



My Grocery Bill Is Too High!!

Recent events in our economy have providers looking for ways to save money. For some, the grocery bill is a great place to start. Below are 8 tips for trimming the grocery bill to stretch and save food dollars.

1. Take an inventory. Every few months, take an inventory of the foods you have available. Use that inventory as a starting point for planning meals.

2. Plan your meals. Knowing what you will be preparing for meals and snacks helps you to plan your shopping list.

3. Take a tip from Santa Clause – make a list and check it twice. A written list of what you need helps you to stay focused at the store, can help reduce impulse buys, and can help ensure

that you get what you need so you don't have to make multiple trips to the store. Fewer trips equal less temptation for impulse buys.

4. Study grocery store ads before shopping. If you know what is on sale before you go to the store, you can plan your meals to get the most out of your food dollar by using sale items in your menu.

5. Compare prices with unit pricing. Unit price is the cost of an item per unit such as per ounce, slice, pound, etc. By looking at the unit price, you can compare costs of similar items that may be packaged in different-sized containers. Larger containers are not always the most cost efficient, they may actually cost more per unit, or you may end up throwing

away spoiled and outdated food.

6. Bend, stoop, and stretch your way to lower food costs. Store brands are often found on the lower shelves and can be comparable in quality and taste to the more popular (and more expensive) national brands.

7. Don't shop when you are hungry. Shopping when you are hungry increases impulse buying and it is often for foods that are not the most healthful.

8. Don't waste food. An estimated 25 percent of edible food is wasted. Wasted food is really money that is thrown away. Proper storage and use of leftovers can help reduce food waste.

Source: Jenna Anding, Ph.D., R.D., Extension Nutrition Specialist, Texas AgriLife Extension Service.

Nebraska Child Care Grants Available

Have you been looking for a way to increase your capacity? Go from a family day care home to a center? Are you serving low income children and want to improve your program?

Nebraska Health and Human Services Department have child care grants available for you. There are certain

qualifications you must meet but they have grants available for Title XX /Subsidy Care providers. Family Child Care Homes and Child Care Centers. Don't forget if you have received a grant in the past, after 3 years you can go back and apply again. Call your local HHS office or you can click on this link and go

to the HHS child care grant website page—
<http://www.hhs.state.ne.us/chs/chc/ccgrant.htm> or you can email Diane Lewis at www.diane.lewis@dhhs.ne.gov

APPLY TODAY

Midwest Now Sponsors Centers



In the past, day care centers could only be on the Food Program with the State. But now Midwest Child Care Association is able to sponsor Child Care Centers on our food program. We can save lots of time and headaches for center directors by offering a FREE software program which cuts their paperwork in half and is guaranteed to increase their reimbursement. Be sure to tell your Center friends about us!!

Be a Positive Role Model

Child care providers play a variety of roles in helping young children adopt healthy behaviors. One of the most important is that of a positive role model. Children who see the adults in their lives eating nutritiously and enjoying physical exercise are more likely to adopt those habits themselves.

Success as a role model requires an honest self-appraisal. If you eat with the children, do you promote positive attitudes about food? If your own meal differs from what the children eat, does it reflect that you believe in eating nutritiously? When the children are engaging in active play, do you participate enthusiastically? If you do, chil-

dren will notice. If you do not, that is noticed, too.

When you plan meals and snacks, strive to limit foods that are high in sugar or fat. A frequent problem in young children's diets relating to sugar is the use of sweetened beverages, so it is important to be conscious of what children are drinking as well as eating. A more fiber-rich alternative to juice, for example, is whole fruit.

Another good alternative to sweetened beverages is water, which should be readily available. Learning to quench thirst with water is a positive habit that can develop early in life.

Children who are younger than two

years should not have fat restricted in their diets; but after the second birthday, fat should be gradually decreased until, by age five, their diet has no more than 30 percent of calories from fat. Examine your menus for high-fat items that could be replaced with healthier, lower-fat alternatives.

Cultivate a pleasant atmosphere for eating, where children can eat at a relaxed pace and enjoy their food and the company of adults and other children.

Avoid using food as a reward. Children establish attitudes about foods early, and rewarding oneself with food is a poor habit that can last a lifetime.

Be Positive—Be A Role Model!

Marketing Is The Key To Success

In looking for child care most parents would like to rely on using someone they know. If parents do not know someone who provides daycare personally, they will choose someone that a friend or relative has used successfully. Because of this concept, getting started in the child care business may be slow.

Here are a few ideas for you to consider:

- Have a business card created with your name and logo if you have one.
- Hold an open house, coffee, or Family Child Care Home Tour in your community.
- Put together written materials and telephone responses that clearly identify your program.
- Have written policies and contracts so that parents know what they can expect
- Tell everyone you know that you are starting a child care business and give them your business cards, with extras to share.
- Ask friends and neighbors for names of working parents with small children. Contact them in person by phone to let them know you have openings.
- To attract parents, keep up the outside of your home as well as the inside.
- Leave your name and phone number with the local grade school secretary or principal.

Year's end is neither an end nor a beginning but a going on, with all the wisdom that experience can instill in us. ~Hal Borland



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