



HCFCCA NEWSLETTER VOL 41
ISSUE 8 MARCH 2021

OUR NEXT GENERAL TRAINING

DATE: MARCH 4TH

TIME: 6:00PM

LOCATION: YOUR ONLINE LEARNING SPACE

(CHOOSE A QUIET PLACE WHERE YOU WILL NOT BE DISTRACTED)

TOPIC: How to Serve Children and Families with Special Needs



OUR NEXT BOARD MEETING

DATE: MARCH 11TH

TIME: 6:30PM

RSVP

**TO RHONDA WATSON TO ATTEND.
EVERYONE IS WELCOME.**

If you have
the power to
make someone
happy, do it.
The world
needs more
of that.

[Visit Us on the Web](#)

[Board of Directors](#)

[Committee Chairpersons](#)

[Provider Resources](#)

Click on the button above to get information on our Board & Committee Members.



The Consolidated Appropriations Act of 2021 provides \$10 billion in much-needed direct pandemic-related relief for the child care sector. These funds can be used to support providers facing reduced enrollment and increased costs of serving children safely, reduce family co-payments, pay staff salaries, provide care for the children of essential workers regardless of income, support costs related to reopening, and more.

MSDE is pleased to provide the **Child Care Pandemic Relief Fund Grant** application to all **open** and **operating** child care programs in Maryland.

Applications must be submitted by **Wednesday, March 3, 2021** at 3:00pm and must be submitted electronically. On-line applications will not be accepted after this date.

In order to apply, child care providers must be open and have a **[Child Care Verification of Reopening form](#)** on file with their Licensing Specialist. The form can be found by clicking on the Verification of Reopening image below. **THE VERIFICATION FORM IS ONLY FOR PROGRAMS NOT CURRENTLY OPEN. Programs that open and are operating have already submitted the verification form.**

In order to receive funds from the state, child care providers must:

- **have a W-9 on file.** Child care providers that have received payments from MSDE in the past, will already have one on file. If child care providers need to submit a W-9, please complete, sign and email the form to your Licensing Specialist. The form can be downloaded at: <https://www.irs.gov/pub/irs-pdf/fw9.pdf> **Note: Funds received for the pandemic relief grants are taxable.**
- **use** The Build-A-Plan Tool to develop Maryland's Child Care COVID-19 Plan. For more information

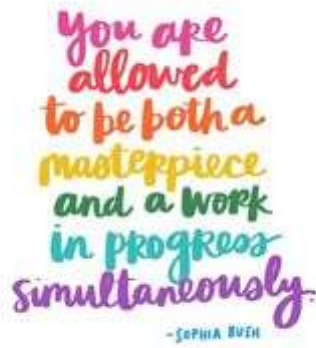
about The Build-A-Plan Tool, visit msdechildcarecovidplan.org. A full plan is required, partial plans will not be accepted. You do not need to submit verification or documentation. After you develop Maryland's Child Care COVID-19 Plan, The Build-A-Plan Tool will generate confirmation automatically that will be sent to MSDE directly.

Before completing the on-line application for the Child Care Pandemic Relief Fund Grant, child care providers should download the application [worksheet](#) and review the [FAQs](#) to help collect the information needed to complete the on-line application. This will save time in entering the information on-line correctly.

If you have any questions, please complete the [Contact Us](#) form.

- [Pandemic Relief Grant Fund FAQs.pdf](#)
- [2021 Child Care Relief Fund Grant WORKSHEET 2.11.2021 \(1\).docx](#)





From Rhonda (President)

I am excited to say we did great in our first donation drive as a nonprofit. I included the amount raised in the updated budget. Here is the list of our donors:

Jigna Bhatt
Uyen Feliks
Rhonda Watson
Kelly Patino
Natalie Burgess
Rashmi Tadon
Marylou Grimm
Nancy Cauley
Marna Jack
Angela Lamberti
Elizabeth Sipes
Claudia Cuestas
William and Monica Thompson
Farahnaz Taghvari
Zeeba Asin
Delali Athiogby
Saira Ali
Amy Justice
Kimberly Stinnett
Joyce Boateng
Djuana Livingstone
Saima Amin
Neidy Ramirez
Yasnin Rajan
Sona Yoder
Shahnaz Ahmaddoust

**Lisa McCourry
Arlene Ennis
Joyce Boateng**

I am starting a Credential Drive. I will be drawing different members throughout the month of March and April. You need to show me that you are Credentialed by sending in a new or renewed a Credential application. My mission is to have 100% of our members Credentialed.

