



June 2010
DB

Make-Up Trainings

There are still many of you who have not received your two hours of CACFP training for the program year. A make-up training will need to be completed sometime this summer. KSDE will be mailing out the home study training soon. When we receive it, we will begin mailing them to those of you who need the training.

For those of you who attended the Spring training “Makin’ It Balance and Kickin’ It Up”, we hope that you are trying the recipes and using the resources to help you in planning your menus. Are you boiling your hamburger? That will lessen the amount of fat calories that you and the children will be consuming.

CPR and First Aid

Anyone interested in taking first aid and CPR this summer or early fall should contact Lori Brown at 620-259-0176 or email her at heavens-light@cox.net. Cost will be \$35.00 for certification or \$25.00 for re-certification. The date has not been set.



Win a Desktop PC

Ryan at Computer-Mart has donated a new mini desktop computer with keyboard to be raffled off! The proceeds will go to Child Care Links’ Resource and Referral. The drawing will be held July 19, 2010 at our board meeting.

Donate \$2.00 for a chance or 3 chances for \$5.00. See insert if you are interested.

Specifications:

- Aspire 1600 with Windows XP
- Ultra Thin 1” x 7.1”
- 160 GB hard drive
- 1 GB DDR 2 ram
- HDMI/Esata/6USB

Bits and Bites

Many medications make your skin more susceptible to sunburn. If you and your family members are taking any medications, ask your pharmacist or doctor to see whether you need to take extra precautions to avoid exposure to the sun.

Five year olds may be counted as Kindergartners after June 1st. Four year olds going into Kindergarten may also be counted as Kindergartner after June 1st, but they must be going to Kindergarten in the Fall.

Frozen juice bars must be homemade with 100% juice to count on the food program. Measure the volume of your “popsicle molds” to determine just how many ounces each one holds to know serving size for each age of child.

Make sure that you are **marking** vitamin “C” at least once per day on your menus and vitamin “A” at least twice per week. By marking or highlighting these vitamins the menus, you won’t miss serving them.

Watch serving two different food components at snack time. Many meals are disallowed because the same food group was served. Remember, fruits and vegetables are the same food component.

Be specific on cookies, salads, juices, and cereals. Some are not creditable.

If you have **two different serving** times at any meal service, list those serving times on the pink cover sheet. There may be children that receive a meal or snack and then leave. We allow for times that the enrollment states. If they leave before the serving time that you have listed on the pink cover sheet, that meal would be disallowed if you have not listed two different times.



A Week's Worth of Menu Ideas

	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfasts	Honeydew Melon	Raisin/dried fruit	Strawberries	Peaches	Blueberries
	Bagel	Hot Cereal	Kix Cereal	Pancakes	French Toast
	Milk	Milk	Milk	Milk	Milk
Lunches	Fish Fillets	Chicken	Refried Beans	Meat Sauce (HM)	Turkey
	Toast	Croissants	Corn Tortillas	Spaghetti noodles	Rice
	Lettuce	Spinach	Tomatoes	Corn	Green peas
	Applesauce	Tomatoes	Fruit Cocktail	Cantaloupe	Oranges
	Milk	Milk	Milk	Milk	Milk
Snacks	Yogurt	Biscuit	Rice Cake	Granola Bar	Egg
	Granola	Applesauce	Apple	100% Cherry Juice	Bagel
	Chicken	Colby-Jack Cheese	Bran Muffin	Yogurt	Strawberries
	Soft Tortilla	Bagel	Grapes	Peaches	W/W crackers

Great Ways to Bone up on Calcium at each Meal & Snack

Breakfast

- Prepare hot cereal with low-fat milk instead of water.
- Top pancakes with 6-8 ounces of light yogurt and fruit instead of syrup
- Add your favorite cereal to a fat-free yogurt for a quick, on-the-go breakfast
- Combine a low-fat granola or other high fiber cereal and some fresh fruit with your favorite low-fat yogurt for a delicious breakfast parfait.

Lunch

- Mix diced cucumber with a cup of low-fat plain yogurt, mint and a pinch of salt and pepper and spread on whole-wheat ita wedges.
- Add some flavored low-fat yogurt into your fruit salads for a calorie controlled lunch packed with calcium and antioxidants.

Snack

- Serve low-fat or fat-free flavored yogurt as a dip for cut up fruit.

Mix low-fat strawberry milk with fresh strawberry slices and freeze in a popsicle container.

Pack light string cheese for a quick snack on the go. Bring along crackers or fruit to make the snack creditable.

Check Out These Websites

A great way for kids to become aware of National Dairy Month and the importance of milk, dairy products, dairy farms and dairy farmers is by expressing their creativity through Free National Dairy month coloring pages and National Dairy month printables.

The following websites offer free printable National Dairy month coloring pages and printables for kids.

