



Child & Youth Program Parent Newsletter July 2024



Program Address and Tax ID

Mailing Address:

**P.O. Box 63073
Kaneohe Bay, HI
96863-3073**

Phone:

808-257-2030

Tax I.D. Number:

99-0267668

Upcoming Events:

1st: National tell a Joke Day

3rd: Wear Red, White and Blue

4th: Happy 4th of July, **CYP Closed**

14th Happy Mac & Cheese day

17th: Blow bubbles with a friend

19th: July Birthday Celebration

26th Olympic Games day w/ Parents



**MARINE &
Family**
Child and Youth Programs

Kulia School Age Care

Bldg. 6753,

Phone: 808-257-2030

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Kupulau CDC Bldg 6111

808_257-1388

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Laulima CDC Bldg. 6782

808-257-2038

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**CYP Operating Hours:
0600-1800**

Dependent Care Flexible Spending Account (DCFSA)

Dependent Care Flexible Spending Accounts (DCFSA) allow Service members and their families to contribute up to \$5,000 in pre-tax dollars to pay for eligible dependent care expenses like day care, before and after school care, preschool, elder care, and nanny or au pair services, and other dependent care expenses. To learn more about this benefit and to how to prepare to enroll during 2025 Federal Benefits Open Season, visit <https://finred.usalearning.gov/Benefits/DCFSA>

Questions

Does DCFSA have auto debit to pay child care?

- FSAFEDS, the program administrator, offers direct deposit or a check sent to you (or directly to the care provider) as reimbursement options.

To learn more about how to set up either "Pay Me Back" or "Pay My Provider", visit <https://fsafeds.com/support/faq/dcfsa?q=provider>

Does DCFSA cover childcare costs for offbase facilities OCONUS?

- Yes, a DCFSA can be used to cover childcare costs for offbase facilities OCONUS. There are no special considerations for OCONUS families. FSAFEDS does not have any licensing requirements for dependent care providers that would impact OCONUS or CONUS families.

Exactly like CONUS claims, a DCFSA receipt must include 1) provider name and contact info, 2) Dependent's name, 3) Service dates for care 4) Description of the service and 5) amount billed. Claims for reimbursement can be submitted in other languages and currencies if necessary (though English language and U.S. dollar is preferred)

How do I file a claim if my child care provider does not offer receipts?

The Service member can use the attached FSAFEDS claim form found here (<https://fsafeds.com/support/resources/dcfsa>) and fill out the information. The OCONUS Off Base Child Care provider simply has to sign the form.

FSAFEDS also accepts handwritten receipts as long as they have the following information: Dates of service, dependent name, type of service (i.e. Child Care), amount, and provider signature.

Answers to these questions can also be found on the FAQ page found here: <https://finred.usalearning.gov/Benefits/DCFSA/FAQ>



School Age Care

Hooray to all our great staff for getting us through the first full month of summer camp! The children had so much fun on the field trips, and participating in the activities provided to them.

Our Father's Day Ice Cream Bar was a success. Thank you to all the families that participated in that event.

The highlight of June was the Arcade Game Day, which the children enjoyed. Next month we have more activities, and field trips planned for our SAC children!

We bid farewell to our program assistants; Ms. Hanna, Ms. Sabrina, and Ms. Berthina! You all will be missed.



Congratulations

Mavis Quinata, Child & Youth Programs Office Automation Clerk at Kulia School Age Care, on being selected as the Marine Corps Manpower & Reserve Affairs, Child Development Center Staff of the Year

Laulima CDC

The children have been having so much fun during water play Fridays! Thank you to all of our families who attended our Cookies with Dad event.



We are happy to announce that our front door has been fixed! We appreciate your patience and understanding while it was being repaired.

This month we will also bid farewell to our Assistant Training and Curriculum Specialist, Diana.

Congratulations to our staff who are celebrating their years of service this month!

Briana

Tatumn

Brittany

Nalani

Kupulau CDC

With the summer upon us, we have been having regular water play days which include water tables and/or sprinkler play. Check with your child's classroom for their specific day and time. It is helpful to bring your child in their swim clothes, prepared for the fun. Don't forget, closed-toe shoes are still required. Crocs, with a back strap, work great for water play days. Having your child's towel labeled with their name is recommended.

To our preschoolers who are preparing to transition into kindergarten, and to the families that PCSing over the summer, we bid you a fond farewell and wish you safe travels. Withdrawal forms are available at the front desk and a minimum of two-weeks notice is required.



