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<p><u>OUR NEXT GENERAL TRAINING</u></p> <p><u>DATE:</u> January 7th <u>TIME:</u> 6:30 PM <u>LOCATION:</u> YOUR LEARNING ONLINE SPACE (choose a quiet place where you will not be distracted) <u>TOPIC:</u> Supporting Young Children Through Traumatic Experiences</p>	<p>OUR NEXT BOARD MEETING</p> <p><u>DATE:</u> DECEMBER 10TH <u>TIME:</u> 7:30 PM</p> <p>RSVP TO RHONDA WATSON TO ATTEND. EVERYONE IS WELCOME</p> <p>Our General Business Meetings are being scheduled quarterly now. The first general meeting will be held <u>February 11, 2021 at 6:30 p.m.</u></p>
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Child Care Operating Procedures during COVID-19 Pandemic in Stage Three

Thursday, October 1, 2020 - 10:00pm

MSDE is providing this clarification on child care operating procedures with the State of Maryland's advancement into Stage Three of Governor Hogan's [Maryland Strong: Roadmap to Recovery](#) and in reference to the September 24, 2020 MSDE press release. This aligns with the [Maryland Together: Maryland's Recovery Plan for Child Care](#).

After consultation with leading public health experts, child care providers may now return to their licensed capacity as long they adhere to the health and safety guidance, [COVID-19 GUIDANCE for Child Care Facilities](#), which can be found in both English and [Spanish](#) on the Division of Early Childhood website: <https://earlychildhood.marylandpublicschools.org/covid-faqs>. A return to licensed capacities requires child staff ratios per COMAR regulations. If a classroom currently has a group size of 14 children with one staff based on the relaxation of regulations due to the COVID-19 pandemic, a program may not add additional children to the classroom until an additional qualified staff person is assigned to the classroom. A group size of 14 children with one staff will be permitted only until **November 27, 2020**.

As of **September 30, 2020**, the federal waiver of the Child Care Development Block Grant (CCDBG) Reauthorization for the completion of an 8-point background check for all persons before they are approved to work in a child care facility, has expired. Due to the COVID-19 pandemic, the federal Office of Child Care has allowed states, including Maryland, to request another 1-year waiver of this requirement. While Maryland awaits approval of this waiver, staff may continue to work in child care with completion of a state or FBI criminal background check and a cleared Maryland Child Protective Service clearance as long as they are "watchdogged", meaning they are supervised by a person who has completed a full 8-point background check. Once Maryland receives the decision regarding the waiver request, all providers will receive notification.

All child care providers may reopen by contacting their licensing specialist and complete a [Child Care Verification](#)

[of Reopening form](#). Reopened programs will receive a one-time grant of \$800 for family child care providers and \$1,600 for center-based child care providers. Please note, it may take up to four weeks to receive the grant payments. The last day to reopen and receive a stipend is October 31, 2020.

Please note, that child care programs applying for grants from the Division of Early Childhood (e.g., accreditation, quality improvement, etc.) must have completed a [Child Care Verification of Reopening form](#) and reopened in order to be eligible to receive funding.

Thank you for your continued service as essential persons providing child care for Maryland’s families.



From Rhonda (President)

Happy New Year’s Everyone!!!!

I am excited to see the new year. A new year, a new beginning.

This is the time to really look into how you can take your childcare to another level. This is the time of the year to

make smart goals, create a budget, update your handbook and contract. Gather all of those receipts together and create a budget. This will help you when tax time gets here and lets you see where you need to make adjustments.

Here are a few things for you to remember:

You will receive a 1099 for all of the money you received from MSDE (\$800.00 cleaning supplies) \$2000.00 (for the delay in EPCC payments). You will also receive a 1099 for the money you received from your county. If you received any grants from other agencies you will need to check with them to find out if it was a taxable grant. If you don't receive your 1099 from MSDE it will be posted on the comptroller's website.

When preparing your childcare parents' W10 remember not to include payments you received from EPCC into their W10 because the money came from MSDE and not the parent. MSDE will send you a 1099 for that money. If you include it, you will be paying twice the taxes.

You can send estimated taxes to the IRS until January 15, 2021. Remember that all of the grant money you received had no taxes taken.

If you received Unemployment benefits you will also receive a 1099. Also remember you may or may not have had taxes taken out of the unemployment benefits.

We are now a part of Amazon Smile

Amazon will donate .05% of the sales to HCFCCA. Please use this link to add us to your Amazon account.

