMPORTANT NOTE:

All current essential worker scholarship participants MUST reapply through this new application to continue to receive funding. CARES 3 Essential Worker Scholarship Funding will end on June 28th. You must reapply for funding to continue.

How it Works

- Funding is part of the Federal Coronavirus Response and Relief Supplemental Appropriations Act
- Child care costs will be paid up to market rate for each region statewide; market rate information can be found at https://ocfs.ny.gov/main/policies/external/ocfs_2019/LCM/19-OCFS-LCM-23.pdf
 - Child care providers will be paid directly on behalf of the parent
- Parents are responsible for any tuition amount the scholarship does not cover

Questions?

<https://ocfs.ny.gov/childcarerelief>



Giving Providers, Parents and Businesses the Resources to Better Our Children's Future
Professional Development News

TRAINING



ALL DAY TRAINING EVENT

July 31, 2021 -8:00 am-4:00 pm

Location: Park United Methodist Church
49 Sinclair Drive Sinclairville, NY

Cost: \$5.00 per person

ALL 10 OCFS topics will be covered in this 7.5 hour training!

We will be following the CDC Social Distancing and Mask Guidelines that are in place at the time of the training

******Bring your own lunch- and join us for a working lunch!**

8:00 A.M.-8:30 A.M. Registration

8:30 - 10:30 Trauma/Nurturing Resilience OCFS Topic-1,3,10

10:30 - 11:30 Identifying human trafficking signs OCFS Topic-4,6,8

11:30 – 12:30 LUNCH and CACFP and Paperwork Tips OCFS Topic-2,5

12:30 – 2:30 Understanding Autism OCFS Topic-1,3

2:30 – 4:00 Mandated Reporter/SIDS and Shaken Baby OCFS Topic-6,7,8,9

Cost: \$ 5.00 per person
Please Pre-Register by July 21, 2021

Name(s): _____

Address: _____

Phone: _____

Email: _____

Modality (Circle one):

FDC GFDC DCC SACC LE Parent

Primary Language (Circle One):

English Spanish Other _____

Please Send NON-REFUNDABLE payment along with this form to:

