

Follow us on Facebook

Visit our website at  
www.childcarelink.org

Where Healthy Eating Becomes a Habit



CHILD & ADULT CARE FOOD PROGRAM

# Nutrition Bites

620-669-0291 or 1-888-488-7870

cacfp@sbcglobal.net

November 2015



At this time of Thanksgiving we pause to count our blessings; the freedom of this great country in which we live, Its' opportunity for achievement, The

friendship and confidence you have shown in us. For all of these things, we are deeply thankful.

Our best wishes for a Happy Thanksgiving!

## Help Dillons Support Child Care

Support Child Care Links by using your Dillons

Plus Card! To enroll go to

[www.dillons.com/communityrewards](http://www.dillons.com/communityrewards)

Child Care Links NPO # 67204

Participation is easy and FREE



## 2016 Blue Enrollments

New enrollments were due to our office on October 10th. Every child claimed in October is required to have a new enrollment.



## 2016 Calendars and Child Care Links Travel Mug



2016 Calendars are still available for \$9.00 each. Let us know if you would like one.

Help spread the word and let everyone know that teaching healthy eating and active living are important to you!! Purchase the

finest quality, 16 oz. stainless steel travel mug displaying the CACFP logo. Child Care Links staff have been using them for a while now and you will not be disappointed in the quality! Keeps cold drinks cold and hot drinks hot longer than other travel mugs. We love them! Available for our providers at a fraction of it's value, just \$10.00 each! Limited quantity available.

Call our office to order yours today.

## Pediatric CPR and First Aid

**What:** Pediatric CPR and First Aid Class

**When:** Saturday, December 12th

**Where:** Hutchinson Community College Student Union Nunemaker Room (downstairs)

**Time:** 8:00am—Noon

Please send a check to Child Care Links, 21 West 2nd, Hutchinson, KS 67501 for \$50.00. Please note the class date on your check. We will not be able to refund for cancellations made within 14 days prior to the class date.



**Class size is limited**

# Did You Know?

## Acorn Squash

Acorn squash is a type of winter squash that was named for its acorn-like shape. Acorn squash come in a variety of colors including yellow, dark green, tan and orange.

### How to Select:

Select acorn squash that are dull and heavy for their size. Avoid squash with soft spots or cracks



### How to Store:

Store acorn squash in a cool, dry areas away from extreme temperatures and sunlight. Acorn squash can stay fresh for up to 3 months

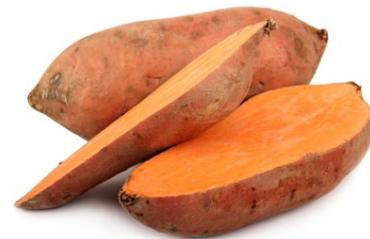
### Nutrition Benefits:

Acorn squash is fat free, cholesterol free, sodium free and a good source of vitamin C.

### Top Ten Ways to Enjoy:

- As pasta: Mix thinly-sliced squash strips with whole wheat noodles and cook according to the spaghetti package. This is an easy addition to vitamins and minerals.
- Over Pasta: Puree roasted or steamed squash and use it as a sauce over pasta with meats.
- As Dessert: Heat half a peach, half an apple, honey, nutmeg and butter in a frying pan on low heat until the fruit is tender. Microwave a hollowed out portion of squash until tender. Fill with apple mixture and enjoy.
- Steamed: Thinly slice acorn squash, then add a little cinnamon, ginger or nutmeg and steam for a low calorie, delicious side anytime!
- Soup: Make a delicious cream of acorn squash soup. Serve in hollowed-out squash halves.
- Roasted: Cube squash and add other root vegetables. Coat with olive oil and spices. Roast in a hot oven until browned and delicious.

- Vegetarian Main Dish: Try a recipe such as Corn and Beans with Acorn Squash
- Stuffed: Cut an acorn squash in half and remove the seeds, then stuff it with your favorite meatloaf mix and bake.
- Toasted Seed Snack: Acorn squash seeds can be tasted in the oven and eaten just like pumpkin seeds. A delicious snack anytime
- A Sweet presentation: Cut an acorn squash in half and remove the seeds. Sprinkle with cinnamon, ginger, or nutmeg and sugar. Add a pat of butter to each half and roast until tender.



## Sweet Potatoes

Acorn squash is a type of winter squash that was named for its acorn-like shape. Acorn squash come in a variety of colors including yellow, dark green, tan and orange.

### How to Select:

Select small to medium sweet potatoes. The larger ones tend to be starchier. The skin should be firm, smooth and even-toned. The deeper the color, the richer it is in the antioxidant beta-carotene.

### How to Store:

Store sweet potatoes in a cool, dry area-think pantry not refrigerator. They will keep up to two weeks.

