



Visit our Website at
www.childcarelink.org

March 2010
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Spring Training

“Making It Balance and Kickin’ It Up” will be presented at the following locations. Take time to check the dates and locations for the training near you and **give our office a call and reserve your spot.** This will be your final opportunity this year to receive the 2 hours required to participate on the CACFP

Wichita

Saturday, March 27th 9-11 a.m..

Tuesday, April 6th 7-9 p.m.

Child Start-1069 Parkland Office Park

Larned

Thursday, April 1st 7-9p.m.

Pawnee County Courthouse

Hutchinson

Thursday, April 8th 7-9 p.m.

Saturday, April 10th 9-11 a.m.

Grace Bible Church

1221 E Ave. (North of Hamilton LaGreca)

McPherson

Tuesday, April 13th 7-9 p.m.

Fire Station

312 E. Kansas

Notice Change
on location

Pratt

Thursday, April 15th 7-9 p.m.

Pratt Community Building

Great Bend

Monday, April 19th 7-9 p.m.

Highland Motel - 3017 W. 10th-Room C

Child Care Links is committed to making work shop activities accessible to all participants. All sites listed are handicap accessible. Thank you for keeping our workshop for adults only.

National Nutrition Month

National Nutrition Month is a nutrition education and information campaign sponsored annually by the American Dietetic Association. The campaign is designed to focus attention on the importance of making informed food choices and developing sound eating and physical activity habits.

There are many ideas that you can incorporate at the home to emphasize the importance of good nutrition and physical activity.

- Use “Eating the Rainbow” as a theme and provide examples of colorful fruits and vegetables that are yellow, orange, red, green, blue and purple.
- Have a taste test and provide unusual vegetables and fruit cut into bite-size pieces. Have children taste and conduct a survey of likes and dislikes.
- Invite a volunteer from the library to come and read food-related stories for the children. Suggested titles include Eating the Alphabet; The Bread that Grew; Leo, the Lettuce Lion and his Vegetable Kingdom; Gregory, the Terrible Eater.
- Choose a new fruit or vegetable and feature it as the “Food of the Month”. Serve it 3 times during the month in different ways. For example, try broccoli with dip, cooked broccoli, and broccoli in a casserole. Talk about how the food grows and read books featuring that food.

- Try some new physical activities with the children. Use scarves to do different movements, such as making giant circles or throwing and catching the scarves. Also, have the children pretend to be different animals, creeping and crawling.

Resource Library Closed During March

During the month of March, our office will be closing the resource library in order to take inventory of all the videos, books and kits. If you have checked out any of these items, please return them to our office as soon as possible.

Why Breakfast?

Smart Reasons To Eat Breakfast....

Fuels the Body with nutrients. Your child may not make up nutrients missed at breakfast. You may not either.

Provides food energy for the morning's active play.

Helps keep a healthy body weight. Breakfast helps control the urge to nibble or eat too big a lunch. Even with breakfast, young kids may need a small morning snack.

Helps kids feel good. Children may get morning tummy aches if they miss breakfast. These aches are usually hunger pangs.

Tastes good! Offer foods your child and family enjoy - even if they aren't common for breakfast.



Easy Ideas for Quick, Tummy Breakfasts!

If you don't have very much time to make breakfast, try these easy ideas. Talk with your family. Add their ideas, too.

- Dry cereal (flakes, rounds or puffed) with low-fat or fat-free milk and fruit
- Peanut butter on whole wheat toast
- Bagel with lowfat or fat-free cheese
- Reheated rice, hardcooked egg
- Grits topped with lowfat or fat-free cheese
- Oatmeal with applesauce
- Pita bread and lowfat or fat-free yogurt
- Toasted waffle topped with sliced fruit
- Rice and beans, with fruit
- HM-Chicken noodle soup and fruit

Drink lowfat or fat-free milk, 100% juice, or both with these easy breakfast foods!



Credit: Nibble for Health 5
Nutrition Newsletters for Parents of Young Children USDA, Food and Nutrition Service



Smart Ways To Make Breakfast Successful

Eat Breakfast yourself. "Showing" teaches more than simply "telling." The children will follow what you do.

Manage your early morning time.

Start making breakfast the night before. You might mix the juice slice fruit, or make hard cooked eggs. Go to bed earlier, so you can get up earlier. Stock your kitchen with quick-to-fix breakfast foods.