<https://smile.amazon.com/ch/85-1912343>

If you know of any providers who do not belong to an association or someone who is looking to start a childcare program (this includes your assistant or co

provider) please invite them to join HCFCCA. It doesn't matter where they are located. HCFCCA is able to assist providers throughout the state. All HCFCCA business and trainings are conducted virtually and correspondence is through emails making the location of your business irrelevant.

This is also the time of the year when you need to ask yourself what can I do to help out the Association. Our election will be held in 5 months. If you are interested in helping please reach out to Nancy at nancymco@aol.com or me at hfccabusiness@gmail.com.

IMPORTANT INFORMATION

Howard County Health Department: 410-313-6284

Carrol County Health Department: 410-876-4900

Email your licensing specialist your answer from the health department or call 410-750-8771





From Angela (VP of Education)

I hope you had an incredibly happy and healthy holiday season.

Thank you to everyone who was present and participated in our December class.

We have worked out many of the issues with the Better Futures platform and I appreciate all your patience and support during that time.

January 7, 2021 is our next training:

Supporting Young Children Through Traumatic Experiences (CD 2.5 hours)

This training will describe trauma, its impact on young children and their families, and strategies to support the children and their families through the trauma during a Pandemic.

I still have many certificates from HCC. Please send me a self-addressed, stamped envelope and I will mail them back. My home address is 6695 Possum Court Columbia, MD 21045. If you send me \$2.00 by Venmo, Zelle, or Cash App I will provide the envelope and postage.

As always, I am here if you have any questions or concerns. Please email me
ATLamberti@aol.com



From Aisha(Treasurer)

Moving forward if you're making a payment with a business check please write YOUR name in the memo section of the check so we can identify who the check belongs to.

We will be accepting money orders and check payments by mail only.

Please stay safe and if you have any questions or concerns please email me



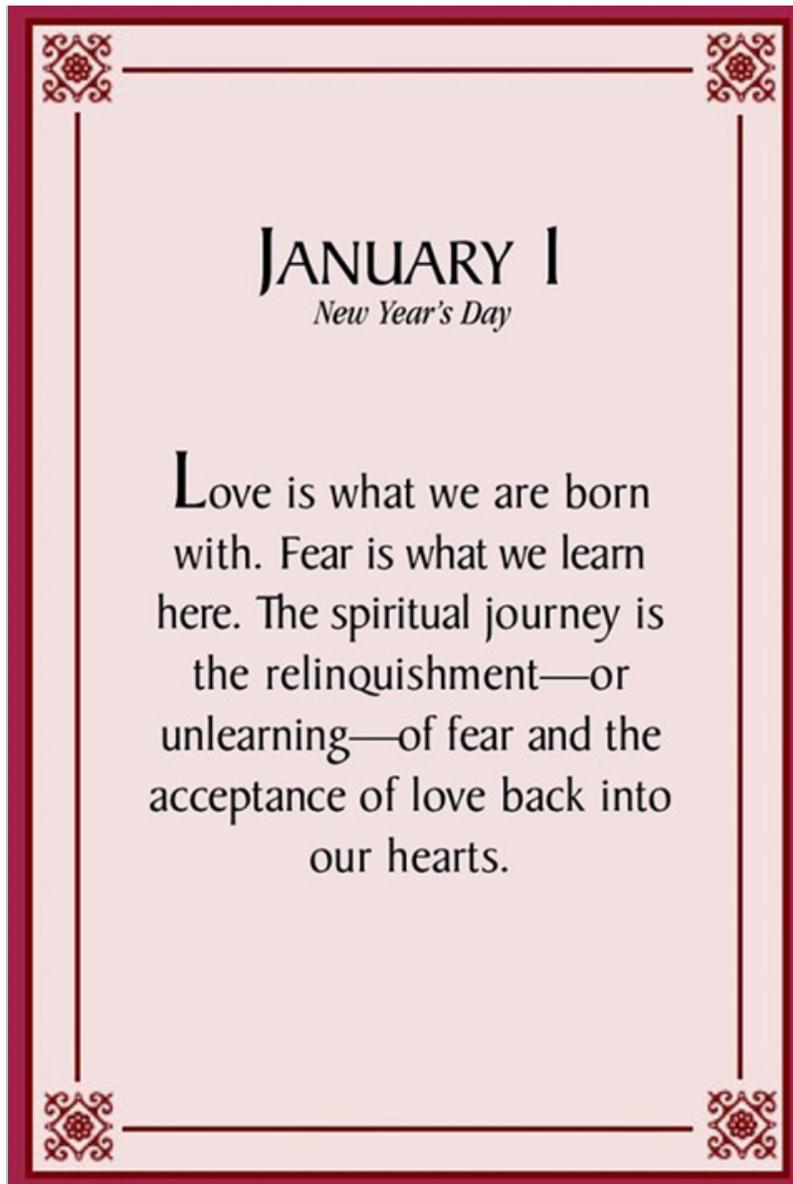
From Uyen (Secretary/Fundraising)

Because of the pandemic this year, I feel sad to miss out on cultural fair that has been organized yearly. Each year, I personally look forward to this particular class when my colleagues who are as eager as I am to present their cultures through visual presentations, materials/hand-made items, and especially their cuisines. This is such a wonderful organization not only its structure, but the wonderful membership. Hopefully we can do this class in person in 2021. Enclosed are some pictures of my Vietnamese cuisine.





