



Child Care Links

www.childcarelink.org
Follow us on Facebook
21 west 2nd, Hutchinson, Ks 67501

620-669-0291
cacfp@sbcglobal.net

April 2017



STEP UP TO THE PLATE

First Up: New CACFP Regulations



Make Plans NOW to attend this years CACFP training! The new CACFP Regulations are finalized and ready for implementation! So Step Up to the Plate and get ready to hit a grand slam. We don't want you to be stuck out in left field, so get the information you need to continue to be successful! Please call our office and reserve a spot at the training site most convenient for you.



Hutchinson
Monday May 8, 2017
6:30-8:30 p.m.
OR
Saturday June 10, 2017
10:00 a.m. - Noon
Hutchinson Public Library
901 N. Main St, Hutchinson, Ks 67501



Great Bend
Thursday, June 1, 2017
6-8 p.m.
Public Library
1409 Williams St, Great Bend, Ks 67530

McPherson
Thursday, May 4, 2017
7-9 p.m.
Fire Station
312 E. Kansas, McPherson, Ks 67460

Pratt
Thursday, June 8, 2017
7-9 p.m.
Community Building
619 N. Main, Pratt, Ks 67214



Wichita
Monday, May 15, 2017
7-9 p.m.
Central Community Church
6100 W. Maple, Wichita, Ks 67209

Larned
Thursday, June 15, 2017
7-9 p.m.
Pawnee County Courthouse
715 Broadway, Larned, Ks 67550

Kingman
Thursday, June 22, 2017
7-9 p.m.
First Christian Church
501 N Main St, Kingman, Ks 67068



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

Nutrition Bites

An “Egg-Cellent” Idea



With the implementation of the updated CACFP Meal Pattern beginning October 2017, facilities will have the option to serve a meat/meat alternate in place of the grain component at breakfast no more than 3 times per week.

Eggs can supply menus with an all-natural source of high quality protein. Considered a “nutrient dense” food, one large egg contains varying amounts of 13 essential vitamins and minerals plus six grams of protein for just 70 calories. The unique nutritional composition eggs provide can help meet the nutrient needs of young children.

Eggs also are available at a lower cost than other proteins, typically less than \$0.19 per serving, which can help offset the higher cost of other items like fresh fruits and vegetables. Hard-boiled eggs can be used to help create delicious and nutritious meal options. They’re easy to slice, dice or cut into wedges, and paired with fresh vegetables and fruits, hard-boiled eggs help complete a satisfying breakfast, lunch or snack!

The American Egg Board has many egg ideas and resources to help facilities incorporate eggs into breakfast, as well as meals and snacks throughout the day. Among the many recipes and ideas included is the EggPop. The steps to creating and servings Egg Pops are simple and easy. Take a protein-rich, hard-boiled egg, insert a stick and dust with savory spices such as lemon and pepper seasoning or salt-free seasoning mixes, or let children do their own dipping in various sauces such as honey mustard, Thai chili sauce, garlic aioli or even Sriracha sauce for older children who like some heat.

Also available from the American EggBoard are “Eggucation” resources for children to help them learn more about where eggs come from and how they move from the farm to the table while showing children the benefits of a healthy diet and exercise. Preschool lessons include activity sheets as well as “Eggsperiments” that can be done in the classroom.

American Egg Board: <http://www.aeb.org>

Egg Salad Sandwich

- 6 Large eggs, hard-cooked, peeled and chilled
- 1 Tbsp. onion, finely chopped
- 1/4 c. + 2 T. Fresh celery
- 1/8 tsp ground pepper
- 1/8 tsp dry mustard
- 3 Tbsp. mayonnaise
- 1 Tbsp. pickle relish



Finely chop the eggs. Combine all ingredients. Mix until well blended. Cover and refrigerate until ready to use. Spread 1/3 c. onto slice of whole wheat bread. Top with second slice. Cut each sandwich in half.

- 6 servings
- 1 sandwich (2 halves) provides:
- 2 servings of whole grains and 2 oz. meat/meat alternate.

Adapted from USDA recipes for Child Care

April Is:

- Celery Month
- Garden Month
- Pecan Month
- April 6 Walking Day
- April 12 Grilled Cheese Sandwich Day
- April 16 Easter Sunday
- April 23 Picnic Day
- April 30 Raisin Day
- April 17-23 Egg Salad Week

Anticipate Reimbursement

Distribution Dates:

- April 28, 2017
- May 26, 2017