<http://www.kinderart.com/seasons/june.shtml>

<http://www.coloring.ws/cow.htm>

<http://www.dltk-kids.com/animals/mfarmposter.html>

<http://www.nichd.nih.gov/milk/kids/kidsteens.cfm>

http://www.eatsmart.org/client_images/how_we_get_our_Milk+coloring-.pdf

Dietary Guidelines for Americans and MyPyramid recommend that individuals consume 3 servings of non-fat or fat-free dairy products every day as part of a healthy diet.

June is... National Dairy Month

This is the perfect time of year to enjoy dairy products such as a delicious fruit smoothie, various flavors of milkshakes, and yogurt. But...don't stop the celebration there. Venture out and try new dairy



Cream cheese
fruit
butter
herbs
various other dairy items

Idea 1

Make various types of flavored butter. Honey butter, herb butter, cinnamon butter and garlic butter are just a few delicious suggestions.

Idea 2

Find an easy homemade pimento cheese recipe online or in a cookbook and take the small amount of time required to make your own pimento cheese. Experiment with adding different types of cheese to the standard recipe. For example, if recipe calls for 1 pound of cheddar cheese, you could reduce that to 3/4 pound of cheddar and add 1/4 pound of Colby, or some other variety of cheese.

Idea 3

Have a fruit and cheese party with the kids. See the recipe to the right for a Fun Fruity Snack party. You might want to collect the skewers after snack so they won't be used as pokers.



Jump On These June Recipes

Cheesy Baked Ziti Recipe

Ingredients:

1/2 pound dried ziti
15 or 16 ounces ricotta cheese
3 cups (or 12 ounces) shredded mozzarella cheese

3 cups (or a 26-ounce jar) spaghetti sauce
1/2 cup Parmesan cheese

Heat the oven to 350 degrees. Bring a large pot of salted water to boil and add the ziti. Cook until tender, about 8 minutes, drain the pasta.

Place the ziti in a large bowl. Mix with the ricotta and half of the mozzarella. Grease a 9 X 13-inch casserole dish. Spread half of the spaghetti sauce on the bottom of the pan. Add the ziti mixture and cover with the remaining sauce. Sprinkle with Parmesan and the remaining mozzarella.

Bake uncovered, for 20 to 30 minutes, until the casserole bubbles on the edges. (Note: if you make your own sauce with tomato sauce or paste, you may also count this as one component of vegetable.)

Credit: bread alt./meat alt.

Cheese-stuffed Meat Loaf

Ingredients:

2 T olive oil
1 1/4 t cumin
2 t minced garlic
1 t salt
1 1/2 lbs lean ground beef

1 3/4 t chili powder
1/2 c. chopped celery
2 eggs
3/4 bread crumbs

3/4 c. chopped onion
3/4 c salsa
1/2 c minced Italian parsley
1/4 lb mozzarella slices



Heat the oven to 350 degrees. In a skillet, saute the onion, celery, garlic and parsley in the oil over moderate heat until softened but not browned. With slotted spoon, transfer the vegetables to a large bowl. Add all remaining ingredients, except cheese, to the vegetables. Mix well with your hands. Transfer half the mixture to a 9 X 5-inch loaf pan. Place mozzarella slices on top, then cover with the rest of the meat mixture. Bake for 75 to 80 minutes.

Credit: Meat

Fruity Fun Skewers

5 large strawberries, halved
1/4 cantaloupe, cut into balls or cubes
2 bananas, peeled and cut into chunks
1 apple, cut into chunks
cheddar cheese cut into chunks
20 skewers



Thread the strawberries, cantaloupe, banana, apples pieces and cheese alternately onto skewers, placing at least 2 pieces of fruit and cheese on each skewer. Arrange the fruit and cheese skewers decoratively on a serving platter.

Credit: Fruit/meat alt.

Cookie Tube for Dad

What you'll need:

Potato chip cylinder	Gesso or white acrylic paint
Paintbrush	Acrylic paints
Acrylic sealer spray	Homemade cookies.

How to make it:

1. Bake your dad's favorite cookie recipe and set aside to cool.
2. Wash out the potato chip container carefully and let dry.
3. Paint the container with a coat of gesso or white paint and let dry.
4. Paint container with different colors in an abstract art fashion.
5. While the paint is still drying, use a paintbrush to add the lightest color, filling in the gaps and overlapping the other colors.
6. Have an adult spray with acrylic sealer spray and let dry.
7. Wrap stacked cookies in tissue paper and fill container.
8. Replace lid and add a bow to the top if you like.



Welcome New Providers

Amy Pray - Derby
Amanda Allen - Hutchinson
Miranda Ritz - Wichita
Dolores Stone - So. Hutchinson
Kari Menefee - Hutchinson
Christie White - Haysville
Kylie Kelley - Park City

Go Green

We'd like to do our part to conserve natural resources. Please consider reading your newsletter, "Nutrition Bites" on line. Just send an e-mail to childcarelinks@sbcglobal.net to let us know that you would like to eliminate the paper newsletter. We will e-mail you each month the link to "Nutrition Bites" when it is published.

Thank you for reading our newsletter
online!