CLICK TO PRINT HCFCCA MEMBERSHIP APPLICATION



From Lisa (Vice President of Membership)

Wishing everyone a safe and Happy Holiday.

Thank you for your continued support in joining Howard County Family childcare Association membership. We have done a great job in getting the applications in and making sure all the information has been filled out completely.

Please if you know of a new provider or center in your area, feel free to reach out and invite them to come join us. It's a wonderful time to reach out to others. We never know what a family is going through. That one call could make a difference for them.

I can't wait to see you all again in person!



If you are interested in receiving a PAU send in an article you found interesting, a craft you have done with your children, or a recipe that your children enjoy. After the newsletter is published all you need to do is print out your article and keep it in a safe place. There is one other opportunity to help with the newsletter. Are you a good proofreader? If you proofread the newsletter you can receive a PAU at the end of the year. You will need to print out the volunteer form under Anita's photo to keep track and you must proofread ALL of the newsletters.



From Melissa (Newsletter Editor)

Newsletter Deadlines

Due Date	Newsletter
Month	
January 17th	February
February 14th	March
March 14th	April

April 11th **May**
May 16th **June**
July 11th **Summer Newsletter**

Please send your newsletter contributions to newsletterhcfcca@gmail.com. Any contributions to the newsletter are eligible for a PAU. **YOU must print out your article AFTER it is published in the newsletter.**



From Therese(Mentoring/Networking)

HAPPY NEW YEAR! 2021 is a great year for all of you.

National Accreditation and Credentialing

National accreditation has providers look at their program using the self-study tools and develop an improvement plan. Providers look at their interactions with their families, their environment, curriculum and business practices. There are 289 standards that weave through 4 levels. Many of these standards are also MSDE regulations. Being Nationally Accredited helps you move up the ladder in the Credentialing and EXCELS programs. It also provides validation that you are a high quality child care program.

Think you might be interested in doing this? MSDE will pay the fees if you are credentialed at a level 2 or higher. Need help with Credentialing or National Accreditation?

Contact me if you have any questions or if your interested

laurelbutterflychildcare@gmail.com 3017252963
www.facebook.com/laurelbutterflychildcare



Application For Letter of Volunteerism

From Anita(Volunteer Coordinator)



From Nancy(Parent Message Board Coordinator)

Please remember to refer any potential clients that you cannot help to our Parent's Message Line. The Parent's Message Line phone number is (301) 776-4841.



From Deena(Marketing and Public Relations)



From Rashmi (MSFCCA Director)

This stipend is only for MD EXCELS levels 3,4,5 programs rating as of December 1, 2020.

By now most eligible programs should have received an email from PaymentWorks. If anyone has not, they may email us directly at stipend@marylandexcels.org.

We also understand that some providers have experienced an issue with validating information for payment through the PaymentWorks system. We have provided PaymentWorks with links to MSDE-verified sources, which should resolve most issues.

Direct deposit will typically occur within a few business days once the account has been set up and verified by PaymentWorks.

Thank you for supporting children, families, and providers.

Please contact your Maryland EXCELS Team if you have any questions.





From Claudia (Website Coordinator)

Kids Friendly Winter Salad

The joys of winter fruits in a bowl for your little ones and grown-ups.

 Course	Dinner, Lunch, Lunch Box, Salad
 Cuisine	American, Grown-Ups, Kids, Toddler Food
 Prep Time	15 minutes
 Total Time	15 minutes
 Servings	2
 Author	Deepika Haldankar

You Need:

- 1/4 cup Apple cut into small cubes
- 1/4 cup Blueberries
- 1/4 cup Raspberries
- 1/4 cup Grapes
- 1/4 cup Pomegranate Seeds
- 1/4 cup Persimmon (cut into small cubes)
- 1/4 cup Pear (cut into small cubes)
- 1/4 cup Mozzarella Cheese (cheese stick, cut into small pieces)
- 1/2 tsp Extra Olive Oil
- A dash of Dried Thyme

