



March 2017

It's Time for Taxes!

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Seven Record Keeping and Tax Tips for the Providers: Family child care providers are self-employed taxpayers who must report their business income and expenses to the IRS. To help you prepare for this, here are seven record keeping and tax tips to help you.

- 1. Receipts:** Keep receipts for every business expense. Most of the costs to clean, maintain and repair your home can be partially deducted as a business expense (light bulbs, toilet paper, garbage bags, etc...)
- 2. When can expenses be deducted?** You must report all income from caring for children. You should begin deducting business expenses as soon as you begin caring for your first child. The only expenses you cannot deduct if you do not meet local regulations are expenses connected with your house (utilities, house insurance, property taxes, mortgage interest, house depreciation and house repairs).
- 3. Food Expenses:** Because food costs will probably be your single biggest expense, you should begin keeping careful track of the number of meals you serve each day, including meals that are not reimbursed by the Food Program. Multiply these meal counts by the standard meal allowance rate to claim food expenses without having to keep any food receipts.
- 4. Monthly Review:** Do not wait until the end of the year to collect your receipts and other records. Conduct a monthly review to make sure you have everything in order. Keep your records in one place.
- 5. Estimated Tax:** You may have to pay some federal income tax before the end of the year. To find out if you must pay estimated tax, estimate your income and expenses through the end of the year. If you will owe \$1,000 or more in taxes, you may have to pay in quarterly installments due April 15, June 15, September 15 and January 15. See IRS Publication 505 Tax Withholding and Estimated Tax.
- 6. Employees:** If you hire someone as a substitute or helper, you should treat this person as an employee (you must withhold social security and income taxes and pay employers' social security taxes throughout the year). Many providers treat helpers as independent contractors and do not withhold taxes, but this practice is wrong. Only someone who is in the business of providing substitute care or is doing a special service for you (cleaning, puppet show, music lesson) could be considered an independent contractor.
- 7. Household Inventory:** Your house and items in your house that are used at all in your business are being worn out at a faster rate than if you were not doing family child care. As a result, you can deduct or depreciate a portion of the cost of these items as business expenses. Conduct a thorough room by room inventory and list every item (furniture, appliances, etc.) in your house. Consult the Redleaf Press Inventory - Keeper for a room-by-room listing of items.

Source: Tom Copeland --www.tomcopelandblog.com

Program Reminders/ Updates

Enrollment renewals: You should have received your annual enrollment renewal. When filing them out be sure that parents are signing Feb. 1st 2017. Also be sure to sign every page. Then return to our offices.

New Web Claiming system- KidKare: The new claiming system for Minute Menu is now available to you. Simply log-in to www.KidKare.com, enter your current login and password, & start claiming. KidKare is compatible with any device, PC or Mac, smartphone, tablet, or laptop. You can complete daily paperwork, enroll new children, view reports, & even submit claims from any device connected to wifi/internet.

New CACFP Meal Pattern: The new meal pattern will be implemented on October 1st 2017. One change you can expect? Serving at least one vegetable at every lunch/dinner.

Menu Ideas – Meatless Mondays

Breakfast

Steel cut oats	Raisin bread	French Toast	Granola & Yogurt	WW Bagel
Blueberries	Cinnamon bananas	Apples	Mixed berries	Melon
Milk 1 %	Milk 1 %	Milk 1 %	Milk 1 %	Milk 1 %

Lunch or Dinner

Cowboy Quinoa Bean	Ground Turkey Taco	Mont. Jack Cheese	Asian Chicken wrap	Ground beef burger
Cowboy Quinoa	Corn Tortillas	Tortellini	Spinach tortilla	WW buns
Sweet potatoes	Shredded Lettuce	Broccoli/Eggplant	Fresh Spinach	Corn
Apple slices	Orange slices	Melon	Fresh fruit salad	Pears
Milk 1 %	Milk 1 %	Milk 1 %	Milk 1 %	Milk 1 %

Snack Am or Pm

Baked potato	Oatmeal	Carrots w/ dressing	Yogurt	Broccoli & cauliflower
Cheddar cheese	Milk 1%	WW crackers	Kiwi	HB Egg

Cowboy Quinoa (“keen-wah”)

Ingredients	6 Servings	12 Servings
Quinoa	3/4 cup	1-1/2 cups
Water	1-1/2 cups	3 cups
Cider vinegar	1 Tbsp	2 Tbsp
Olive oil	2 Tbsp	1/4 cup
Black beans, canned, rinsed	2 - 15 oz cans	4 - 15 oz cans
Corn, frozen	1 cup	2 cups
Cherry tomatoes, halved	1/2 cup	1 cup
Onions, sliced	1/4 cup	1/2 cup

Instructions:

1. Combine water and quinoa in small pan and bring to boil. Cover and let simmer, about 12 to 15 minutes (until quinoa is tender).
2. Whisk together oil and vinegar. Pour over quinoa
3. Add beans, corn, tomatoes and onion.
4. Stir.

Yield: 6-12 servings for 3-5 year olds.

1 serving provides: grain/grain alternate ar...
meat/meat alternate



Source: CACFP Menu Planning Guide

NEW – Provider Showcase

Are you doing something amazing in your Family Child Care Home? Do you have a wonderful activity/recipe you want to share? We want to give you a chance to share your experiences and to showcase particularly great day cares. Please send us your stories and we will showcase you here.



With the help of all **432 Family Child Care Home Providers** participating in the CACFP, we served over **2,054,229 meals and snacks** to over **4,663 children** in 2016! Each one of you are making a difference in children’s health every day and the collective impact is incredible. Keep up the amazing work and **THANK YOU** for all you do!

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