Finally, a big hand of thanks to each of you for your continued patience and understanding during our staffing shortage. We are doing our best to minimize the impacts to you and your child while ensuring we are meeting ratio guidelines, which helps to ensure all children are appropriately supervised based on their age and level of independence.

Goodbye to Assistant Director Stephanie Edmonds whose last day was June 28.

Lazy days of summer / Dog days of summer

4th- Happy 4th of July

3rd- Aug 11-Dog days

1st-31st Get Ready For Kindergarten Month

15th -World Juggling Day

17th- National Eat your Vegetables Day



Ten fun family outdoors activities

- * Water balloon fight
- * Outdoor game night
- * Attend a carnival or fair
- * Attend an outdoor concert
- * plant some veggies
- * Go on a rainbow walk
- * Build a sandcastle
- * go on a picnic lunch
- * have a stargazing party
- * Read a book outside

Fruit Pizza



- * 1 (18 ounce) package refrigerated sugar cookies dough
- * 1 (8 ounce) package cream cheese softened
- * 1/3 cup white sugar
- * 1/2 tsp vanilla extract
- * 1 pint of Fresh Strawberries, sliced
- * 1 pint of Fresh Blueberries
- * 1/2 cup Red Grape Halves
- * 1/4 cup orange juice
- * 1 tablespoon Lemon Juice
- * 1-1/2 tsp cornstarch

Directions

1. Press the sugar cookie dough into the pizza pan. Pierce dough a couple times with a fork then bake at 350°F for 8-10 minutes, until edges are lightly golden. Cool sugar cookie crust completely.
2. In a bowl, beat the softened cream cheese and sugar until smooth.
3. Spread the prepared cream cheese frosting evenly over the cookie crust.
4. Arrange the fruit on top of the pizza.
5. In a saucepan, bring the sugar, orange juice, water, lemon juice, cornstarch and salt to a boil, stirring constantly for 2 minutes or until thickened. Let the sugar glaze cool. Brush the sugar glaze over the fruit. Chill the fruit pizza in the fridge.

Nutrition Facts

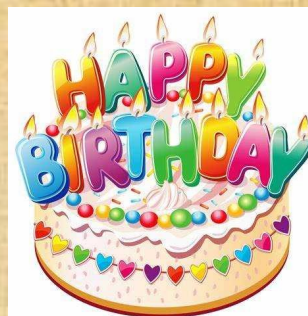
1 slice: 235 calories, 12g fat (6g saturated fat), 21mg cholesterol, 162mg sodium, 30g carbohydrate (18g sugars, 1g fiber), 2g protein

Congratulations

Patricia Barrera, Family Care Branch Head / Administrator for Child & Youth Programs, on being selected as the 2023 MCBH Sr. NAF Employee of the Year.



Special birthday greetings to all children, parents, and staff who are celebrating their special day in July.



