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Where Healthy Eating Becomes a Habit



CHILD & ADULT CARE FOOD PROGRAM

Nutrition Bites

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February 2012

Text Us!

You may now text us when you will be closed or away from your daycare at meal or snack times. Please be sure to include your full name in the text so we know who you are. **Text us at 620-727-1946.**



Milk



Children over 2 years of age must be served **1% or skim** milk as of October 1, 2011. Please be sure you are meeting this new CACFP regulation.

Your home visitor will be verifying at home visits that you are serving low fat milk. Any meal served without creditable milk will be disallowed.

Anticipated Reimbursement Dates

February 27, 2012	March 30, 2012
April 27, 2012	May 30, 2012
June 29, 2012	July 27, 2012
August 31, 2012	September 28, 2012
October 29, 2012	November 30, 2012
December 27, 2012	

Please allow 2 additional business days
for direct deposit



KDHE Licensing Update

The Kansas Legislature passed significant changes to the Child Care Act during the 2010 session. Known collectively as Lexie's Law, the changes increased health and safety protections for children in child care settings. One such change directed the Kansas Department of Health and Environment (KDHE) to include a sticker on the face of the license stating the expiration date. KDHE began issuing the expiring licenses January 2011 and continued through December 2011, at the time facilities renewed. Each license now has an expiration date printed on the face of the license, and a full color expiration sticker is placed in the top right corner of every license. Prior to January 2011, licenses did not expire without action taken by KDHE.

Licenses will begin expiring January 31, 2012. The law does not allow for a "grace period" which means licensees must renew timely and no later than the expiration date printed on the license. KDHE sends renewal packets approximately 90 days prior to expiration /renewal. A 2nd notification will be sent approximately 30-45 days prior to expiration if a renewal still hasn't been received. The post-card will detail consequences and steps to be taken by KDHE if the licensee does not renew. If a complete renewal and licensing fee are not received prior to expiration, the license will be expired. A renewal can be accepted up to 60 days following expiration; however, there will be a gap in licensure and interruption of CACFP reimbursement. Valid license must be in effect to receive reimbursement for CACFP. If a renewal is received within 60 days, KDHE will reinstate the license with a gap based on the date a complete renewal and licensing fee are received. If a renewal is not received within 60 days, a new application will be required which could result in further delays. Please be aware Lexie's Law requires a late fee equal to the renewal fee for renewal applications received more than 30 days following expiration. For more information about Lexie's Law, visit the KDHE website at www.kdheks.gov/kidsnet.

Source: Rachel Berroth, Director, Child Care Licensing Program and KSDE.



February is National Pancake Month

Tips for making the best pancakes:

- * Measure ingredients carefully
- * Measure flour by lightly spooning it into the measuring cup, then leveling off with the back of a knife.
- * Don't overbeat the batter. Follow the recipe instructions carefully.
- * Heat the griddle until drops of water dance and evaporate immediately. If your griddle has a temperature control, heat it to 375 degrees.
- * Lightly grease the griddle with butter.
- * Use a 1/4 cup measure cup to pour the batter onto the hot griddle. Pour quickly, keeping at least a 2 inch space between each pancake.
- * Let the pancakes cook until the edges start to look dry and bubbles form on the uncooked surface. Don't move the pancake before this, it will break apart.
- * Use a long handled spatula and carefully slide it under each pancake. Using your wrist, quickly flip the pancakes.
- * Serve pancakes immediately. They can be kept warm in a 200 degree oven, but they are best eaten right off the griddle.
- * Warm the maple syrup, have the butter softened or melted.
- * Try serving pancakes with peanut butter, nutella, applesauce, powdered sugar, fresh fruits and nuts.

source: about.com



Absolute Best Pancake Syrup



- 1/2 c. butter
- 1 c. sugar
- 1 c. buttermilk
- 1 T. corn syrup
- 1 T. vanilla
- 1/4 tsp. cinnamon
- 1/2 tsp. soda

Bring butter, sugar, buttermilk, vanilla, corn syrup and cinnamon to a simmer in a large saucepan over medium-high heat. Once simmering, whisk in baking soda and cook 10 seconds longer. Remove from heat and serve warm.

Blueberry and Raspberry Pancake Topping

- 1 1/2 c. frozen raspberries
- 1 c. frozen blueberries
- 1/2 c. sugar
- 1/4 c. water

Combine all ingredients in a large saucepan. Stir and bring to a boil. Boil 5 minutes. Reduce to low heat and simmer 10 minutes or until thick. Serve warm.

