

Where Healthy Eating Becomes A Habit



Child & Adult Care Food Program

Visit our Website at
www.childcarelink.org

Nutrition Bites

669-0291 or 1-800-530-5129
cacfp@sbcglobal.net

July 2011
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Grant Opportunities

Kansas Child Care Wellness Program: Application due: July 11th

Kansas CACFP was awarded a grant to improve the health and nutrition in children. Wellness guidelines were established in three major components: nutrition, nutrition education, and physical activity. Grant money is available to assist centers and homes in implementing the guidelines. To apply, go to <http://www.kn-eat.org>, Child and Adult Care Food Program, Wellness, Kansas Child Care Wellness Program Information Information and application. For more information, contact Grant Chesbro, 785-296-2276 or email at gchesbro@ksde.org.



Power Panther Preschool: Application due: July 11th



information,
785-296-2276 or
enelson@ksde.org.

Power Panther Preschool is a ten lesson program for children enrolled in facilities participating in the CACFP. Grant money is available to assist centers and homes in implementing the lessons. To apply, go to <http://www.kn-eat.org>, Child and Adult Care Food Program, Wellness, Power Panther Preschool 2011 Application Packet. For more contact Emily Nelson at email at

Make Up Training

Providers who have not met the required 2 hours of CACFP training for the year should expect to receive the make up packet in the mail some time this month. Please be prompt in completing and returning the packet so there is not an interruption in your food program participation.

Holidays

Just a reminder to note on the bottom of your meal and snack count if you are open and claiming children on a Holiday.

July Is...

- July 2 Halfway Point of 2011
- July 4 Independence Day
- July 10 Don't Step on a Bee Day
- July 18 Global Hug Your Kids Day
- July 27 Walk on Stilts Day
- July 28 Beatrix Potter's Birthday
- National Blueberry Month
- National Hot Dog Month
- National Grilling Month
- National Ice Cream Month
- National Recreation and Parks Month
- National Make a Difference to Children Month



Happy 4th of July

Get Moving With These Boredom Busters:

- √ Go for a Hike!
- √ Get “Buggy” look for bugs in the back yard and collect them in a bug box.
- √ Have a scavenger hunt around the neighborhood.
- √ Ride Bikes
- √ Relay Races
- √ Jump rope
- √ Play hockey with pool noodles and a beach ball
- √ Make an obstacle course
- √ Play Red Light-Green Light
- √ Hopscotch
- √ Play in the mud (its ok they will wash)
- √ Create a masterpiece with sidewalk chalk

Crave Your Colors

Eat a variety of colors of fruits and vegetables daily. Each color offers specific benefits to our health.

Red fruits and vegetables help maintain a healthy heart, memory function and urinary tract health, and lowers risk of some cancers.

Orange and Yellow fruits and vegetables help maintain heart, vision and immune system health, and lowers risk of some cancers.

Blue, Purple and Black fruits and vegetables provide antioxidants that help lower risk of some cancers, promote healthy aging, and improve urinary tract health, memory function and heart health.

Green fruits and vegetables help lower risk of some cancers, reduce risk of heart disease, maintain vision health, protect against birth defects and keep red blood cells, bones and teeth strong.

White, Brown, and Tan fruits and vegetables can help maintain heart health and lower cancer risk.

Source: K-State Research and Extension

The ABC's Of Teaching Children

- A** ~ appreciation, for all they bring into our lives
- B** ~ balance, somewhere between too little and too much.
- C** ~ commitment, it's the little things we do each day that matter.
- D** ~ dreams, to touch the future.
- E** ~ empathy, remember what it was like to be a child.
- F** ~ family and friends, everyone needs someone to love.
- G** ~ guidance, actions speak louder than words.
- H** ~ healthy habits, to nurture body, mind and spirit.
- I** ~ inspiration, to explore beauty, wonder and mystery.
- J** ~ joy, sprinkle laughter and happiness daily.
- K** ~ kindness, to learn to care for others as they are cared for.
- L** ~ limits, set boundaries and consequences together.
- M** ~ mentors, to give wings to their aspirations.
- N** ~ nature, to delight in rainbow butterflies and shooting stars.
- O** ~ opportunities, to discover what truly makes their heart sing.
- P** ~ play, the “work” of childhood.
- Q** ~ quiet time, to recharge their batteries.
- R** ~ responsibilities, to build self-esteem and self-confidence.
- S** ~ security, feeling safe is essential for growth.
- T** ~ traditions, keep the family tree alive & sprout new branches.
- U** ~ unconditional love, for who they are, not for what they do.
- V** ~ values, live yours and encourage them to find theirs.
- W** ~ words of encouragement, You can do it, I believe in you.
- X** ~ xoxoxo's, hug and kiss them each and every day.
- Y** ~ you, your presence more than your presents.
- Z** ~ zzzzzz, a good night's sleep.



Make Healthy Eating A Habit

Get Active Outdoors

Flag Tag Relay:

You will need two buckets of sand & small American flags (one for each child)

Instructions:

To set up the race, divide the group into 2 teams. For each team, place a sand filled bucket with small American Flags (1 per teammate) on the far side of the yard.

On cue, the first child from each team races to the appropriate bucket, plucks a flag, and marches back to his team as quickly as possible (no running allowed) to tag the next person.

The game continues in this way until all the members of one team have returned to the starting line with a flag in hand. At day's end, make everyone a winner by letting all the children take home their flag.
familyfun.org



Tug of Water:

Set up a sprinkler in the middle of your yard. Divide players into two teams and have each group grab the end of a rope or hose. Teams then try to pull their opponents into the sprinkler's spray.

Keep Cool with These Chilly Snacks

Peach Frozen Yogurt

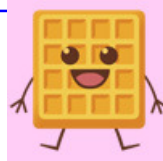
Ingredients:

1 can (16 oz.) unsweetened sliced peaches
or fresh peaches, peeled and sliced
1 cup plain nonfat yogurt



Place peach slices on a baking sheet in a single layer. Freeze until hard, about 2 hours. Combine frozen peach slices and yogurt in a blender. Process until smooth. Serve at once. Be sure to record as Yogurt and Peaches. Store bought frozen yogurt is not creditable.

Credit: Meat alt/Fruit



Chilly Willy Sandwich

Frozen Waffles

Yogurt (any type)

1/4 c. fresh fruit

Cut each waffle in half. Spread with 1/4 c. yogurt and 1/4 c. fresh fruit. Top with the other half of the waffle. Wrap in plastic wrap and place in the freezer until frozen. Serve with a milk for a creditable snack.

Jungle Slush

2 c. unsweetened pineapple juice
1 banana, frozen
1 T. unsweetened coconut
4-6 ice cubes



Combine all ingredients in a blender and process until smooth. Pour into cups and serve. Makes 5 1/2 c. servings
For best results, unpeel banana before freezing.

Best Buys for July

Vegetables: cucumbers, tomatoes, corn and green beans

Fruits: strawberries, cantaloupe, watermelon, blueberries, raspberries, peaches and kiwi

Reimbursement Dates

Anticipated Reimbursement Distribution Dates::

July 29

Aug. 30

Sept. 29

Welcome New Providers



Kelsea Hare - Wichita
Misty Smith - Haysville
Britni Zecha - Great Bend
Angie Stoney - Great Bend
Cristi Lopez - Andover
Julia Ohlde - Larned

The day you receive your reimbursement depends on your postal service for checks and your personal bank for direct deposits.



FIREWORKS



Thank you for reading our newsletter
online!