

Visit our Website at  
www.childcarelink.org

Where Healthy Eating Becomes A Habit



Child & Adult Care Food Program

# Nutrition Bites

669-0291 or 1-888-488-7870  
cacfp@sbcglobal.net

October 2011  
db



## 2011 Fall Training

“My Kids Won’t Eat That” will be presented during the months of October and November. This training will meet 2 hours of food program training and will also count as inservice for renewal of your child care license. Check out the following locations to see which training will be most convenient for you. Please call the office to confirm which training you will be attending.

### Wichita

Thursday, October 6th 7-9p.m.  
Saturday, October 8th 9-11a.m.  
Child Start - 1069 S. Glendale

### Hutchinson

Tuesday, October 11th 7-9 p.m.  
Saturday, November 12th 9-11 a.m.  
Grace Bible Church  
1221 E 33rd Ave. (North of Midway Motors)

### Kingman

Tuesday, October 18th 7-9 p.m.  
Christian Church - 501 North Main

### McPherson

Tuesday, October 25th 7-9 p.m.  
Fire Station  
312 E. Kansas

### Larned

Thursday, October 27th 7-9 p.m.  
Pawnee Co. Courthouse

Correction

### Great Bend

Tuesday, November 8th 7-9 p.m.  
Barton County Community College  
T147-Technical Building

## New Program Year!

You should have already receive your new pink enrollments with the elephant at the top. Each child needs to be re-enrolled for the current fiscal year- beginning October 1, 2011-September 30, 2012. **It is important that parents or guardians are filling out these enrollments.** Watch to make sure that all information is filled in as we will have to return them if all the information is not complete.

Reimbursement is only allowed when the enrollments are received on or before the 15th of the following month the claim is due. **They must be in our office on the 15th, not postmarked the 15th.** Best practice is to have the parent or guardian fill out the enrollment upon enrolling the children in your child care. Paperwork is so important and if not done properly can effect your reimbursement. We want for all of you providers to receive the reimbursement that you are entitled to.

## Bits and Bites



Some of you will notice that we will be rearranging your months for home visits to efficiently use our travel time. There will be breakfast visits so it is important you have your paperwork done daily as stated in our agreement with you.



Keep our office up-to-date with your serving times so we are aware of when you serve. Many times we find providers are not serving at the times that we have recorded.



Call the office to leave a message for your Home Visitor when you will not be doing care.



Head Start programs provide their children with a complete breakfast and lunch for the morning attendees and a lunch and pm snack for the afternoon attendees. These meals should not be claimed in your daycare home on the days the child attends Head Start. Preschool attendance should also be recorded on the enrollment form.

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.**



# Spotlights on Pumpkins



Pumpkin is one of those vegetables that is almost emblematic of fall – it makes us think of harvest, of holidays, of frost, of lengthening nights and the oncoming winter. And yet, the only way it usually gets to the table is in a store-bought pie, or perhaps a can of pie filling that goes in a pie we made ourselves. But pumpkin can be so much more — and since pumpkin keeps for 6 months whole or for years in a can, it can be a year-round addition to our diets.

Pumpkin is chock full ‘o goodness. You can tell by its bright color that it’s going to be good for you. Not only is pumpkin loaded with vitamin A and antioxidant carotenoids, particularly alpha and beta-carotenes, it’s a good source of vitamins C, K, and E, and lots of minerals, including magnesium, potassium, and iron.

Half a cup of canned pumpkin has 6.5 grams of effective carbohydrate and 3.5 grams of fiber.

The seeds are also worth latching on to. Pumpkin seeds, also called pepitas, are loaded with minerals, seem to have an anti-inflammatory effect, and may even help protect against prostate cancer and osteoporosis. A quarter cup has about 5 grams of effective carb and 1.5 grams of fiber.

## Pumpkins for Your Health

People eat pumpkins because they taste delicious in hundreds of different recipes. If that is not enough to convince you to eat more, consider the fact that they are also nutritious and very good for your health.

Here are some uses of pumpkins in health care yesterday and today:

- Pumpkins were believed to help eliminate freckles.
- Pumpkins were once used as a remedy for snake-bites.
- A number of facial and anti-wrinkle cremes include pumpkins.
- Pumpkins have zero cholesterol, zero...
- Pumpkins are low in salt, real low.
- Pumpkins contain beta carotene which helps to reduce certain types of cancer and lowers the risk of heart disease.
- Pumpkin seeds help to reduce the risk of prostate cancer.

## Selecting a Pumpkin

For cooking, you want a pumpkin that is heavy for its size. The lighter ones are drier, with a bigger open space in the middle. For the most part, stay away from the large pumpkins when selecting a pumpkin for eating – 2 to 5 lbs is about right.

## Storage

Pumpkins can keep for a long time in a cool (ideally 50 to 60 degrees) dry place. Put newspapers underneath just in case, though. Once the pumpkin is cut open, you need to use it within a couple of days (or freeze it) as it can mold quickly. Cooked, it’s fine in the refrigerator for 4 to 5 days.

## Basic Easy Cooking Techniques

For pumpkin puree: You don’t need to cut the pumpkin open before you roast it. Crazy, right? Just jab it with a knife once or twice to vent the steam, put the whole thing on a baking sheet, and pop it in the oven at 350 degrees for an hour or so, until you can easily stick a knife into it. Cool, then scoop out the seeds and stringy stuff with a spoon, or pull it out with tongs. It is SO MUCH EASIER than when it is raw.