How To Make It:

1. Add all the above ingredients in a bowl. Mix everything well.
2. Serve with your meal.

Maryland State Department of Education (MSDE)

Division of Early Childhood		
Steven R. Hicks	Assistant State Superintendent	410-767-0335
Sharon Brooks	Executive Associate	410-767-0335
Vacant	Legislative Liaison/Program Developer	410-767-6786
Kenneth Blackman	Research Statistician	410-767-0583
Donna Pennewill	Fiscal Service Officer	410-767-0814
Eunice Lee	Fiscal Service Administrator	410-767-0339
Danella Scruggs	Agency Grants Specialist	410-767-7824
Kim Stewart	Agency Grants Specialist	410-767-7802
Alberta Stokes	Early Childhood Systems Specialist	410-767-0112
Alexis Washington	Communications and Outreach Specialist	410-767-7115
James McMahan	Specialist, ECCATS	410-767-6922
Rachel Demma	Director, Early Childhood System Development	410-767-0339
Office of Child Care		
Jennifer Nizer	Director, Office of Child Care	410-767-7823
Tara Bartosz	Assistant - Director of the Office of Child Care	410-767-7823
Early Learning Branch		
Judy Walker	Branch Chief	410-767-6549
Zina Spriggs	Administrative Aide	410-767-7798
Erika Anderson	Specialist, Early Learning	410-767-0646
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Donald Corbin	Specialist, Early Learning	410-767-0240
Susan Harman	Specialist, Early Learning	410-767-0428
Charlie Mitchell	Specialist, Early Learning	410-767-0586
Nykia Washington	Specialist, Early Learning	410-767-0088
Vacancy	Specialist, Early Learning	410-767-7811
Licensing Branch		
Louis Valenti	Branch Chief	410-767-7128
Jaqueline Blanding	Administrative Aide	410-767-7128
David Hanauer	Criminal Background Investigations	410-767-0721
Teresa Lewis	Licensing Systems Project and Systems	410-767-7037
Manjula Paul	Nurse Consultant	410-767-1853
Child Care Scholarship Branch		
Rene Williams	Branch Chief	410-767-0140
Stephen Lenzner	Administrative Support	410-767-0578
Olivier Bithari	Quality Assurance Auditor	410-767-9655
Robyn Cobb-Randall	Policy Specialist	410-767-0649
Raye Dugger	Quality Assurance Specialist	410-767-7840
Lorena Guido	Quality Assurance Auditor	410-767-7811
John Lamb	Assistant Branch Chief	410-767-7831
Beverly Ollivierre	Quality Assurance Manager	410-767-9654
Janielle Shorts	Monitoring Specialist	410-767-7832
Christopher Viamonte	Administrator	301-502-2999
POC HELPLINE		1-866-243-8796
Amber Green	Specialist, CCATS	410-767-8187
Eric Bundy	Specialist, CCATS	410-767-0440
Morgane Cole	Specialist, CCATS	410-767-9684
Allen Ward	Specialist, CCATS	410-767-0451
DeMoyne White	Specialist, CCATS	410-767-5964

Frederick County Office of Child Care (Region XII)		
5303 Spectrum Drive, Suite G Frederick, Maryland 21703 Janet Speak	Regional Manager	301-696-9766
Garrett County Field Office		
430 Weber Rd, Suite B Oakland, Maryland 21550 Dawna Rodeheaver	Lead Licensing Specialist	301-334-3426
Howard County Office of Child Care (Region VI)		
3300 North Ridge Road, Suite 190 Ellicott City, Maryland 21043 Sharon Afewok Michelle Royal	Regional Manager Office Secretary	410-750-8770
Lower Shore Office of Child Care (Region IX)		
201 Baptist Street Suite 32, Multi-Service Bldg., 2nd Fl. Salisbury, Maryland 21801 Suzanne Ruark Angela L. Bell	Regional Manager Office Secretary	410-713-3430
Montgomery County Office of Child Care (Region V)		
51 Monroe Street, Suite 200 Rockville, Maryland 20850 Carl Eggleston Latonya Jones	Regional Manager Office Secretary	240-314-1400
North Central Office of Child Care (Region XI)		
3105 1A/B Emmorton Road Abingdon, Maryland 21009 Beth O'Connor Alexandria Fortune	Regional Manager Office Secretary	410-569-2879
Prince George's County Office of Child Care (Region IV)		
807 Brightseat Road Landover, Maryland 20785 Danita Moore Kimberly Chambers	Regional Manager Office Secretary	301-333-6940
Southern Maryland Office of Child Care (Region X)		
41670 Courthouse Drive, P.O. Box 1709 Leonardtown, Maryland 20650 Susan Copsey Caty Clements	Regional Manager Office Secretary	301-475-3770 800-874-6797
Upper Shore Office of Child Care (Region VIII)		
301 Bay Street, Suite 305 Easton, Maryland 21601 Sandy Kepler-Klunk	Regional Manager	410-819-5801

