



# Child Care Links

www.childcarelink.org

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21 west 2nd, Hutchinson, Ks 67501

620-669-0291

cacfp@sbcglobal.net



## Online Make-Up Training

It is now time to do your online training if you were unable to attend a workshop this year! You received a yellow instructional card enclosed with your May reimbursement check or statement. The steps will help you navigate the site and get you started. Providers must be declared seriously deficient and will be terminated from the food program if they do not fulfill this yearly requirement. **Mail a copy of your certificate(s) to Child Care Links.**

## Providers Own Children

There is new written guidance from USDA that will allow income eligible providers to be reimbursed for their own children age 11 and 12 years (in the past, reimbursement stopped at aged 11). You must have a current and approved income eligibility form on file and an enrollment form for the child.

As always, when your own child turns 11 they no longer count in license capacity. Please call the office if you have any questions.



## Tips For Success

- Variety is important to the CACFP. The same meal can't be served to the same children at lunch and dinner on the same day.
- Limit high fat, high sodium meats to no more than twice each week. Some examples are sausage, bologna, hotdogs, lunch meats.
- See your crediting foods book for a list of foods considered high in vitamin A and C. Be sure to serve and mark vitamin C daily and vitamin A twice each week on your menus.
- Potatoes are creditable as a vegetable. They can not be credited as a bread component on the CACFP
- Pepperoni is creditable only with a CN label or a product analysis sheet. Pepperoni is very high in sodium and fat. This product should not be served more than one time each week. Please mark CN on your menus to show you have a CN label and keep the label in your file to show upon request.

## Snack Time

Snacks are a very important part of young children's diets. Their energy levels are very high and that takes nutrients. Their stomachs are very small and cannot hold enough to keep them from getting hungry between meals. Start thinking about snacks like mini meals, that will help you as you plan. Snacks that are high in sugar do not help to fulfill the nutritional need that children require. Snacks that emphasize whole grains, fruits and vegetables help meet children's nutritional needs. Involving children in preparing their own snacks can invite their interest in new foods. Get creative and help make snack time fun! The CACFP meal pattern requires two components to be served at snack time from two **different** food groups.

- Meat or Meat Alternate
- Vegetable or Fruit
- Bread or Bread Alternate
- Milk



Nutrition Bites

## Pediatric CPR and First Aid



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

**When:** Saturday, August 20, 2016

**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**



### Welcome New Providers

**Tolesia Wright- Wichita**

**Ciara Evans- Hutchinson**

**Traci Coulson- Larned**

### Anticipated Reimbursement

#### Distribution Dates:

August 30, 2016

September 29, 2016

October 31, 2016

## After School Snacks

Back to school means hungry kids when the bell rings. Don't worry, with these healthy ideas, you will be completely prepared to fill hungry tummies!



- Bean and cheese quesadilla with salsa
- English muffin mini cheese pizza
- Steamed carrot sticks with whole wheat crackers
- Pasta salad Pita pocket with hummus
- Black beans with toasted pita wedges
- Turkey salad sandwich
- Yogurt parfait with berries and granola
- Macaroni salad and low-fat milk
- Baked sweet potato wedges with parmesan cheese
- Soft pretzel with banana and kiwi
- Low-fat cottage cheese with pineapple rings
- Deviled eggs and toast
- Mini sloppy joe on dinner roll
- Pancakes with peanut butter
- Parmesan bread sticks with HM marinara sauce
- Frozen banana "popsicle" with graham crackers
- Tuna salad and tomato slices
- Whole wheat grilled Swiss cheese sandwich
- Spinach salad with strawberries
- Fresh peaches with HM brown rice pudding
- Fresh asparagus spears with yogurt dip
- Apple slices and Colby cheese cubes