Credentialing is the gateway to any grant you will be able to receive from MSDE (except ones related to Covid-19).

HCFCCA is seeking members that are willing to step up by either becoming a Board or Chair member. If you don't want to commit to a position then maybe you can offer your time doing one of the following:

- **Proof read the newsletter**
- **Take General meeting and/or Board meeting minutes**
- **Help with the website**
- **Be a Facebook administrator**
- **Assist Marketing with outreach**
- **Help our MSFCCA representative with attending Zoom meetings when they are unavailable**
- **Help Education with class planning and member inquiries**
- **Assist the president with member inquires research, emails and correspondence.**

If you are interested please reach out to 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

IMPORTANT: Scam Alert

MSDE Division of Early

Childhood <MDEarlyChildhood@public.govdelivery.com> Mon, Feb 22, 2021 at 8:03 AM

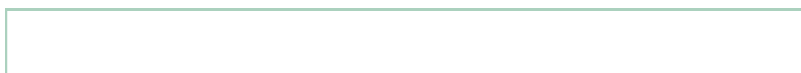
A fraudulent email message with the Maryland State Department of Education (MSDE) logo and linking to a fake GoFundMe campaign is encouraging child care providers to donate to an effort to raise money for a young boy's medical treatment. This campaign is associated with neither the MSDE nor GoFundMe. The scam is designed to solicit "donations" from individuals who believe they are contributing to a good cause. MSDE does not solicit donations or request financial assistance from the general public.

Providers should be vigilant in protecting themselves by verifying all communications come from a Maryland.gov email address or our email service address (mdearlychildhood@public.govdelivery.com) and direct providers to marylandchild.org or earlychildhood.marylandpublicschools.org (never a third-party site such as GoFundMe). Click here for more information about [GoFundMe fraud detection](#).

Providers who receive an email with the MSDE logo and Subject: Jim Needs You, should report the email and its contents to the [FBI's Internet Crime Complaint Center](#).

Please see the pictures of the scam email below.

- [scam 1.PNG](#)
- [scam 3.PNG](#)
- [scam 2.PNG](#)

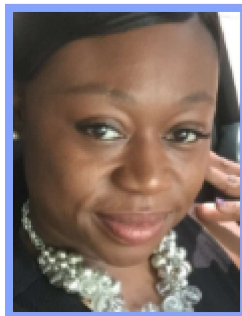




From Angela (VP of Education)

The training for March is "How to Serve Children and Families with Special Needs". The core of knowledge area is Special Needs and you will receive 3 clock hours when you complete all the requirements for the training. This interactive training will benefit the participants by providing them with the opportunity to think about offering their Early Childhood Education Program to young children with Special Needs and their families. Some of the topics in this session include: the Individual with Disabilities Act (IDEA), what to consider before making your program available to children with special needs and their families, the benefits of including children with special needs in your program and resources available to Early Childhood Education business owners who want to enroll young children with special needs in their program. It is intended to increase the number of

Early Childhood Education Programs that enroll young children with special needs and their family.



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)

February 12th marks the first day of the Lunar New Year. This marks the beginning of a calendar year whose months are moon cycles based on the lunar calendar. Lunar New Year is particularly celebrated in East Asia. A big part of the lunar new year, besides visiting grandparents, parents, teachers, relatives, and friends; is food. Food plays such a big part in this cultural celebration. Each food item served during the new year has a particular meaning, the square rice cake symbolizes the earth while the round one represents the sky. Both cakes play important rolls in my culture as well as having historical values. I hope you enjoy the following are pictures .









[CLICK TO PRINT HCFCCA MEMBERSHIP APPLICATION](#)

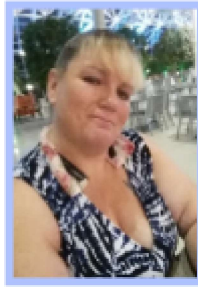
From Lisa (Vice President of Membership)

Hope everyone is doing well and staying healthy!