Collaboration and Program Improvement Branch		
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Levette Woodrum	Administrative Support	410-767-0583
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Vacancy	Specialist Judy Center	410-767-7802
Wendy Dantzier	Program Coordinator	410-767-8959
Tresa Hanna	Grants Specialist	410-767-3396
Malkia McCleod	Communications Specialist	410-767-0602
Credentialing Branch		
Angeline Bishop-Oshoko	Branch Chief	410-767-6916
Adele Bealefeld	Administrative Officer	410-767-7805
Nancy Cahlink-Seidler	Training Approval Coordinator	410-767-7852
Deborah Langer	Training Specialist	410-767-7813
LaTanya Taylor	Credentialing Specialist	410-767-6947
Jacqueline Woodruff	Grants Specialist	410-767-8961
Agnetha Wright	Deputy Branch Chief	410-767-6923
EXCELS		
Lindi Budd	Branch Chief	410-767-7845
Vacancy	Administrative Aide	410-767-1664
Vacancy	Quality Assurance Coordinator	410-767-8961
Michelle Young	Community Outreach Specialist	410-767-7814
Jena Smith	Quality Assurance Manager	410-767-0580
Andrea Zabel	Quality Measurement Specialist	410-767-7863
Allegany County Field Office		
3 Pershing Street Cumberland, Maryland 21502 Ruth Lafferty	Lead Licensing Specialist	301-777-2385
Anne Arundel County Office of Child Care (Region I)		
49 Old Solomons Island Road Annapolis, Maryland 21401 Renee Woodard Tonya Smith	Regional Manager Office Secretary	410-573-9522
Baltimore City Office of Child Care (Region II)		
2700 North Charles Street, Suite 203 Baltimore, Maryland 21218 Sherry Tsigounis Kay Abrams	Regional Manager Office Secretary	410-554-8300
Baltimore County Office of Child Care (Region III)		
409 Washington Avenue, Suite LL8 Towson, Maryland 21204 Amber Riley Andrea Brown	Regional Manager Office Secretary	410-583-6200
Carroll County Office of Child Care (Region XIII)		
1643 Liberty Road, Suite 205 Eldersburg, Maryland 21784 Sharon Afework	Regional Manager	410-549-6489

Washington County Office of Child Care (Region VII)		
1075-C Sherman Avenue Hagerstown, Maryland 21740 Dolores Harmon Dee Myers	Regional Manager Office Secretary	301-791-4585

Contacting the Division Branches

Office of Child Care –
earlychildhood.msde@maryland.gov

Early Learning Branch
early.learningbranchesmsde@maryland.gov

Collaboration and Program Improvement Branch
 – collaboration.programimprovement@maryland.gov

Licensing – licensingocc.msde@maryland.gov

Credentialing –
credentialocc.msde@maryland.gov or 1-866-243-8796

Subsidy – ccscentral@conduent.com or 1-866-243-8796

Maryland EXCELS – info@marylandexcels.org

Tuesday Tidbits-December 29 2020

Tuesday Tidbits-December 15 2020

Tuesday Tidbits -December 1, 2020

IMPACT from MSDE FALL EDITION



Child and Adult Care Food Program (CACFP) "Where healthy eating becomes a habit"

What are the benefits of CACFP?

- ❖ CACFP is nationally recognized as an indicator of quality [child care](#).
- ❖ CACFP helps children grow healthy and strong through better nutrition.
- ❖ CACFP can play a vital role in obesity prevention by educating caregivers about meal planning, health, and child nutrition.
- ❖ CACFP is a successful program with a 25+ year track record that helps reduce the cost of being a provider.
- ❖ CACFP is a marketing tool that [says](#) "I care about the health & nutrition of the children in my care!"

CACFP and The Planning Council provide:

- ❖ Monthly cash reimbursement to providers for nutritious meals served (we offer direct deposit right to your designated account).
- ❖ Free training in nutrition and [child care](#) that meets licensing requirements for non CKO hours
- ❖ Resources full of current information, menu ideas & helpful hints
- ❖ Networking opportunities with other [child care](#) professionals
- ❖ Free Organizational Binder to keep all your records in one place
- ❖ Free On-line Claiming with Minute Menu's KidKare program (can be used on your smart phone, tablet, ~~laptop~~, or desktop)

Participation is easy, what are the requirements?