2024

JULY

Child and Youth Programs Child Development Centers

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

<p>1</p> <p><u>Multi-Grain Cheerios</u> Diced Pears, Milk</p> <p>Fish Patty w/Tartar Sauce Brown Rice, Mixed Veggies Pineapple Chunks, Milk</p> <p>Ritz Crackers, Cheese Slices Water</p> <p>Wk 4</p> <p>Saltine Cracker, Water</p>	<p>2</p> <p>Oatmeal, Mixed Fruit Milk</p> <p>Corned Beef Sandwich on <u>Whole Grain Bread</u>, Lettuce & Tomato Banana Milk</p> <p>Cottage Cheese Peaches, Water</p> <p>Goldfish Crackers, Water</p>	<p>3</p> <p>Rice Chex Mandarin Oranges, Milk</p> <p>Chicken Strips <u>Brown Rice</u> Broccoli, Apple Slices, Milk</p> <p>Goldfish Crackers Pears, Water</p> <p>Vanilla Wafers, Water</p>	<p>4</p> <p>Happy 4th of July CYP Closed!!!</p>	<p>5</p> <p>Raisin Bread, Cream Cheese Banana, Milk</p> <p><u>Ham & Cheese Wrap w/ Whole Grain Tortilla</u>, Lettuce & Tomato, Orange Slices, Milk</p> <p>Carrot Sticks w/ Ranch Dressing Wheat Thins, Water</p> <p>Chicken in a Biskit Crackers, Water</p>																																																												
<p>8</p> <p>Kix Cereal Mixed Fruit, Milk</p> <p>Chili w/ <u>Brown Rice</u> Corn, Orange Slices, Milk</p> <p>Graham Cracker Peaches, Water</p> <p>Teddy Grahams, Water</p> <p>Wk 5</p>	<p>9</p> <p>Bagels & Cream Cheese Pineapple Chunks, Milk</p> <p><u>Chicken Patty Sandwich on Whole Grain Bun, Lettuce & Tomato</u>, Applesauce, Milk</p> <p>Saltine Crackers, Applesauce, Water</p> <p>Cheese Nips, Water</p>	<p>10</p> <p>Sausage Patties Biscuits & Peaches, Milk</p> <p><u>Sunbutter & Jelly Sandwich on Whole Grain Bread</u> Carrot Sticks, Banana, Milk</p> <p>Taco Chips/Soft Tortilla, Cottage Cheese Salsa, Water</p> <p>Ritz Crackers, Water</p>	<p>11</p> <p>Oatmeal, Pears, Milk</p> <p>Chicken Nuggets French Fries, Mixed Fruit <u>Whole Grain Bread</u>, Milk</p> <p>Cheese-It Pineapple, Water</p> <p><u>Graham Crackers</u>, Water</p>	<p>12</p> <p><u>Whole Grain Cinnamon Toast</u> Orange Slices, Milk</p> <p>Spaghetti w/ Meat Sauce Tossed Salad, Bread Sticks Melon, Milk</p> <p>Goldfish Cracker, Pear Slices, Milk</p> <p>Vanilla Wafers, Water</p>																																																												
<p>15</p> <p>Kix Cereal, Mandarin Oranges Milk</p> <p>Chicken Nuggets, <u>Brown Rice</u> Corn/Carrots, Pineapple Chunks Milk</p> <p>Ritz Cracker, Sliced Cheese Water</p> <p>Graham Crackers, Water</p> <p>Wk 1</p>	<p>16</p> <p><u>Whole Grain Cinnamon Toast</u> Applesauce, Milk</p> <p>Beef & Macaroni Broccoli, Orange Slices, Milk</p> <p>Bagels, Cream Cheese Grape Juice/Milk</p> <p>Saltine Crackers, Water</p>	<p>17</p> <p>Biscuit w/Jelly, Banana, Milk</p> <p><u>Turkey Sandwich on Whole Grain Bread</u> Lettuce & Tomato Cantaloupe, Milk</p> <p>Vanilla Yogurt, Peaches Water</p> <p>Goldfish Crackers, Water</p>	<p>18</p> <p>English Muffin w/Cheese Pineapple, Milk</p> <p>Chicken & <u>Brown Rice</u> Mixed Vegetables, Mandarin Oranges Milk</p> <p><u>Graham Crackers</u>, Applesauce, Water</p> <p>Cheese Nips, Water</p>	<p>19</p> <p>Corn Chex Cereal, Peaches Milk</p> <p><u>Grilled Ham & Cheese on Whole Grain Bread</u> Pear Slices, Veggie Sticks, Milk</p> <p>Goldfish Crackers, Mixed Fruit, Water</p> <p>Vanilla Wafers, Water</p>																																																												
