



September 2011  
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## Looking Ahead at 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

Tuesday, October 27th 7-9 p.m.

Pawnee Co. Courthouse

### Great Bend

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

Barton County Community College

T147-Technical Building

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.

## New Reimbursement Rates

	Tier 1	Tier 2
Breakfast	\$1.24	\$.45
Lunch/Supper	\$ 2.32	\$1.40
Snacks	\$ .69	\$.19

## Home Study Training and New Agreements

If you still have not turned in your home study training please do so as soon as possible. We will not be able to reimburse you for October until you have fulfilled your two hour training requirement. If you attended a workshop, you already met your training requirement and did not receive a home study in the mail.

You recently received a packet in the mail with a new agreement. Please fill out your new agreement and return it to our office today!



A BIG thank you to those providers who allowed us to do unannounced home visits with Pam Paden, from the Kansas State Department of Education.

Our unannounced visits allow us to validate important parts of the CACFP Agreement which all of you have signed. The following are some of the aspects that we were looking at: **1)** the right foods will be served to the children in care in the proper quantities; **2)** a right environment will be provided - clean, wholesome and sanitary; **3)** necessary records will be properly maintained, through the previous day of food service; **4)** licensing limits will be maintained at all times. As always, please have your menus to our office by the **3rd of each month**. You can jeopardize receiving your reimbursement by not having them to our office by the **3rd**.

# September is National Food Safety Month

## Can Your Kitchen Pass the Food Safety Test?

### Questions

- The temperature of the refrigerator in my home is:**
  - 50 degrees F (10 degrees Celsius)
  - 40 F (5C)
  - I don't know; I've never measured it.
- The last time there was cookie dough in my home, the dough was:**
  - made with raw eggs, and I sampled some of it
  - made with raw eggs and refrigerated, then I sample some of it
  - store-bought, and I sampled some of it
  - not sampled until baked
- I clean my kitchen counters and other surfaces that come in contact with food with:**
  - water
  - hot water and soap
  - hot water and soap, then bleach solution
  - hot water and soap, then commercial sanitizing agent
- When dishes are washed in my home, they are:**
  - washed and dried in an automatic dishwasher
  - left to soak in the sink for several hours and then washed with soap in the same water
  - washed right away with hot water and soap in the sink and then air-dried
  - washed right away with hot water and soap in the sink and immediately towel-dried
- Meat, poultry and fish products are defrosted in my home by:**
  - setting them on the counter
  - placing them in the refrigerator
  - microwaving
- The last time we had hamburgers in my home, I ate mine:**
  - rare (140F)
  - medium (160F)
  - well-done (170F)

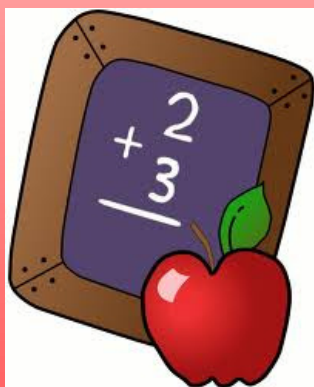
### Answers

- Refrigerators should stay at 40 F (5C) or less, so if you chose answer B.**  
A temperature of 40F or less is important because it slows the growth of most bacteria. It won't kill the bacteria, but it will keep them from multiplying.
- If you answered A or B, you may be putting yourself at risk for infection with Salmonella Enteritidis, a bacterium that can be inside shell eggs.**  
Cooking the eggs to an internal temperature of at least 160F kills the bacteria. Consider using pasteurized eggs for homemade recipes that do not include a cooking step, such as eggnog or Caesar salad dressing.
- Answers C or D would be a correct answer.**  
Bleach and commercial kitchen cleaning agents are the best sanitizers - provided they're diluted according to product directions. Hot water and soap does a good job, too, but may not kill all strains of bacteria.
- Answers A and C are both correct answers.**  
When you let dishes sit in water for a long time, it "creates a soup." The food left on the dish contributes nutrients for bacteria, so the bacteria will multiply. When washing dishes by hand, it's best to wash them all within two hours. It's best to air-dry them so you don't handle them while they're wet.
- Did you pick B or C? If so, are correct.**  
Gradual defrosting overnight in the refrigerator is best because it helps maintain quality. When microwaving, follow package directions. Do not thaw meat, poultry and fish products on the counter or in the sink without cold water; bacteria can multiply rapidly at room temperature.
- Answers are B and C.**  
Ground beef and pork must be cooked to an internal temperature of 160F. Whole poultry thighs to 180F, poultry breasts to 170F, and ground chicken or ground turkey to 165F. You should always use a food thermometer because some ground meat may prematurely brown before a safe internal temperature has been reached.