- Have a current "non-expired" license and have at least one (1) child enrolled.
- Agree to have on-site visits from your sponsor at least three (3) times per year.
- Prepare and serve meals that meet the USDA - CACFP Meal Pattern Requirements.
- Serve milk that meets USDA Meal Pattern Requirements:
 - 1% or Skim to children age 2 and above
 - Whole Milk to children age 1
 - Offer your choice of Iron Fortified Formula to Infants
- Post a weekly menu for children in all age groups.
- Offer supplemental infant food to all enrolled infants (Juice is not allowed for infants in the CACFP)
- Offer one (1) "whole grain" meal option per day.
- Keep meal counts and attendance record (*Easy to do with the free software we offer*)
- Inform parents about the benefits of the food program and the meals for which their child may be claimed.

How can I become a CACFP provider?

In Howard and Baltimore County Contact:

Fernanda Brito @ 443-850-1056 or by e-mail @ fabrito@theplanningcouncil.org

This institution is an equal opportunity provider.



July 1, 2020 – June 30, 2021

Child & Adult Care Food Program

Meal Reimbursements

You may be reimbursed for 2 meals and 1 snack or 2 snacks and 1 meal per day

Meal Type	Tier 1	Tier 2
Breakfast	\$1.39	\$0.50
Lunch/Supper	\$2.61	\$1.58
Snack	\$0.78	\$0.21
Daily Total *	\$4.78	\$2.29

* based on serving and claiming **breakfast**, **lunch**, and a **snack** each day. Daily totals change based on meals served and claimed.

Monthly Totals Examples for Fulltime (FT)*

2 FT Children for 20 days in month	\$191.20	\$ 91.60
5 FT Children for 20 days in month	\$478.00	\$229.00
8 FT Children for 20 days in month	\$764.80	\$366.40

FREE Online Claiming with KidKare

Get started immediately with KidKare and logging onto our secure site and record all your Food Program Records in minutes!

You can easily:

- Record Meals
- Enroll Children
- Note school holidays, child sick days, etc.
- Pre-plan Menus
- Record Child In & Out Times
- Eliminate Claim Errors
- Submit your menus online

CRAFT

Submitted by Melissa Gaither HCFCCA Newsletter Vol 41 Issue 6 January 2020.

Adapted from a Scholastics' My Big World

with Clifford Magazine

Painting With Ice

Materials: ice cube tray, water, craft sticks, liquid watercolor or food coloring, paper

This activity puts a cool spin on painting with watercolors.

- **Fill an ice cube tray with water and add a drop of liquid watercolor or food coloring to each cube.**
- **Now put a craft stick into each cube.**
- **Freeze overnight.**
- **Pop ice cubes out of the tray, making sure the sticks stay in.**
- **Set out frozen cubes and paper, and let children create**
- **Help them make connections between water and ice by asking questions: How is painting with ice cubes like painting with regular watercolors? How is it different?**



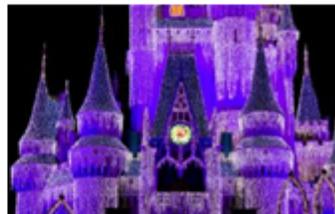
Science Activity Melt an Ice Castle



Materials: sand castle mold, water, liquid watercolor, tools safe for children (wooden spoons and rolling pins, etc.), squeeze bottles, plastic tub

Read about ice castles, children will explore and melt their own miniature version.

- › **In advance, fill sand castle molds with water.**
- › **For a colorful twist, add liquid watercolor.**
- › **Freeze overnight.**
- › **Once the ice castle is frozen, run warm water on the outside of the mold. This should make it easy to pop out the ice castle.**
- › **Put the ice castle in a plastic tub or water table, along with tools and a squeeze bottle filled with warm water.**
- › **Present children with the ice castle and excavation tools.**
- › **Invite them to work in pairs and experiment until they've melted the ice castle.**
- › **This activity will work fine motor skills.**



RECIPES



Submitted by Melissa Gaither HCFCCA Newsletter Vol 41 Issue 6
January 2021.

RECIPE COURTESY OF [FOOD NETWORK KITCHEN](#)

Lasagna Roll-Ups

[4 Reviews](#)

This is the quick and lunch-friendly version of lasagna. Try tucking in a couple pieces of pepperoni for an easy variation.