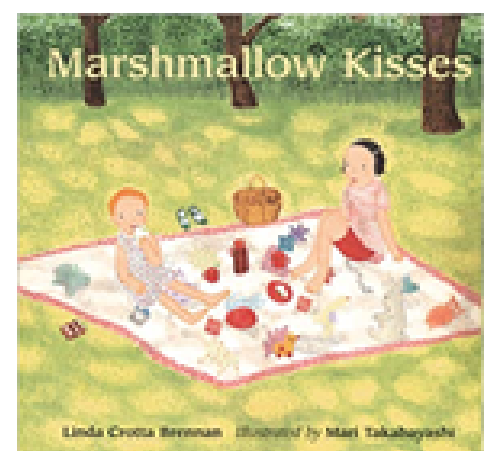
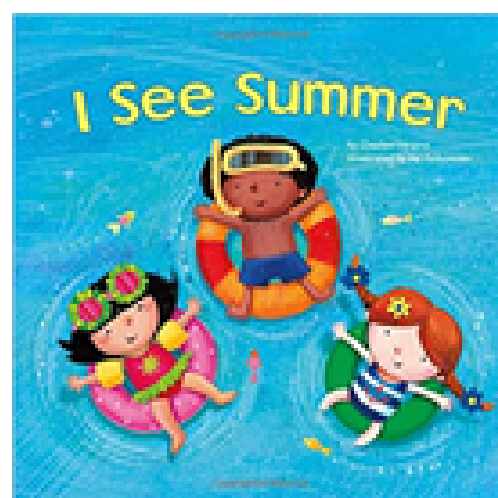
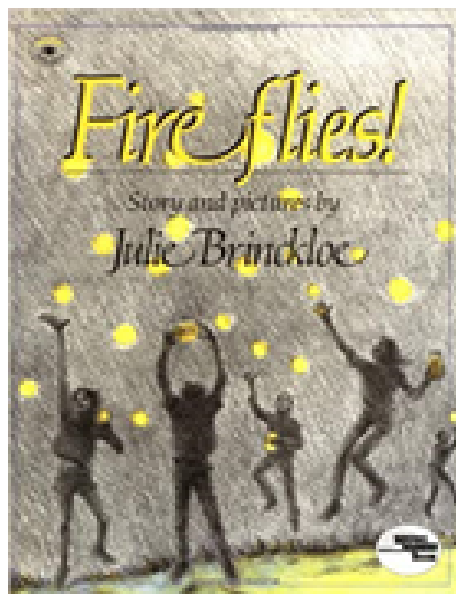
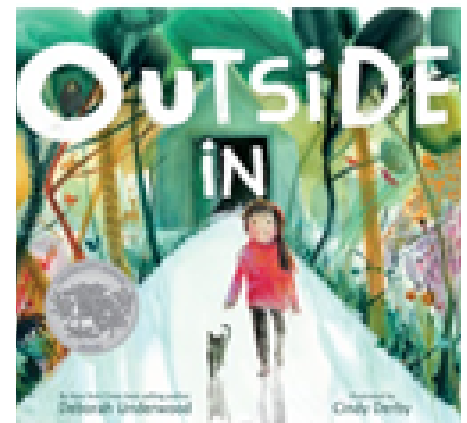
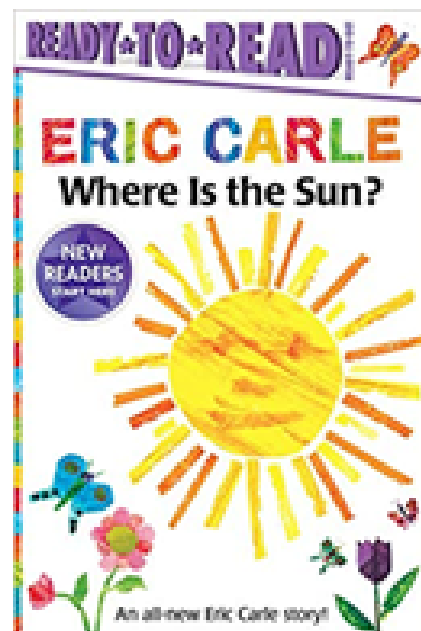
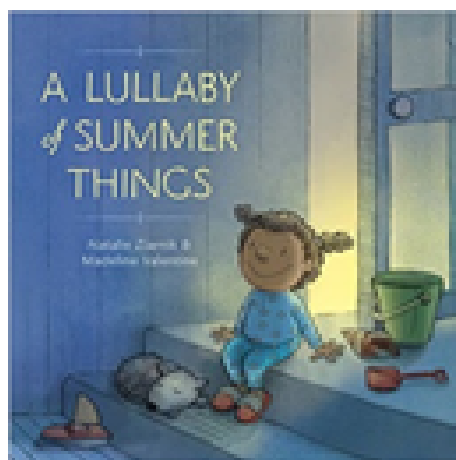
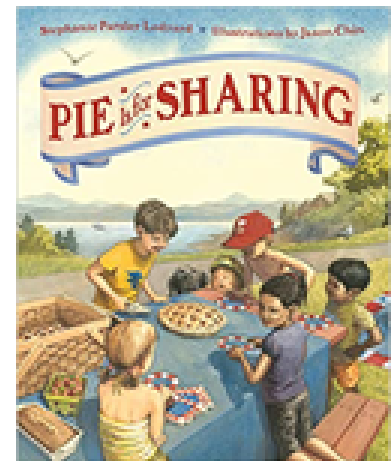
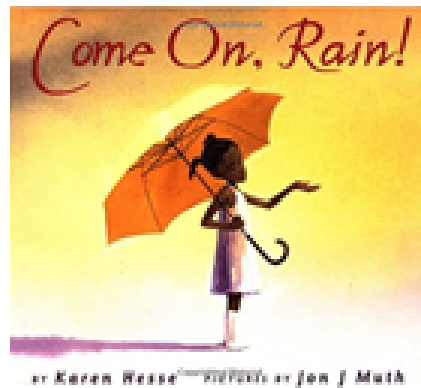
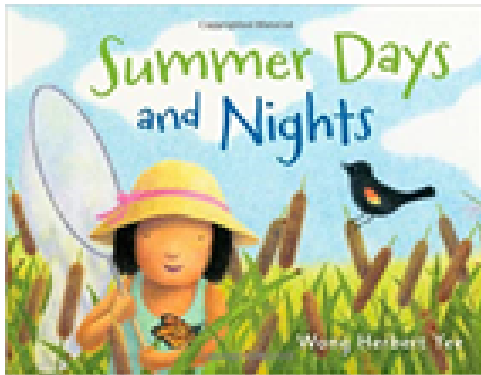
Chautauqua Opportunities, Inc., 17 West Courtney St., Dunkirk, NY 14048
Attention: Tina Barbalato

Questions? Please call the Chautauqua Child Care Council at 716-661-9430 ext. 2295

Don't forget to **READ** this summer!