If you want chunks, you’ll have to cut into it raw, or find a store where you can buy it already in chunks. Or ask the produce guy at your local market to do it. (You may have to pay extra for this though.)

For the seeds, let them dry on paper towels, then oil and salt them (and any other seasonings you want) and slow roast them in a 250 F oven until they smell good – about 45 to 60 minutes. Stir them every 15 minutes or so.



### Ring the Pumpkin

Line up three large pumpkins with stems, to form a ring toss. Use embroidery hoops or make hoops with rope and duct tape. Mark a throwing line on the floor and take turns trying to ring a pumpkin stem. Smaller children can attempt to ring an entire large pumpkin with a hula hoop.

## Scary Recipes....

## Pick These Goodies from the Pumpkin Patch

### Spider Pretzels

These treats are easy to make and they look positively lifelike crawling across your child's snack plate. For each you will need:

2 round crackers  
2 tsp smooth peanut butter  
8 small pretzel sticks  
raisins

Spread the peanut butter on one of the crackers and top with the other cracker. Insert 8 pretzel "legs" into the filling. With a dab of peanut butter, set 2 raisin "eyes" on top. YUMMMM!!



### Pizza Mummies

**Step 1:** Heat the oven to 350 degrees. For each mummy, spread a tablespoon of pizza sauce on to half of an English muffin (toast first if you like).

**Step 2:** Set olive slices in place for eyes and add round slices of green onion or bits of red or green pepper for pupils.

**Step 3:** Lay strips of cheese (pull-apart sticks work well) across the muffin for the mummy's wrappings.

**Step 4:** Bake for about 10 minutes or until the cheese is melted and the muffin is toasty.



### Pumpkin Pancakes

#### Ingredients

1 1/2 cup milk	1 cup pumpkin puree	1 egg
2 T veg. oil	2 T vinegar	2 cups flour
3 T brown sugar	2 tsp baking powder	1 tsp baking soda
1 tsp ground allspice	1 tsp ground cinnamon	1/2 tsp ginger
1/2 tsp salt		

#### Directions

In a bowl, mix together the milk, pumpkin, egg, oil and vinegar. Combine the flour, brown sugar, baking powder, baking soda, allspice, cinnamon, ginger and salt in a separate bowl. Stir into the pumpkin mixture just enough to combine. Heat a lightly oiled griddle or frying pan over medium high heat. Pour or scoop the batter onto the griddle, using approximately 1/4 cup for each pancake. Brown on both sides and serve hot.

**Credit:** Bread

### Pumpkin Muffins

#### Ingredients:

12 T butter, melted, plus extra for pan	2 1/2 cups flour, plus more for pan
2 tsp baking powder	1 T ground ginger
1 tsp cinnamon	1/2 tsp nutmeg
1 tsp salt	1 (15 ounce) can pumpkin puree
1 cup white sugar	1 cup packed dark brown sugar
3 eggs	

Preheat oven to 375 degrees. Butter and flour two loaf pans. In a large bowl, sift together flour, baking powder, ginger, cinnamon, nutmeg and salt. In a separate large bowl, whisk together pumpkin, sugars and eggs. Add flour mixture and stir until just combined. Divide batter evenly between prepared pans and bake 45 to 50 minutes, until a toothpick inserted in the middle comes out clean. Cool 15 minutes, remove from pans, and cool completely before serving.

**Credit:** Bread

### Five Star Creamy Pumpkin Soup

#### Ingredients:

1 tablespoon unsalted butter	1/2 tablespoon flour
2 tablespoons brown sugar	1/2 teaspoon salt
1/2 teaspoon powdered ginger	1/4 teaspoon black pepper
Nutmeg, to taste	3 cups chicken broth
3/4 cup light cream	3 cups pureed cooked pumpkin
1 cup julienned ham	

Melt butter in a large saucepan over medium heat. Add flour and stir with a wooden spoon until thick and light golden, 1 to 2 minutes. Add sugar, salt, ginger, pepper, and nutmeg; stir. Add chicken broth and cream; bring to a boil over high heat, whisking constantly. Add pumpkin puree and whisk until smooth. Add ham and stir. Heat until warmed through, adjust seasonings and serve.

**Credit:** meat/veg.

## Welcome New Providers



Kathy Walline - McPherson  
Selisha Smith - Wichita  
Charlene Hekele - Odin  
Breana Phelan - Derby  
Theresa Kemp - Wichita  
Clarissa Edwards - Wichita



## Gobbledygook

Here is a fun activity to keep those little hands busy. In a 1 quart bowl stir 1 cup Argo or Kingsford's corn starch and 1/2 cup water until mixture is a smooth, wet consistency. Start playing! Gather the gook into your hands and roll it into a ball. Let it rest on your fingers, watch it flatten, feel rubbery, then suddenly ooze through your fingers. Keep playing with it; see it alternately become shiny, dull, rubbery, hard and powdery. Add more corn starch or water to see what happens! Have fun!

*Source: [www.argostarch.com](http://www.argostarch.com)*

## Reimbursement Dates

### Anticipated day of reimbursement:

September Claims - October 27th  
October Claims - November 29th  
November Claims - December 29th

The day you receive your reimbursement depends on your postal service for checks and your personal bank for direct deposits. Plan for two business days after the date of reimbursement for your automatic deposit to enter your account.