Credit: [www.cfsan.fda.gov](http://www.cfsan.fda.gov)

## Apple Facts

- The average person eats 65 apples per year.
- Apples float because 25% of their volume is air.
- The largest apple ever picked weighed three pounds, two ounces.
- One medium apple contains about 80 calories.
- Quercetin is found only in the apple skin. The skin also contains more antioxidants and fiber than the flesh.
- The more apples a person eats, the lower his or her risk of developing lung cancer.



## Seasonal Fruits and Vegetables for September:

Apples	Artichokes
Blackberries	Blueberries
Broccoli	Cabbage
Cauliflower	Carrots
Chile Peppers	Cucumber
Curly Kale	Figs
French Beans	Garlic
Horseradish	Leeks
Lettuce	Mushrooms
Nectarines	New Potatoes
Peaches/Pears	
Plums	Pumpkins
Red Onions	Spinach
Squash	Sweet Corn
Tomatoes	

# The Goodness of Apples

## Apple Recipe for Waldorf Salad

- 4 Cups shredded iceberg lettuce, optional
- 2 red apples, diced
- 1 Tablespoon lemon juice
- ¼ Cup grapes, halved
- ½ Cup walnuts, chopped
- 2 stalks celery, sliced
- ½ Cup Plain yogurt, optional



If using lettuce, shred and place in bowl. Set aside. Have an adult dice apples. Pour lemon juice over apples so they won't turn brown. Add grapes, walnuts and celery to apples and stir together. Stir yogurt over top and mix together. Serve as is or mixed with lettuce. **Credit:** fruit

## Slow Cooker Apple Pie

### Ingredients:

- |   |                         |
|---|-------------------------|
| 10 Granny Smith apples, peeled and sliced | 4 teaspoons of cinnamon |
| 1/2 teaspoon of nutmeg                    | 1 cup of milk           |
| 3/4 cups of sugar                         | 2 eggs                  |
| 2 teaspoons of vanilla                    | 1 ½ cup of Bisquick mix |
| 2/3 cup of brown sugar                    | 3 tablespoon of butter  |

### Directions:

1. Peel and slice the apples (make sure there is adult supervision if kids are helping prepare).
2. In a large bowl, mix apples, cinnamon and nutmeg.
3. Spray slow cooker insert with a non stick cooking spray.
4. Pour apple mixture into crock pot.
5. Mix milk, butter, vanilla, and ½ cup of the Bisquick mix.
6. Spoon the mixture over the apples.
7. Combine 1 cup of the Bisquick mix with the brown sugar.
8. Sprinkle over the entire contents in the crock pot.
9. Cook on low 6-7 hours or until apples are soft. **Credit:** fruit

## Waffle Apple-Wich

- 2 frozen waffles, toasted and cooled
- 1 slice American cheese
- 6 slices deli fresh smoked ham
- 1/2 small apple, sliced
- 2 teaspoons maple-flavored or pancake syrup



Top one waffle with cheese, ham and apple slices. Cover with second waffle. Wrap sandwich in plastic wrap or foil. Pour syrup into sealable plastic container. Refrigerate until ready to serve. To complete the meal, serve with a glass of milk and 1/2 cup seedless grapes.

**Credit:** Meat/ bread/ fruit

## Welcome New Providers

Allyson Perez - Hutchinson  
Ieshia Peters - Wichita  
Tonya Bruner - Wichita  
Janel Simon - Wichita



### Help Wanted:

The childrens emergency shelter is looking for help on an *as needed* basis. Afternoon, evening and weekend shifts are available with flexible scheduling. You must be at least 21 years of age, reliable and able to pass drug and back-ground check. Visit [www.childrensshelterhome.org](http://www.childrensshelterhome.org) or call 620-860-0193 for more information.

## Reimbursement Dates

Anticipated day of reimbursement:

September 29th  
October 27th  
November 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.

**Our office will be  
closed Monday,  
September 5th to  
observe Labor Day.**