<p>22</p> <p><u>Cheerios</u> Peaches, Milk</p> <p>Macaroni & Cheese w/ Ham Green Beans, Mixed Fruit Milk</p> <p>Cottage Cheese, Pineapple, Water</p> <p>Wk 2</p> <p><u>Wheat Thins</u>, Water</p>	<p>23</p> <p>Yogurt & Granola, Bananas, Milk</p> <p>Beef/Cheese & Rigatoni Broccoli, Peaches <u>Whole Grain Bread</u>, Milk</p> <p>Saltine Crackers Melon Slices, Water</p> <p>Ritz Crackers, Water</p>	<p>24</p> <p>Scrambled Eggs & Cheese <u>Whole Grain Tortilla</u>, Pears, Milk</p> <p><u>Tuna Salad Sandwich On Whole Grain Bread</u> Cheese, Cucumber, Lettuce Apple Slices, Milk</p> <p>Goldfish Crackers Mixed Fruit, Water</p>	<p>25</p> <p><u>Oatmeal</u> Mandarin Orange, Milk</p> <p>Taco Salad Seasoned Beef Lettuce & Tomato, Pineapple, Tortilla Chips Milk</p> <p>Banana Muffin, Milk</p> <p>Chicken in a Biskit Crackers, Water</p>	<p>26</p> <p>Waffles, Applesauce, Milk</p> <p>Teriyaki Chicken <u>Brown Rice</u> Mixed Vegetable, Mixed Fruit Milk</p> <p>Carrot Sticks w/ Ranch Wheat Thins, Water</p> <p><u>Graham Crackers</u>, Water</p>																																																												
<p>29</p> <p>Rice Chex Cereal, Diced Pears Milk</p> <p>Teriyaki Burger on <u>Whole Grain Bun</u> French Fries, Mandarin Oranges Milk</p> <p>Assorted Crackers Yogurt, Water</p> <p>Wk 3</p> <p>Wheat Thins, Water</p>	<p>30</p> <p>English Muffin w/ Cheese Mandarin Orange, Milk</p> <p>Kalua Pork & Cabbage, <u>Brown Rice</u> Pineapple, Milk</p> <p>Graham Crackers Cantaloupe, Water</p> <p>Goldfish Crackers, Water</p>	<p>31</p> <p>Cream of Wheat, Peaches, Milk</p> <p><u>Turkey & Cheese Sandwich on Whole Grain Bread</u> Lettuce & Tomato, Apple Slices Milk</p> <p>Cucumber Slices w/ Ranch Dressing Wheat Thins, Water</p> <p>Assorted Crackers, Water</p>	<p>Meal Pattern</p> <table border="1"> <thead> <tr> <th>Breakfast</th> <th>1-2</th> <th>3-5</th> <th>6+</th> </tr> </thead> <tbody> <tr> <td>Milk</td> <td>1/2 cup</td> <td>3/4 cup</td> <td>1 cup</td> </tr> <tr> <td>Grain</td> <td>1/2 oz.</td> <td>1/2 oz. eq.</td> <td>1 oz. eq.</td> </tr> <tr> <td>Fruit</td> <td>1/4 cup</td> <td>1/2 cup</td> <td>1/2 cup</td> </tr> </tbody> </table> <table border="1"> <thead> <tr> <th>Snack</th> <th>1-2</th> <th>3-5</th> <th>6+</th> </tr> </thead> <tbody> <tr> <td>Milk</td> <td>1/2 cup</td> <td>3/4 cup</td> <td>1 cup</td> </tr> <tr> <td>Grain</td> <td>1/2 oz. eq.</td> <td>1/2 oz. eq.</td> <td>1 oz. eq.</td> </tr> <tr> <td>Fruit</td> <td>1/4 cup</td> <td>1/2 cup</td> <td>1/2 cup</td> </tr> <tr> <td>Meat</td> <td>1oz</td> <td>1.5oz</td> <td>2oz</td> </tr> </tbody> </table> <table border="1"> <thead> <tr> <th>Lunch</th> <th>1-2</th> <th>3-5</th> <th>6+</th> </tr> </thead> <tbody> <tr> <td>Milk</td> <td>1/2 cup</td> <td>3/4 cup</td> <td>1 cup</td> </tr> <tr> <td>Grain</td> <td>1/2 oz. eq.</td> <td>1/2 oz. eq.</td> <td>1 oz. eq.</td> </tr> <tr> <td>Fruit</td> <td>1/4 cup</td> <td>1/2 cup</td> <td>1/2 cup</td> </tr> <tr> <td>Vegetable</td> <td>1/4 cup</td> <td>1/2 cup</td> <td>1/2 cup</td> </tr> <tr> <td>Meat</td> <td>1oz</td> <td>1.5oz</td> <td>2oz</td> </tr> </tbody> </table> <p>CACFP Non-Discrimination Statement in accordance with Federal Civil rights law and U. S. Department of Agriculture (USDA) civil rights regulations and policies, the USDA, its Agencies, offices, and employees, and institutions participating in or administering USDA programs are prohibited from discriminating based on race, color, national origin, sex, disability, age, or reprisal or retaliation for prior civil rights activity in any program or activity conducted or funded by USDA.</p> <p>To file a complaint of discrimination, write... USDA Director of Office of Civil Rights, RM 236-w Whitten Bldg, 14th & Independence Ave. SW, Washington DC 20250-9410, or call (202)720-5964 or (Voice & TDD)</p>		Breakfast	1-2	3-5	6+	Milk	1/2 cup	3/4 cup	1 cup	Grain	1/2 oz.	1/2 oz. eq.	1 oz. eq.	Fruit	1/4 cup	1/2 cup	1/2 cup	Snack	1-2	3-5	6+	Milk	1/2 cup	3/4 cup	1 cup	Grain	1/2 oz. eq.	1/2 oz. eq.	1 oz. eq.	Fruit	1/4 cup	1/2 cup	1/2 cup	Meat	1oz	1.5oz	2oz	Lunch	1-2	3-5	6+	Milk	1/2 cup	3/4 cup	1 cup	Grain	1/2 oz. eq.	1/2 oz. eq.	1 oz. eq.	Fruit	1/4 cup	1/2 cup	1/2 cup	Vegetable	1/4 cup	1/2 cup	1/2 cup	Meat	1oz	1.5oz	2oz
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2024