I would like to thank you all for completing the membership applications. Its so important that your information is updated. This is the best way to keep your information current with us.

Also would like to welcome all of the NEW members to our association.

Please continue to support and encourage others to join our Association. It would be wonderful if each of us reached out to one provider a month to invite them to join us. WE are a strong organization, lets keep it strong!



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 Month	Newsletter
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)

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 you are interested.

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



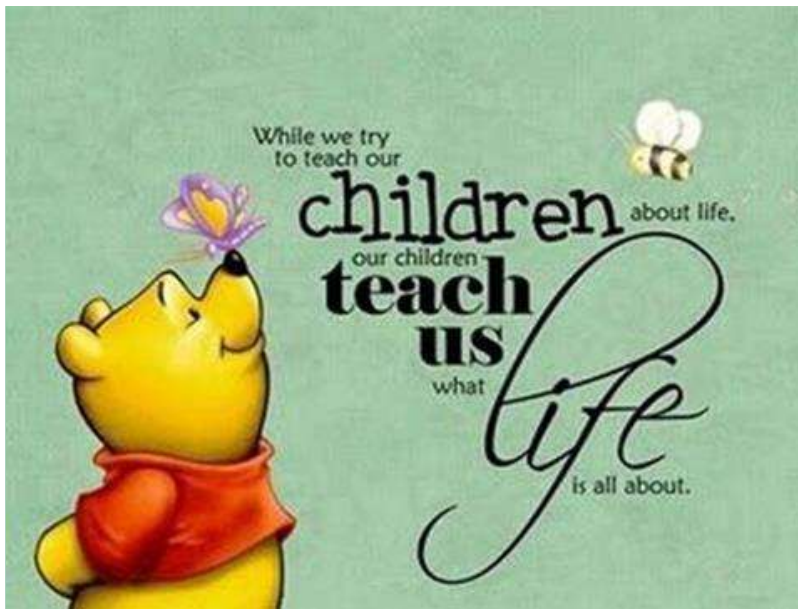
Application For Letter of Volunteerism

From Anita(Volunteer Coordinator)

“How can I earn a Professional Activity Unit (PAU) for the Maryland Credential Program?” To help you meet your need for these PAUs, listed below is an event that is coming up. Your attendance at this event will earn you a PAU. You must work the entire time slot assigned. To sign up for any of this event, please contact Deena Kinnaman - dloveshearts@aol.com

April 17, 2021 Nearly New Sale at the Howard
County Fairgrounds





**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)

FCCAMD has expanded the Pre K expansion grant for family child care providers. Please see the information below.

Great opportunity for providers with 3-4 year old enrolled in the Child care scholarship program.

The Alliance is Seeking Maryland Family Child Care Providers

The Alliance is expanding its highly successful Family Child Care Pre-K Pilot Program. Phase II county participation will be determined by the number of applicants and the overall need for public Pre-K in a given area.

Benefits for the Provider:

- Curriculum and assessment materials

- \$7500 per Eligible child stipend (180 days, 6.5 hours/day)
- Ability to charge for before/aftercare outside of those days/hours
- Apple iPad for assessment, data collection, and virtual meetings
- Additional stipend for supplies
- Paid Professional Development and Substitute reimbursement
- Local, State and National Association Memberships

Requirements for Consideration:

- Registered Provider in the State of Maryland in good standing.
- Maryland EXCELS Level 3, 4, or 5.
 - Preference will be given to programs published at Level 5 in Maryland EXCELS or published at a level 3 or 4 with a plan in place to publish at a level 5 within one year.
- Currently enrolled eligible or space for eligible children or space for eligible children. Pre-K students must be 3 or 4 years old by September 1, 2021.
- Automatic eligibility for a prekindergarten program will occur when a child meets the age of entry guidelines and meets at least one of the following criteria:
 - Is from an economically disadvantaged background. Someone in the household receives Food Supplement Program (FSP), Temporary Cash Assistance (TCA), or has an Independence Card. The Family MUST provide a copy of their benefits card as well as a copy of the benefits letter they received.
 - The family yearly income falls at or below 300% of the Federal Poverty Level (FPL) for 2021.
 - 2 family members - \$52,260
 - 3 family members - \$65,880
 - 4 family members - \$79,500
 - 5 family members - \$93,120

- 6 family members - \$106,740
- 7 family members - \$120,360
- 8 family members - \$133,980
- For each additional family member add \$13,620
- The student has an Individual Education Program (IEP) of Individualized Family Service Plan (IFSP). The family MUST provide a copy of the child' IEP/IFSP.

