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Where Healthy Eating Becomes a Habit



CHILD & ADULT CARE FOOD PROGRAM

# Nutrition Bites

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

cacfp@sbcglobal.net

OCTOBER 2015

## Happy New Year!

October begins a new year for the CACFP. You should have your new enrollment packet by now. Please have parents fill out new enrollments at your home to avoid lost or missing forms. Every child must have a new (blue) enrollment form submitted in order to be reimbursed. Your own children under the age of 11 must have a new enrollment form submitted, even if you do not qualify for reimbursement.

### New enrollments are due by October 10th.

Thank you for the care you provide the children each day and for acknowledging that early childhood nutrition is an important and valuable part of growing happy, healthy children. Thank you for allowing Child Care Links to partner with you as you provide healthy meals and snacks each and every day!



## Claiming Your Own Children

If you qualify to claim your own children for reimbursement on the food program, regulations state that another daycare child must be present eating that same meal or snack. Please claim only the meals that qualify for reimbursement.



## The Breakfast Cereal Mystery

It can often be very difficult to tell which ready to serve breakfast cereals are creditable on the CACFP. To solve this mystery you need to look at the nutrition facts label. **The FIRST ingredient MUST read either enriched flour or meal or whole grain. Any other words listed as the main ingredient; and the cereal is not creditable.** It is strongly suggested that you choose a cereal with less than 12 grams of sugar per serving. Cereal manufactures change it up often and cereal ingredients vary from brand to brand. Please read the label each and every time you put a box in your shopping cart. When recording the cereal on your menu, be very specific in the name. For example if you are serving Fruit Rings do not record them as Fruit Loops. It is strongly recommended to write "Enr." or "WG" before the name of the cereal so we know you checked the label and it is creditable.



## 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



# How Do I Teach Good Food Habits?

Reading and writing, brushing teeth, and hand washing are life skills. So is learning good food habits. These life skills can help children live a healthy, satisfying life. Here is how you can nurture good food habits.

## Give children enough table time

Do the children seem to dawdle at the table? That is normal. Young children do not have the muscle development or skills to eat as fast as you. They still need practice with eating utensils. Eat at a pace that allows you to enjoy your food. It takes about 20 minutes for the stomach to feel full. Rushing mealtime only leads to frustration for you and the children!

## Be a good role model, Children watch what you eat

If you eat and enjoy collard greens, bok choy, asparagus, or plantains, chances are the children will try them too – if not now, then probably later. It is not just what you say, it is also what you do. As kids grow up, peers in their life are role models, too. Remember most children want to grow up doing what others do.

## Do not reward, punish, or appease a child with food

Have you ever been tempted to say: “If you do not eat one more bite, I’ll be mad!” “Clean your plate so you can play,” or “Stop crying, and I’ll give you a cookie”? Remarks like these may lead kids to eating problems. They may create unneeded conflict and struggles between you and the children at the table.

- Eating for adult approval or love teaches unhealthy behaviors, attitudes, and beliefs about food and themselves.
- Rewarding a clean plate teaches them to ignore body signals, and that may lead to overeating.
- Offering a food (dessert) as a reward for eating another (veggies) makes some foods seem better.
- Getting a food treat to feel better teaches kids to relieve negative feelings by eating. This can lead to unhealthy attitudes about food.

## Use a nonfood approach

Reward the children with attention and kind words. Console with hugs and talk. Show love by spending time and having fun together. Drop the “clean plate club.”

## A Nurturing Place To Eat Is:



### Caring, calm, and respectful...

- Focus mealtime on eating and conversation that includes the children. Turn off the TV!
- Plan a calm activity before eating so the children come to the table relaxed.

### Comfortable and safe from injury...

- Always stay with a young child who is eating, even if you must do other tasks.
- Use a stable, comfortable, child-size chair. A counter stool without back support is not safe.
- Use easy-to-hold, child-size utensils and cups.

### Safe from choking...

- For a child under age 4, skip hard, small, whole foods. Slice foods such as hot dogs, grapes, and raw carrots in small strips.
- Teach the children to chew foods well before swallowing them so he or she will not choke.
- Be careful with sticky foods like peanut butter. Spread just a thin layer on bread. You may need to serve another meat alternate to meet the meat requirement.



