



January 2010
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The New Year 2010 brings hope for a better future for ourselves and others. Have you made some “New Years’s Resolutions? What about some of these?

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 storytime, cooking together, puzzles, art, songs and fingerplays, listening to music, etc
3. I resolve to keep menu records and attendance up to date and to get them turned in on time.
4. I resolve to keep better records of day care receipts and expenditures so that tax preparation time is easier.
5. I resolve to improve my families’ and the daycare children’s diets by planning low fat, low sugar, and low salt foods in our menus.
6. I resolve to take some time for myself-to relax, learn something new or just have FUN!!!!

Thought for the Day:

To a child love is spelled
“T-I-M-E” Children relish that
special moment when a person
gives them time and attention.

Charles A. Smith

Happy Birthday Kansas

Did you know...

State Nickname: The Sunflower State also known as the Jayhawk State

State Capital: Topeka

State Governor: Mark Parkinson

Area: 82,264 square miles

Date entered the Union: Jan. 29, 1861



State #34

State Motto: Ad astra per aspera (To the stars through difficulties)

State Flower: Sunflower

State Song: “Home on the Range”

State Bird: Western Meadowlark

State Tree: Cottonwood

State Mammal: Buffalo

State Reptile: Ornate Box Turtle

State Amphibian: Barred Tiger Salamander



Banana Bread Oatmeal

Cold January mornings call for a warm bowl of cooked creamy cereal. Here is a new twist to plain oatmeal.

3 cups fat-free milk
3 tablespoons firmly packed brown sugar
1/4 teaspoon salt (optional)
3/4 teaspoon ground cinnamon
1/4 teaspoon ground nutmeg
2 cups Quaker Oats (quick or old fashioned, uncooked)
1 cup mashed ripe bananas (about 3 medium)
2 tablespoons coarsely chopped toasted pecans
Banana slices Plain or vanilla nonfat yogurt (optional)
Pecan halves (optional)

In medium saucepan, bring milk, sugar, salt and spices to gentle boil (watch carefully). Stir in oats. Return to boil; then reduce heat to medium. Cook 1 minute for quick oats, 5 minutes for old fashioned oats or until moist of the liquid absorbed, stirring occasionally.

Remove oatmeal from heat. Stir in mashed bananas and pecans. Spoon oatmeal into serving bowls. Serve with banana slices and toppings of yogurt and pecan halves, if desired. This recipe provides 15 (1/4 cup) servings of bread/grains.

To toast pecans, spread evenly in shallow baking pan. Bake at 350 degrees for 5-7 minutes or until light golden brown.

Or, spread nuts evenly on microwave-safe plate. Microwave on HIGH for 1 minute; stir. Continue to microwave on HIGH, checking every 30 seconds, until nuts are fragrant and brown.

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CACFP Nutrition
News January 2010



Reading, What a Wonderful Adventure to Share with a Child

Winter is a excellent time to snuggle with your children and read a good book. Below are a few we thought you might enjoy!

The Big Snow by Berta Hader

The Snow Dude by Daniel Kirk

There Was a Cold Lady by Lucille Colandro

The First Day of Winter by Denise Flemming

The Mitten by Jan Brett

The Hat by Jan Brett

Mouse's First Snow by Lauren Thompson

Animals in Winter
by Henrietta Bancroft

The Snowy Day
by Ezra Jack Keats



We would also like to tell you about a special service the Hutchinson Public Library has for the Hutchinson and South Hutchinson Day Care Providers.

Amy Johnson, is the Childrens Outreach Coordinator. She will come to your daycare home and do a story time for your children, She will bring the books, fingerplays, and a craft complete with all the supplies.

You may reach her at 620-663-5441 for more info. For those of you that do not live in Hutchinson please contact your local library to see if they have this service.

Sunflower Craft

Supplies:

1 small plain paper plate
Paper towel tube
Green construction paper (sheet)
Yellow construction paper (a few sheets)
Scissors
Pencil
Tape
Glue
Stapler
Sunflower seeds (a small handful)



1. Take a piece of green construction paper around a paper towel tube.
2. For the petals of the sunflower: Trace a child's handprints on yellow construction paper. Cut them out. You'll need about 6 handprints.
3. The Sunflower: Glue or staple the handprints around the small plate.
4. Put a small layer of glue in the center of the flower. Sprinkle sunflower seeds in the glue.
5. Staple the stem to the flower (you'll have to flatten the top of the paper towel tube in order to staple it.).

You now have a huge
SUNFLOWER!



Get Eating!

Whole Wheat Pizza Crust

Ingredients:

2 c. whole wheat flour	1 pkg. active dry yeast
3/4 tsp. salt	1 c. hot tap water
1 T. vegetable oil	1 T. honey or sugar

Preheat oven to 425 degrees. In large mixing bowl, combine the flour, yeast and salt. Blend in water, oil and honey or sugar. Stir by hand vigorously until all ingredients are well mixed; about 3 minutes. Cover with plastic wrap and let rise to desired size. Press into a 12 or 14 inch pizza pan. Add toppings of your choice and bake 15-20 minutes.

Credit: Bread

Whole Wheat Sugar Cookie

Ingredients:

1 c. packed brown sugar	2 c. wheat flour
1/2 c. butter, softened	1 tsp. baking powder
1 egg	1/2 tsp. baking soda
2 T. milk	1/4 tsp. salt
1/4 tsp. almond extract	1 T. grated orange peel
1/4 tsp. ground nutmeg	2 T. sugar

Preheat oven to 375 degrees. Cream sugar and butter until fluffy. Add egg, milk, extracts and mix well. Blend dry ingredients and orange peel. Add to creamed mixture until well blended. Shape into ball and roll in sugar and flatten slightly. Bake on greased cookie sheet 9-10 minutes

Credit: Cookie

Kansas Granola Cereal

Ingredients:

3 c. rolled oats	1/2 c. sunflower seeds, almonds or pecans
1 1/2 c. wheat bran	
1/2 c. flake coconut	1/2 c. honey or brown sugar
1/2 c. wheat germ	1/2 tsp. ground cinnamon

Preheat oven to 350 degrees. Mix all ingredients and spread in an ungreased jelly roll pan (15x10x1-inch). Bake 25-30 minutes, stirring every 2-3 minutes, cooking until golden brown. Cool thoroughly and store in a tightly covered container in the refrigerator or a cool dry place. Serve as a cold cereal, snack or sprinkle on yogurt or ice cream.

Credit: Bread

WHEAT FACTS

- There are 22,430 Kansas wheat farmers.
- All of the wheat grown in Kansas in a single year would fit in a train stretching from western Kansas to the Atlantic Ocean.
- Nearly one-fifth of all wheat grown in the United States is grown in Kansas. This is why it is called the “Wheat State” and “Breadbasket of the World.”
- A family of four can live 10 years off the bread produced from one acre of wheat.
- In 2009 one farmer produces enough food to feed about 144 people each day.
- Agriculture provides almost everything we eat, use and wear on a daily basis.



Thank you for reading our newsletter
online!