To fill out the interest form please click this link.

[2021-2022 Interest Form](#)



From Claudia (Website Coordinator)

Submitted by Claudia Costas HCFCCA Newsletter Vol 41 Issue 7 February 2021.

Baked zucchini fries make a change from the potato version, and they're a lot healthier as well. You might even be able to convince the kids that they're regular chips!

Zucchini fries

- SERVES 4
- PREP TIME 0:15
- COOK TIME 0:25

Ingredients

- 4 small zucchini
- 1 cup breadcrumbs
- 3/4 cup parmesan (grated)
- 1 tbs fresh mixed herbs (shopped)
- 1 egg (beaten)
- 1/3 cup milk
- 1/3 cup plain flour

Preheat oven to 220°C (200°C fan-forced). Wash zucchini and cut in half lengthwise, then in half or thirds again, depending on how thick. If zucchini are extra long, you can halve them horizontally as well.

Make coating by combining breadcrumbs with parmesan and herbs. Season well. Combine egg and milk together in a separate bowl.

Coat zucchini by first dusting pieces lightly in flour. Then dip in the egg mix. Finally, coat well with breadcrumb mixture.

Place crumbed zucchini on an oven tray lined with baking paper. Bake for 20-25 minutes until golden and crispy. Serve with a dipping sauce of your choice.

**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
Alberto 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
Roslyn Coleman	Specialist, Early Learning	410-767-4441
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 Hamauer	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
DeMoyné 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 Afework 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 Roark 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 Cathy 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		
Cynthia LaMarca Lessner	Branch Chief	410-767-0337
Levette Woodrum	Administrative Support	410-767-0583
Amy Beal	Judy Center Partnership	410-767-0675
Vacancy	Specialist Judy Center	410-767-7802
Wendy Dantzer	Program Coordinator	410-767-8959
Tresa Hanna	Grants Specialist	410-767-3396
Malkia McCleed	Communications Specialist	410-767-0602
Credentialing Branch		
Angeline Bishop-Oshoko	Branch Chief	410-767-6916
Adele Beulefeld	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
Agneatha 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-February 23 2021

Tuesday Tidbits-February 9 2021

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, [tablet](#), 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 8 March 2021.

Adapted from <https://gingercasa.com>

Easy Dot Shamrock Art

Materials

- Rainbow colored Do A Dot Art! markers/Bingo Daubers
- paper
- pencil

Instructions

1. Draw or print an outline of a shamrock.
2. Have child dot the marker all around the outline, then fill in the inside with green.
3. Create a rainbow pattern with remaining colors (red, orange, yellow, blue, purple) "behind" the shamrock. We made two lines of dots for each color, then repeated the colors until there was no more white space showing.
4. Let dry (it doesn't take long) and display for St. Patrick's Day!



RECIPES

Submitted by Melissa Gaither HCFCCA Newsletter Vol 41 Issue 8 March
2021.

Adapted from <https://foodfolksandfun.net>

Leprechaun Bait Chex Mix

This Leprechaun Bait Chex Mix is so quick, easy, and fun to make.

Prep Time: 15 minutes

Setting Time: 1 hour

Total Time: 1 hour 15 minutes

Author: [Jillian - a Food, Folks and Fun original!](#)

Ingredients

- 11 ounce bag white chocolate chips
- 8 cups Rice Chex Cereal
- 1 cup pretzel sticks broken in half
- 9.6 ounce bag mint M&Ms candies
- 1/4 cup green jimmies or sprinkles (about 1 ounce of jimmies)

Instructions

- In a heat-safe bowl, add the chocolate chips and melt in the microwave for 30 seconds on 50% power. Stir and repeat until the chips are completely melted.
- In a large bowl add the Chex, pretzel sticks, and M&Ms. Pour the melted white chocolate over the top of the Chex mixture and carefully stir everything until coated.