Consider your child's needs.

Encourage variety and help your child feel in control of breakfasts by offering choices throughout the week. Give your child time to wake up. Many kids aren't hungry right away. Rushing puts pressure on breakfast eating. Wake up earlier. Ask your child to help with breakfast - on a morning when you are not rushing. It can be a nice way to start our child's day and your day too.

Special Days in March

March is national craft month

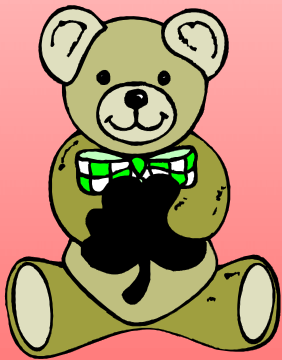
Yellowstone National Park was
Established March 1, 1872

Dr. Seuss' Birthday - March 2

Daylight Savings Time - March 14

St. Patrick's Day - March 17

Spring begins - March 20



Blarney Stone Craft

This is a simple craft, a smooth river rock is turned into a small, kissable Blarney Stone!

1. Make sure your rock is clean and dry. Paint the rock green.
2. After the paint is dry, decorate your rock using glitter, sequins, beads, plastic jewels, googly eyes, bits of yarn, or other items
3. When the paint and glue are dry, add details (eyebrows, etc.) using markers.

Now you have your own small Blarney Stone to help you celebrate St. Patrick's Day!

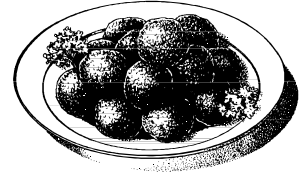
*This idea and more are listed on
www.enchantedlearning.com.*

March Main Meals

Vegetable Meatballs

Ingredients:

- 1 lb. ground beef
- 3/4 cup carrots, shredded
- 3/4 cup potatoes, shredded
- 3/4 cup onion, chopped
- 1 egg
- 1 can cream of mushroom soup



Mix together ground beef and egg. Add onion, potatoes and carrots. Pour half of soup into meat mixture and mix well. Shape into 2" meatballs. Place close together in 1 1/2 quart greased casserole dish. Pour remaining soup over meatballs. Bake at 350 degrees for 45 minutes. Yields 8 servings
Credit: Meat/vegetable

Cedric Adams Casserole

Ingredients:

- 1 lb. very lean ground beef
- 1 medium onion, chopped
- 1 cup celery, chopped
- 1/2 head cabbage, shredded
- 1 can condensed tomato soup

Brown beef, onion and celery in non-stick pan. Drain fat. In casserole dish alternate layers of ground beef mixture with chopped cabbage. Pour soup over top and bake at 350 degrees for 1 hour. Yields 7 servings.
Credit: Meat/vegetable

Creamed Tuna Over Toast

Ingredients:

- 1/2 cup sliced celery
- 2 Tbsp. chopped onion
- 1 Tbsp. butter or margarine
- 2 cans cream of celery soup
- 2/3 cup milk
- 2 cans tuna, drained, flaked (6 1/2 oz. each)
- chopped parsley
- 16 oz. bag frozen mixed vegetables

In saucepan, cook celery and onion in butter until tender. Blend in soup; gradually add milk. Add tuna and mixed vegetables. Heat; stirring occasionally. Garnish with parsley. Serve over toast or biscuits.

Credit: Meat/vegetable

Yields 7 servings.

Fun Ways To Celebrate St. Patrick's Day

- Have a “Tasting of the Green” party. Have all of the children bring a green food to share.
- Hide little bags of gold wrapped chocolate coins in different places and have the children look for the surprise that the leprechaun left for them.
- Turn your grits or oatmeal green for breakfast.
- Make homemade buns and tint them green. Serve with green tinted egg salad.
- Shamrock Shakes can be made in the blender by adding 2 cups milk, 2 cups lime sherbert and a banana. Credit the milk and banana only. Sherbert is not creditable on the CACFP.



Welcome New Providers

Trina Smith - Wichita
Jennifer Wilson - McPherson
Tynna Davis - Wichita
Kimberly Hankins - Wichita
Krystal Harbaugh - Pretty Prairie
Shannon Quimby - Kingman

Thank you for reading our newsletter
online!