*Adapted from: NIBBLES FOR HEALTH 15 Nutrition Newsletters for Parents of Young Children, USDA, Food and Nutrition Service*

# October Is...

**2nd** World Smile Day  
**4th** National Golf Day  
**5th** Do Something Nice Day  
**8th** American Touch Tag Day  
**9th** Fire Prevention Day  
**9th** World Egg Day  
**11th** Take Your Teddy Bear To Work Day  
**14th** National Dessert Day  
**16th** Bosses Day  
**17th** Wear Something Gaudy Day  
**21st** Count Your Buttons Day  
**22nd** National Nut Day  
**24th** Make A Difference Day  
**24th** National Bologna Day  
**25th** World Pasta Day  
**27th** National Tell A Story Day  
**28th** Plush Animal Lover's Day  
**31st** Halloween

## October Is

Seafood Month  
 National Pizza Month  
 National Diabetes Month  
 Eat Country Ham Month  
 Cookie Month  
 Clergy Appreciation Month  
 International Drum Month  
 National Vegetarian Month

## Pumpkin Recipes

### Creamy Pumpkin Soup

2 T. Butter	1 lg. onion, chopped	2 cloves garlic, minced
5 c. chicken broth	2 c. chopped and peeled potato	
1 tsp. salt	1/2 tsp. chili powder	1 (15-ounce) can pumpkin
1/4 c. chopped cilantro	2 c. milk	3 T. lime juice

Melt butter in large soup pot, add onion and garlic. Cook and stir for 15 minutes. Add chicken broth, potato, salt, chili powder and pumpkin. Cook; stirring often for 30 minutes or until potato is tender. Remove from heat and cool slightly. Process mixture in food processor or blender in batches until smooth. Return to heat and add milk. Simmer until thoroughly heated. Stir in lime juice.

**Credit: Fruit/Veg**



### Pumpkin Smoothie

1 c. pumpkin puree  
 1 large frozen banana  
 1 c. skim milk  
 1/2 tsp. vanilla extract  
 1 T. honey  
 1 1/4 tsp. pumpkin pie spice  
 5 ice cubes



Combine in a blender and mix until smooth.

**Credit: Fruit/Milk**

### Pumpkin Pancakes

1 1/2 c. skim milk	1 c. pumpkin puree	1 egg
2 T. melted butter	1 1/2 c. flour	1/2 c. whole wheat flour
3 T. brown sugar	2 tsp. baking powder	1 tsp. baking soda
1 1/2 tsp. pumpkin pie spice		1/2 tsp. salt



In a bowl, mix together milk, pumpkin, egg and butter. Combine flour, brown sugar, baking powder, baking soda, spice and salt in a separate bowl. Stir into the pumpkin mixture just enough to combine. Heat a lightly oiled griddle over medium high heat. Pour 1/4 c. batter onto the griddle. Brown both sides and serve hot.

**Credit: Bread**



### Welcome New Providers:

- Gabrielle Roach– St John
- Krystal Forwalder– Wichita
- Jenna Hilger-Conway Springs

### Welcome Back:

- Leanna Porter– Hutchinson
- Tishayln Jacobs– Wichita



## Pediatric CPR and First Aid

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

**When:** Saturday, October 24, 2015

**Where:** Hutchinson Community College, Student Union, Nunemaker Room (in the basement)

**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**

**Anticipated Reimbursement  
Distribution Dates:**

October 29  
November 25  
December 29



## Warm Sautéed Apples

- |                          |  |                    |
|--------------------------|--|--------------------|
| 1/4 c. butter            | 4 large tart apples, peeled, cored and sliced 1/4 inch thick | 2 tsp. corn starch |
| 1/2 c. cold water        | 1/2 c. brown sugar   | 1/2 c. brown sugar |
| 1/2 tsp. ground cinnamon |  |                    |

In a large skillet, melt butter over medium heat; add apples. Cook, stirring constantly, until apples are almost tender, about 6 to 7 minutes. Dissolve cornstarch in water; add to skillet. Stir in brown sugar and cinnamon. Boil for 2 minutes, stirring occasionally. Remove from heat and serve warm.



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