- Spread the mixture out over a long strip of parchment paper and add sprinkle with jimmies. Let it cool and harden for about 1 hour. Break apart and store in an air-tight container up to 5 days.

Notes

This recipe will make about 11 cups of Chex mix.

Nutrition

Serving: 1cup | Calories: 385kcal | Carbohydrates: 58g | Protein: 5g | Fat: 15g | Saturated Fat: 9g | Cholesterol: 10mg | Sodium: 283mg | Potassium: 120mg | Fiber: 2g | Sugar: 37g | Vitamin A: 428IU | Vitamin C: 5mg | Calcium: 159mg | Iron: 7mg

HCFCCA FUNDRAISERS

HCFCCA Shaklee Fundraiser



Your body doesn't absorb just the food and supplements you ingest but also the personal care products you slather on your skin. Our skin is the largest organ of our body and one of the most complicated. Its main function is to protect the body and act as a barrier to, among other things, toxins. Though the jury is still out on exactly how much of what we put on our skin is absorbed, it is true that some things we apply topically are absolutely absorbed into our bloodstream. Some ingredients can

penetrate the surface and come into contact with the second layer of skin (called the dermis), and then they reach the blood vessels and structural tissue like collagen and elastin. This gives ingredients in your skin care a chance to make skin look firm, tight, and plump, but it also means those compounds circulate into lymph and blood, so the healthier the ingredient, the better. These chemicals can affect the immune system, nervous system, and reproductive system.

Another reason it pays to be selective with the ingredients in your skin care is that skin is thinner on the face than other areas of the body, like hands and feet. Ingredients are more easily absorbed by the skin when applied to the face, and this is why facial skin is more reactive to ingredients.

According to studies done by the Environmental Working Group (EWG), women can put an average of 168 chemicals on their body through their skin care every day. While it's hard to believe, the FDA doesn't regulate chemicals in skin care and hasn't passed a law on personal care products since 1938. In fact, there are only 11 cosmetic ingredients banned by the FDA, while in the EU, over 1,300 ingredients are banned. Simply put, switching to all-natural ingredients gives you peace of mind. Chemicals found in non-clean beauty can wreak havoc not only internally but also on the outer appearance of skin—causing irritation and breakouts. Natural skin care products are gentler on skin though just as effective and luxurious. Many people find that as they make the switch to an entirely clean routine, the products work better.

- You're trying to get pregnant, are pregnant, or are breastfeeding. If chemicals from skin care ingredients can penetrate *your* bloodstream, they can reach your baby as it develops.
- You care about the environment. Not only is natural skin care better for your body, it's better for the environment. Every time you use products high in potentially harmful chemicals, they're being washed down the drain into local waterways, which harms the environment.
- You care about chemicals getting into your bloodstream. Everyone should be concerned about this.

Let's take the best care of our skin with [clean beauty!](#)

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HCFCCA PROVIDER INFORMATION

Why did you become a child care professional?

This is the essay you must write for your first-time application for the Maryland Child Care Credential Program. At 300 – 500 words, this may seem daunting at first, but with a few simple tips, you will be done in no time.

1. Create a list of 3 reasons why you chose the child care profession. For example:

- 1. Opportunity to work from home**
- 2. Love of children**
- 3. Own my own business**

1. When beginning your essay, start off with an introductory paragraph. For example:

****I started out my adult working career as a realtor, but I kept missing important events in my children's lives because I was so busy after-school and on weekends showing houses and meeting with clients. I was burning out personally and professionally, and I knew I needed a change. I realized that I needed to spend more time with my children, and that I wanted to be my own boss. The child care profession seemed like a perfect fit.**

1. Next, write a paragraph for each reason you wrote. All you need are 3+ sentences for each reason. For example:

****The opportunity to work from home as a child care professional was a major selling point. Without a commute, I save money on gas, maintenance, and wear and tear on my car. I can make my kids breakfast before they leave for school, with plenty of family time before my client children arrive. And I am here when my own**

children come home, to help them with homework and hear about their day.

1. Once it is all written, proof-read your essay or have someone else read it. Use a word processing program and run the spell-check. You are a professional and your essay should reflect that.
2. Use your own personal experiences to tell your story in the essay. Write about what you know!

****These examples should not be copied – they are only to help you write your OWN!**



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.

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

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