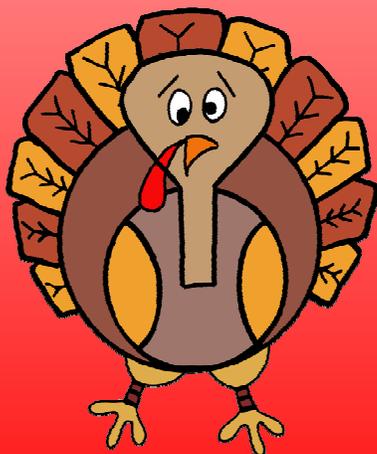
### Nutrition Benefits:

Sweet potatoes have over 400% of your daily need for vitamin C. Loads of fiber and potassium and fewer calories than regular potatoes.

## Left-over Turkey Casserole

1 (6 oz.) package dry bread stuffing mix  
 1 (16 oz.) sour cream  
 1 (10.5 oz.) can cream of mushroom soup  
 1 (10.5 oz.) can cream of celery soup  
 1 (1 oz.) package dry onion soup mix  
 1 (14.5 oz.) cans French style green beans, drained  
 2 c. chopped left-over turkey

Preheat oven to 350 degrees. Prepare stuffing according to package directions. In a medium bowl, mix the sour cream, cream of mushroom soup, cream of celery soup and dry onion soup mix. Spread the green beans in a greased 9x13 inch dish. Top with a layer of turkey. Pour the soup mixture over the turkey. Top with stuffing. Bake in preheated oven for 30 minutes, or until browned and bubbly.



## Fabulous Fall Favorites

### Sweet Potato and Spinach Quesadillas

2 medium sweet potatoes	1 c. red-wine vinegar	1/2 c. sugar
4 black peppercorns	1 large red onion, sliced	1/4 tsp. salt
1/4 tsp. pepper	8 6-inch whole wheat tortillas	4 tsp. olive oil
5 c. baby spinach	1 c. mozzarella cheese	

Microwave potatoes on high about 15 minutes or until tender. In a medium saucepan, combine vinegar, sugar and peppercorns; bring to a boil. Remove from heat and add onion slices. Let stand 10 minutes. Drain onion slices and let cool. Split potatoes in half and remove flesh. Place in a bowl and mash with a fork. Add salt and pepper. Divide among 4 tortillas. Top with a heaping cup of spinach, 1/4 c. cheese and another tortilla. Cook quesadillas on a non-stick skillet coated with olive oil until golden brown.

**Credit: Bread/vegetable/meat**

### Squash Tacos with Avocado

1-1 1/2 lb. butternut or acorn squash, peeled, halved lengthwise, seeded, cut into 1/2 inch slices

1 tsp. chili powder	1 clove garlic, chopped	2 T. olive oil
salt and pepper	8 6-inch corn tortillas	1/4 c. fresh cilantro
1/4 c. red onion	1 ripe avocado, peeled, pitted sliced into 8 wedges	
1 lime, cut into wedges		

Preheat oven to 425. Spread squash on a large, rimmed baking sheet. Stir together chili powder, garlic, oil, salt and pepper and pour over squash. Toss to coat. Roast squash, turning once, until blistered in spots and tender when pierced with a knife about 20 minutes. Warm a large skillet over medium-high heat and toast tortillas about 2 minutes per side. Keep tortillas warm. Fill tortillas with squash, avocado, cilantro and onion, dividing evenly. Serve with lime wedges.

**Credit: Bread, Vegetable**

### Nana's Acorn Squash

1 Acorn squash, halved and seeded      4 T. Butter      4 T. Brown Sugar

In a microwave safe casserole dish pour enough water to reach 1 1/2 inches in depth. Place the squash halves cut side down in the water, and pierce the skin with a fork a few times. Microwave on high for 15 to 20 minutes. Drain

Sprinkle each half with salt and pepper. Place 2 T. butter and brown sugar on each half.

Broil 5 minutes, or until butter is melted. Mix the butter and sugar into the flesh and serve hot.

**Credit: Vegetable**

## Welcome New Providers

Tammy Spaulding– Kingman

Kristina Klausmeyer– Kingman

## Anticipated Reimbursement

### Distribution Date:

November 25, 2015

December 29, 2015

### Our office will be Closed:

November 26 and 27th

Expect a home visit if you are open and claim on Holidays

**If you will be closed for the holidays, please let your home visitor know.**

### Thank You Song

(Sing to the tune of twinkle-twinkle little star)

Thank you for the earth and sky

Thank you for the birds that fly

Thank you for the food we grow

Thank you for the streams that flow

Thank you, thank you, this we say

Thanks for all we have today!



### Run Little Turkey

(Sing to the tune of skip to my Lou)

Run little turkey, run away

Run little turkey, run away

You'll be dinner on Thanksgiving Day

So run little turkey run away

Gobble, gobble, you can't catch me

Gobble, gobble, you can't catch me

I'll run away and I'll be free

Gobble, gobble you can't catch me!



### Leaf Lantern

8-10 leaves    clear glass jar    Mod Podge    paintbrush    tea light

Coat a leaf with Mod Podge and stick it on the jar. Then plaster Mod Podge all over it so the leaf will stick. You don't want to use too much or it will get messy. Repeat this step until the jar is covered with leaves. Let it dry. Add a tea light and you have a lantern!