Sauteed Apples

- 1/4 c. butter
- 4 tart apples, peeled, cored and sliced 1/4 inch thick
- 2 T. cornstarch
- 1/2 c. water
- 1/2 c. brown sugar
- 1/2 tsp. cinnamon

In a large skillet melt butter and add apple slices. Cook until apples are almost tender about 6-7 minutes. Dissolve cornstarch in water and add to skillet. Stir in brown sugar and cinnamon. Cook 2 more minutes. Remove from heat and serve warm.



recipe source: allrecipes.com

♥ We LOVE Pancakes! ♥

German Potato Pancakes

Ingredients:

2 eggs
2 T. flour
1/4 tsp. baking powder
1/2 tsp. salt
1/4 tsp. pepper
6 med. Potatoes, peeled and shredded
1/2 c. finely chopped onion
1/4 c. vegetable oil

In a large bowl, beat together eggs, flour, baking powder, salt and pepper. Mix in potatoes and onion.

Heat oil in a large skillet over medium heat. In batches, drop heaping tablespoonfuls of the potato mixture into the skillet. Press to flatten. Cook about 3 minutes on each side, until browned and crisp. Drain on paper towels.

Credit: Vegetable

Hash Brown Apple Pancake

Ingredients:

1 1/4 c. frozen shredded hash brown potatoes, thawed
1/2 c. finely chopped apple
1/4 c. finely chopped onion
1 T. snipped chives
1/4 tsp. salt
1/4 tsp. pepper
2 T. butter, divided
2 T. vegetable oil, divided
1/2 c. shredded Swiss cheese

In a small bowl, combine hash browns, apple, onion, chives, salt and pepper. In a large nonstick skillet, melt 1 T. butter and 1 T. oil over med-high heat. Spread half of the hash brown mixture in an even layer in skillet. Sprinkle with cheese, top with remaining hash browns. Press gently into skillet. Cook 5 minutes or until bottom is browned.

Invert pancake onto a plate. Add remaining butter and oil to skillet and cook the pancake browned side up for 5 minutes longer. Cut into wedges and serve warm.

Credit: Vegetable

Fluffy Pancakes

Ingredients:

3/4 c milk	2 T. white vinegar	1 c. flour
2 T. white sugar	1 tsp. baking powder	1/2 tsp. baking soda
1 egg	2 T. melted butter	1/2 tsp. salt
cooking spray		

Combine milk with vinegar in a medium bowl and set aside for 5 minutes to "sour". Combine flour, sugar, baking powder, soda and salt in a large mixing bowl. Whisk egg and butter into milk. Pour the flour mixture into the wet ingredients and whisk until lumps are gone. Heat a large skillet over medium heat and coat with cooking spray. Pour 1/4 cup of batter onto the skillet and cook until bubbles appear on the surface. Flip with a spatula and cook until browned on the other side.

Credit: Bread



Cornbread Pancakes

3/4 c. all-purpose flour	3/4 c. cornmeal	2 T. sugar
1/2 tsp. baking powder	1/2 tsp. baking soda	1/2 tsp. salt
1 1/4 cups buttermilk	2 eggs	3 T. butter, melted

Whisk flour, cornmeal, sugar, baking powder, baking soda, and salt in a large bowl. Whisk buttermilk, eggs and butter in a separate large bowl. Stir the liquid mixture into the dry mixture until blended and smooth.

Heat a lightly oiled griddle or skillet over medium-high heat. For each pancake, pour 1/4 cup batter on griddle and cook until browned, about 1 1/2 minutes. Flip and cook until browned on the other side, about 1 minute. Continue with remaining batter.

Credit: Bread

Dad's Double Whole Grain Pancakes

Ingredients:

1 c. all-purpose flour	1 1/3 c. dry milk	1 tsp. baking powder
1 1/2 tsp. baking soda	1 tsp. salt	2 c. whole wheat flour
3/4 c. sugar	4 eggs, beaten	3 c. water
1/4 c. butter, melted	3 T. vinegar	

In a large bowl, sift all-purpose flour, dry milk powder, baking powder, soda and salt. Stir in whole wheat flour. In a small bowl, combine sugar, eggs, water, butter and vinegar. Make a well in the flour mixture, and pour in the egg mixture. Mix until smooth.

Heat a lightly oiled griddle or skillet over medium heat. Pour or scoop the batter onto the griddle, using approximately 1/4 c. for each pancake. Cook until pancakes are golden brown on both sides. Serve Hot!

Credit: Bread





Get Moving...Valentine Style

Musical Hearts:

Same concept as musical chairs, but use cut out hearts taped to the floor and have the children sit on the heart instead of a chair. Each time the music stops, pick up a heart and continue the game. The child who doesn't have a heart to sit on is out. Play several rounds to keep the children moving!



Welcome New Providers

Deborah Maseberg - Macksville

Camey Garthoeffner - Inman

Heather Ruble - Great Bend

Jessica Trower - Hoisington

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