Take a blanket out under a shade tree and invite children to read books with you. This might just become your favorite Summer pastime!

We picked out a few Summertime themed books for you to start with!



Family Friendly Community Events

June -September

Every Thursday June thru September! Music on the Pier hosts a free band at the Dunkirk Pier. From 6:30-8:30PM there will be live music, food, and fun. Each week's band touches on a different genre so there really is something for everyone.

<https://www.tourchautauqua.com/events/music-on-the-pier>

Summer Saturdays

Visit the Jackson Center for a free guided tour between 10am and 2pm! Masks and social distancing are required, and we encourage you to call 716-483-6646 to schedule your tour

<https://www.roberthjackson.org/events/2021-07-24/>

Farmers Markets

Fredonia Farmer's Market-Starting July 3, every summer Saturday 9 am-1pm- Church St. Fredonia

Westfield Farmer's and Artisan's Market-every summer Saturday 9 am-2pm at the Moore Park Center

Jamestown Farmer's Market-Starting June 8, every Saturday 10 am-2 pm-Cherry St. between 2nd & 3rd St.

Community Yoga at the National Comedy Center Lawn

45 minute free Yoga Classes every Saturday June 5-September 11
Sponsored by Jamestown Renaissance Corp.

Lake Erie Sunset Paddle-"Teach and Trek-Every Tuesday throughout the Summer

Reservations required! 716-763-2266

Price \$25 to rent or free if you have your own kayak and gear

Barcelona Harbor, Route 5 and Route 394 Westfield, NY

These events and more at www.chautauqua.com/events

HELPFUL LINKS

<https://chqgov.com/mental-hygiene>

<https://ocfs.ny.gov/programs/childcare/>

<https://www.sbdcjcc.org/>

<http://tomcopelandblog.com/>

<https://www.irs.gov/>



<https://chqgov.com/public-health/public-health>

<https://chautauquaopportunities.com>

<https://strongstartchaut.com>



Chautauqua Child Care Council Staff

Director:

Susan Marker(716) 661-9430 ext. 2227

CACFP Specialist:

Chris Wigren.....(716) 661-9430 ext. 2269

Legally Exempt

Patti Dudenhoeffer.....(716) 661-9430 ext. 2300

Yanira Santiago.....(716) 366-8176

Child Development Specialist:

Beth Faulkner.....(716) 661-9430 ext. 2295

Child Development Specialist:

Alisha Perry.....(716) 661-9430 -ext.2293

Child Care Enrollment Coordinator:

Chirvhoua Churjeng.....(716) 661-9430 ext. 2289

Registrar:

Patti Dudenhoeffer.....(716) 661-9430 ext. 2290

Resource and Referral Specialist:

Lori Steward.....(716) 661-9430 ext. 2261

Infant/Toddler Mental Health Consultant

Rebecca Reed.....(716) 366-8176

Chautauqua Child Care Council Advisory Board Members

Dr. Jennifer Berke

Dr. Mira Berkley

Bonnie Caldwell

Jessie Hill

Jill Triana

Judy Yarber

Lindsey Ellis

Stephanie Stevens

Marilyn Orlando

Donna Shepard

Sharon Rinehart

Denise Smith

Elizabeth Starks

Patricia Harper

Angela Moran

If You Are Interested In Becoming A Council Advisory Board Member, Please Contact the Child Care Council:

716-661-9430 Ext. 2227



The Chautauqua Child Care Council works to foster collaborative relationships in order to build a strong responsive child care support system meeting the needs of all Chautauqua County families, child care providers, businesses and communities.

Mission Statement – Chautauqua Child Care Council

Be In The Know.

Take An Active Role In Child Care.

Early care and education policy needs
your support in order to truly give
all children a great start in life.

For more information go to:
www.naccrra.org/public-policy
or call 716-661-9430

Thank you!