- Level: Easy
- Total Time: 25 min
- Yield: 4 servings (2 halved rolls per person)

Ingredients

Kosher salt

8 lasagna noodles

Olive oil, for tossing noodles

1 1/2 cups part-skim ricotta

3 tablespoons grated Parmesan

5 sun-dried tomatoes packed in oil, finely chopped

1 cup loosely packed fresh basil leaves, torn

24 pepperoni slices, optional

1 cup marinara sauce, for serving

Directions

1. Bring a large pot of salted water to a boil. Cook the lasagna noodles according to package directions. You may want to cook an extra noodle or 2 in case they rip. Drain and toss with some oil. Drape the noodles over the edge of the pot, without overlapping, to cool.
2. Meanwhile, mix the ricotta, Parmesan, tomatoes and 1/2 teaspoon salt together in a medium bowl.
3. Lay out the noodles and evenly divide the ricotta mixture on the noodles, spreading it from end to end of each noodle. Top each with a few pieces of basil and 3 pepperoni slices per roll if using. Roll up and cut each roll in half to make 16 cylinders. Pack 4 pieces, ruffle-side up, in each lunch container and refrigerate. Pack 1/4 cup of marinara sauce in a separate container with each serving.

Cook's Note

The roll-ups can also be served at room temperature with warm marinara.

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HCFCCA FUNDRAISERS

HCFCCA Shaklee Fundraiser



Your kids or grandkids bring so much joy into your house—and a lot of germs. Keeping your kids' or grandkids' immune systems strong will keep them living their best life. Keep reading to find out my recommendations to help the children in your life stay healthy.

Colorful Fruits and Veggies

Colorful fruits and vegetables contain the amazing vitamins, minerals, and phytonutrients to support our immune systems. But I hear you—I know how hard it can be to get your child to try broccoli for the hundredth time and watch them immediately spit it out. Colorful fruits and veggies don't need to be your enemy. Try these tips to add a little color to your next meal.

- **Change up the texture:** If the last time your child didn't like veggies raw, try them steamed or mashed. Texture is often the reason why a child turns away food, not taste.
- **Offer a choice:** Have your child pick out the fruit or vegetable at the grocery store or help you prepare and cook their food. Giving a child ownership and partnership with you on their choices can go a long way.
- **Learn with them:** Learn about healthy choices together, and talk about how much you enjoy colorful foods and why you eat them. Eating and enjoying

colorful fruits and vegetables in front of your children is the best way to influence your child to like them.

- **Nutrient-Dense Choices**

Boosting a child's immune system is about maximizing your kiddos' meals with nutrient-packed foods. Colorful fruits and vegetables and other nutrient-dense foods come in all shapes and sizes. Some key immune-boosting nutrients to look for in your foods are zinc, vitamin C, vitamin B6, vitamin D, vitamin E, omega-3 fatty acids, and probiotics/prebiotics. Add dark leafy greens, poultry, fish, beans, nuts, seeds, both citrus and non-citrus fruits, whole grains, and dairy to boost these key nutrients.

For zinc specifically: The National Institutes of Health's recommended daily intake (1) is:

- • Birth to 6 months: 2 mg
- • Infants 7–12 months: 3 mg
- • Children 1–3 years: 3 mg
- • Children 4–8 years: 5 mg
- • Children 9–13 years: 8 mg
- • Teens 14–18 years (boys): 11 mg
- • Teens 14–18 years (girls): 9 mg

For probiotics and prebiotics specifically: You can find great sources of probiotics in yogurts and fermented foods and prebiotics in your fruits and vegetables.

My three favorite nutrient-dense choices

- **Organic Greens Booster**: I recommend adding this to all of your smoothies. Your kids won't notice any difference in taste and what an easy way to take your family's smoothie breakfasts and snacks up a notch.
- **Fruit or veggie puree**: From steamed carrots, broccoli, and raw spinach to beans, they can all be pureed and added into smoothies, soups, and sauces for most any meal. It is a great way to boost the nutrition your kiddos are getting out of each sip or bite. For example, instead of jam, puree strawberries and add just enough Shaklee® Meal Shakes powder to make a

spread. It's a delightful boost of vitamin C and protein without all the added sugar.

- [Shakleekids™ Incredivites®](#): What I love about Incredivites is that it contains lactoferrin. Lactoferrin is an immune-boosting protein found in human milk.

Share Your Health Goals as a Family

- Getting active as a family will support everyone's health and immunity. Bonus: Your children can get out their wiggles. You can also add in a few more ZZZs as a family. Give yourself and your children a sleep goal. Together you can talk about how sleep impacts your health and how you feel getting more sleep. Maybe your kiddo is the accountability partner you have needed all along.
As you can probably tell, I believe that kiddos and adults alike need to care for health. I also believe that a family that partners together to accomplish these things will be more successful. Supporting your kid's immunity is also about supporting your own.

