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Where Healthy Eating Becomes a Habit



CHILD & ADULT CARE FOOD PROGRAM

Nutrition Bites

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January 2012

Welcome 2012

With the beginning of a new year, we also begin our **35th** year as a sponsor of the Child and Adult Care Food Program. Out of the first 100 providers that were with our food program, these ladies continue to do child care and participate with our agency.

Congratulations ladies for a job well done!

Diane Hill-Ellinwood

Cassie Smith-South Hutchinson

Jolene Reese-Lindsborg

Theresa Hassler-South Hutchinson

It is great to have providers with so much experience. Thank you to all of our providers for your devotion and service to the children in your communities.

The "New Year of 2012" brings hope for a better future for ourselves and others. Have you made some "New Year's Resolutions"? Here are some good resolutions to have:

1. I resolve to be the best child care provider I can possibly be.
2. I resolve to use a part of each day in a planned activity for the children such as story time, cooking together, puzzles, art, songs and finger plays, listening to music etc.
3. I resolve to keep my menus, records and meal counts up to date and to get them to the office by the 3rd of each month.
4. I resolve to keep better track of my records and

Unannounced Visits

We continue to make unannounced visits as we are required to do. Most of the time we find paperwork up to date and wonderful meals being served. Just a reminder, your menus and meal/snack forms must be completed through the prior day in order for you to receive reimbursement. The menus that are not completed or days not recorded will be deducted and this will be a finding that will continue to be on record and can affect your participation on the CACFP if it happens more than 3 times.

Make it a new resolution for 2012 to get organized and record your menus as the children eat. Put them in a folder

Not Home During Serving Time?



Oops! I forgot to tell the Food Program that I am away from home or not doing care today. Give us a text at the number below. You must include your full name in the text so we know who you are.

Help Us Raise Funds

Are you using the Child Care Links-Hutchinson tool-bar? Once added to IE or Firefox, each time you shop at more than 1300 stores (from Amazon to Zazzle) a percentage of your purchase will automatically be donated to Child Care Links at no cost to you. (And you may even save money as the toolbar provides coupons and deals as well!) The toolbar also has a search box and each time you search the internet, about a penny is donated to Child Care Links. The toolbar is <http://www.goodsearch.com/toolbar/child-care->

Warming Up With Smart Snacks and Fun Indoor Activities

Active and growing young children need snacks. Since children have relatively small stomachs, they may not be able to eat enough calories at one sitting to last five hours until the next meal, so about 20% of their daily calories might be consumed as snacks.

When the days get chilly, the housebound children may have stronger urges to snack. To help them eat healthy this winter, keep these snacking tips in mind and check out the recipe ideas on this page.

Strive for Five

Government and health agencies encourage all Americans (of every age) to eat five to nine servings of fruits and vegetables each day. To reach this goal, keep a variety of fruits on hand (fresh or canned in juice or light syrup) and combine vegetables with a food or flavor the children like: celery and peanut butter, low-fat cheese melted on broccoli, carrots grated into oatmeal cookies.

Break Out the Baking Pan

Making cookies, muffins, and other sweets from scratch is worth the extra effort. You control the amount of sweetener; you can reduce the sugar in most standard recipes by 25% without sacrificing flavor. Also, try substituting applesauce for oil or low-fat yogurt for sour cream.

Prep for After School

- * When the children come home, have “fast” food ready:
- * English muffin pizzas with a dollop of sauce and a slice of mozzarella cheese
- * Chilled hardboiled eggs
- * Whole-grain cereal
- * Home made sweet potato chips
- * Non-buttered popcorn sprinkled lightly with Parmesan cheese (not creditable on CACFP)

Make Calcium Fun

Build healthy bones with string cheese, yogurt (try adding a pinch of colored sprinkles) and chocolate 1% or skim milk.

We all know that it is important to get children outside, even in the winter but sometimes it’s just too cold, to be outside! Here are a few indoor games that might get the children (and you) off the couch.

Paper Plate Frisbee: Frisbee is fun, but never would we let the children do that inside. Paper plates could work though! Let the children decorate a paper plate, and then play a fun game of Frisbee. Even if it hits a lamp, the lamp usually won’t tip over. Another twist is to hang target circles with construction paper from the ceiling and have them try to get their paper plate Frisbee through the hole.

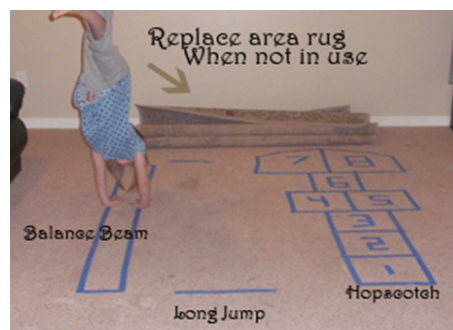
Treasure Map: Make a map of your house. Label landmarks with silly names like “The Fridge to Tarabitha”. Send them all over they house until the find the treasure.

Falling Statues: Have two pieces of cardboard a few feet apart. Have a child stand on each piece of cardboard holding the end of a rope. They have to pull on the rope, and try to get another child to fall off of their piece of cardboard.

Blindfolded obstacle course: Set up a fun obstacle course that they must navigate with a blindfold on. Time them other using the same course so they can get better and better at it, beating their own time each time. If the children don’t like to be blindfolded, instead set up the obstacle course where the ground is “hot lava” and they have to climb across the obstacles to get to the other side, without touching the hot lava.

Four Square: Set up a four square game using masking tape. Play with a big “soft” ball.

Olympic Games: Be creative in coming up with some fun games that could be medal worthy. See picture below:



Make Healthy Eating A Habit

Welcome New Provider

Debra Claxton—Haven

Snow Clay

The children can make their favorite snow designs indoors using snow clay.

- 1 cup salt
- 3/4 cup cold water
- 1/2 cup corn starch



Combine ingredients. Cook over medium heat using a double boiler. Stir constantly. Mixture will soon reach bread dough consistency. Dump mixture onto wax paper. Cool slightly. Knead for several minutes. Children can mold into shapes which can be painted later.

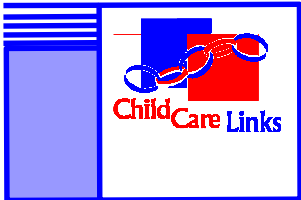
Tax Time Is Upon Us

You should have received your detailed report with the December check of your yearly reimbursement for 2011. The total dollar amount is what CACFP reimbursed you for the creditable meals that you served. Please note that if you had revisions during the year, you will want to include those meals as a Tier 1 deduction as well as extra meals served that were not reimbursed. The IRS allows deduction for six food services per day for each child. The CACFP reimburses for three food services of which one must be a snack. The rates that were in effect on January 1, 2011 are as follows:

Breakfast-\$1.19 Lunch/Dinner-\$2.22 Snacks-\$.69

Please note that reimbursement for your own children is not a tax deduction to your child care business, but is considered income to your business. Consult with your tax advisor when preparing your tax return.

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