JULY

Child and Youth Programs School Age Care

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

1 Multi-Grain Cheerios, Mixed Fruit & Milk

Saltines Crackers, Cheese & Ham Slices, Water

Chicken N Biskit Cracker & Water

Week 4

2 French Toast Sticks, Mandarin Oranges & Milk

Sunflower Butter & Jelly on Whole Grain Tortilla, Milk

Saltine Cracker & Water

3 Oatmeal, Apple Slices, & Milk

Egg Salad Sandwich on Whole Grain Bread, Apple Juice

Goldfish Crackers & Water

4 **Happy 4th of July
CYP Closed!!!**

5 Sausages Patty, Biscuit, Melon & Milk

Carrot Sticks w/Ranch, Whole Grain Ritz Crackers, Water

Cheese Nips & Water

8 Kix Cereal, Pears, & Milk

Taco Chips, Shredded Cheese, Salsa, & Water

Teddy Graham & Water

Week 5

9 Bagel w/Cream Cheese, Pineapple Chunks, & Milk

Egg Salad Sandwich on Whole Grain Bread & Apple Juice

Whole Grain Ritz Cracker & Water

10 Scrambled Eggs w/Cheese, Mandarin Oranges, Whole Grain Tortilla, & Milk

Blueberry Muffin & Grape Juice

Cheese Nips & Water

11 Multi Grain Cheerios, Strawberries, & Milk

Breadsticks w/Marinara, Cheese Stick, & Water

Graham Crackers & Water

12 Whole Grain Toast w/Sunflower Butter, Banana, & Milk

Swirl Bread w/Cream Cheese Grape Juice

Saltine Cracker & Water

15 Kix Cereal, Mandarin Oranges Milk

Teddy Grahams, Grapes, & Water

Swirl Bread & Water

Week 1

16 Whole Grain Cinnamon Toast, Applesauce, & Milk

Wheat Thins, Dried Fruit, Cheese Stick, & Water

Saltine Crackers & Water

17 French Toast Sticks, Mixed Fruit, & Milk

Sunflower Butter & Jelly on Whole Grain Tortilla & Milk

Goldfish Crackers & Water

18 Sausages Patty, Biscuit, Blueberries, & Milk

Ham & Cheese, Tea Roll, & Water

Cheese Nips & Water

19 English Muffins w/Cheese, Pineapple, & Milk

Bagel w/Cream Cheese & Grape Juice

Vanilla Wafers & Water

22 Multi Grain Cheerios, Peaches, Milk

Pretzels, Cheese Sticks, & Water

Chicken N Biskit Crackers & Water

Week 2

23 Raisin Bread w/Cream Cheese, Banana, & Milk

Egg Salad on Whole Grain Bread & Apple Juice

Ritz Crackers & Water

24 Oatmeal, Mandarin Oranges, & Milk

Cheese Nips, Mixed Fruit, & Water

Vanilla Wafers & Water

25 Scrambled Eggs & Cheese, Pears, Whole Grain Toast, & Milk

Banana Muffin & Milk

Wheat Thins & Water

26 Waffles, Strawberries, & Milk

Carrot Sticks w/Ranch, Whole Grain Ritz Crackers, & Water

Graham Crackers & Water

29 Kix Cereal, Apple Slice, & Milk

Swirl Bread w/Cream Cheese & Apple Juice

Wheat Thins & Water

Week 3

30 English Muffin w/Jelly, Pineapple, & Milk

Teddy Grahams, Mixed Fruit, & Water

Goldfish Crackers & Water

31 Yogurt, Granola, Blueberries, Milk

Turkey & Cheese on Whole Grain Tortilla & Water

Assorted Crackers & Water

Breakfast				Lunch				Snack			
Ages	1-2	3-5	6+	Ages	1-2	3-5	6+	Ages	1-2	3-5	6+
Milk	½ cp	¾ cp	1cp	Milk	½ cp	¾ cp	1cp	Milk	½ cp	¾ cp	1cp
Grain	½ oz.	¾ oz. eq.	1 oz. eq.	Grain	½ oz. eq.	¾ oz. eq.	1 oz. eq.	Grain	½ oz. eq.	¾ oz. eq.	1 oz. eq.
Fruit	¾ cp	¾ cp	¾ cp	Fruit	¾ cp	¾ cp	¾ cp	Fruit	¾ cp	¾ cp	¾ cp
				Vegetable	¼ cp	¼ cp	¼ cp	Meat	1 oz.	1.5 oz	2 oz.
				Meat	1 oz	1.5 oz	2 oz				

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