HCFCCA Shaklee Fundraiser

STEP 3: Kill Germs & Viruses

BASIC-G® GERMICIDE + SPRAY BOTTLE

- Powerful multipurpose germicide to disinfect, clean, and deodorize.
- Effective against 30 types of bacteria and 26 types of viruses, including human coronavirus.*2

TOUGH ON GERMS & VIRUSES INCLUDING HUMAN CORONAVIRUS (COVID-19)*



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INFORMATION



Directory of NACES Members

If you have been referred to the NACES website for an evaluation of your non-US studies, please select a NACES member organization from the list below. This list provides links to each member's website – we recommend that you contact our members directly to obtain information about the services they offer, their fees, and their requirements.

Current Members

[A2Z Evaluations, LLC](#)
Member since May 2009

[Academic Evaluation Services, Inc.](#)
Member since May 2008

[Educational Credential Evaluators, Inc.](#)
Member since March 1987

[Educational Perspectives, LLC](#)
Member since April 2003

[Educational Records Evaluation Service, Inc.](#)
Member since April 1993

[Evaluation Service, Inc.](#)
Member since June 1991

[Foreign Academic Credential Service, Inc.](#)
Member since March 1987

[Foundation for International Services, Inc.](#)
Member since March 1987

[Global Credential Evaluators, Inc.](#)
Member since March 2004

[Global Services Associates, Inc.](#)
Member since May 2000

[International Academic Credential Evaluators, Inc.](#)
Member since May 2006

[International Education Evaluations, Inc.](#)
Member since May 2018

[International Education Research Foundation, Inc.](#)
Member since March 1987

[Center for Applied Research, Evaluation and Education, Inc.](#)
Member since March 1987

[Josef Slav and Associates, Inc. International Education Consultants](#)
Member since April 1989

[Scan Trap, The Evaluation Company](#)
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Member since March 1987



NATIONAL ASSOCIATION OF CREDENTIAL EVALUATION SERVICES, INC. <i>An Association of Independent Evaluation Services</i> Revised 3/31/2011	
Center for Applied Research Evaluation & Education P. O. Box 18358 Anaheim, CA 92817 Phone: 714-237-9272 www.iescaree.com	FACS, Inc. Foreign Academic Credentials Service, Inc. P.O. Box 400 Glen Carbon, IL 62034 Phone: 618-656-5291 www.facsusa.com
Educational Credential Evaluators, Inc. P.O. Box 514070 Milwaukee, WI 53203-3470 Phone: 414-289-3400 www.ece.org	Foundation for International Service, Inc. 14926 35th Avenue West Suite 210 Lynnwood, WA 98097 Phone: 425-248-2255 www.fis-web.com
Education Evaluators International, Inc. 11 S. Angell Street #348 Providence, RI 02906 Phone: 401-521-5340 www.educei.com	International Consultants of Delaware, Inc. P. O. Box 8629 Philadelphia, PA 19101-8629 or 3600 Market Street, Suite 450 Phone: 215-222-8454 ext. 603 www.icdel.com
Educational Perspectives P.O. Box 618056 Chicago, IL 60661-8056 Phone: 312-421-9300 www.edperspective.org	International Education Research Foundation, Inc. P.O. Box 3665 Culver City, CA 90231-3665 Phone: 310-258-9451 www.ierf.org
Educational Records Evaluation Service, Inc. 601 University Avenue Suite 127 Sacramento, CA 95825 Phone: 916-921-0790 www.eres.com	Josef Silny & Associates, Inc. International Education Consultants 7101 SW 102 Avenue Miami, FL 33173 Phone: 305-273-1616 www.jsilny.com
Evaluation Service, Inc 333W. North Ave. #284 Chicago, IL 60610-1293 Phone: 847-477-8569 www.evaluationsservice.net	Span Tran Educational Services, Inc. 7211 Regency Square Blvd. Suite 205 Houston, TX 77036-3197 Phone: 713-266-8805 www.spantran-edu.org
Foreign Educational Document Service P.O. Box 4091 Stockton, CA 95024 Phone: 209-948-6589 www.documentsservice.org	World Education Services, Inc. Bowling Green Station P.O. Box 5087 New York, NY 10274-5087 Phone: 212-966-6311 www.wes.org

Please Note:

Credits from institutions in other countries shall be evaluated for comparability of degree and course work by an independent agency authorized to analyze foreign credentials. The agencies listed above are designated by the Department to provide this service. A course-by-course evaluation using original documents is required.

CONTACT US

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 (301) 776-4841

You are a member of HCFCCA, this entitles you to our monthly newsletter.

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