



# Child Care Links

www.childcarelink.org

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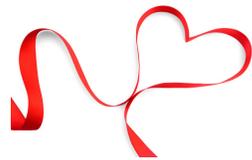
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Feb. 2016



## Fresh Newsletter Design

This is the new design to our Nutrition Bites Newsletter! It will continue to be mailed with your reimbursement. Be sure to look for it each month for important updates, nutritious information and delicious recipes. You are encouraged to like our page on Facebook as well, where you can find additional information each day.



## Homemade Muesli

### Ingredients:

- 1 1/2 cups rolled oats
- 1 1/2 cups whole-wheat bran flakes
- 1/4 cup hulled sunflower seeds
- 1/4 cup walnuts, almonds or any chopped nut
- 1/2 cup raisins
- 1/2 cup unsweetened, dried cranberries or dried cherries

Skim milk or plain, fat-free yogurt to serve

### Directions:

1. In a medium mixing bowl or a storage bag, combine oats, bran flakes, sunflower seeds, nuts, and raisins. Mix to combine.
2. Store any remaining muesli in an airtight container for up to 1 month at room temperature. Serve with milk just like cereal, hot or cold, or add 1 serving to a bowl and top with a spoonful of yogurt.

Makes 8 – 1/2 cup servings  
(2 Bread/Grain and 1/4 Fruit components)  
Source: American Heart Association

## Food Program Training

“It’s Time to Get Down and Dirty” will be presented as this years’ food program workshop. Attending one of the locations below will fulfill your training obligation for the year. Come explore many different ways to garden with the children this year. **Please call our office to reserve a spot at the location most convenient for you.**

**Wichita: Thurs. March 3rd 7-9 p.m. or**

**Sat. April 9th 9-11 a.m.**

Central Community Church

6100 W. Maple St. (back side of church)

**Great Bend: Tue. March 8th 6:30-8:30 p.m.**

Public Library

1409 Williams Street

**Hutchinson: Sat. March 12th 10 a.m.-Noon or**

**Tues. April 5th 6:30-8:30 p.m.**

Public Library (upstairs)

901 N. Main Street

**McPherson: Thurs. March 17th 7-9 p.m.**

Fire Station

312 E. Kansas

**Larned: Thurs. March 24 7-9 p.m.**

Pawnee County Court House

715 Broadway Street

**Kingman: Thurs. March 31st 7-9 p.m.**

Christian Church

501 N. Main

**Pratt: Tues. April 12 7-9 p.m.**

Community Center

619 N. Main Street

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

Nutrition Bites

# Home Made Tomato Soup and Grilled Cheese Hearts

## Tomato Soup:

Sauté for approximately 5 minutes over medium heat:

- 4 finely diced garlic cloves
- 1 c. finely diced Vidalia onion
- 2 T. olive oil
- 1 tsp. fresh thyme leaves

## Add:

- 2 (28 oz) cans diced tomatoes
- 3 c. chicken stock
- 1/2 tsp. basil
- 2 1/2 T. sugar
- 4 T. milk or half and half
- 2 T. parmesan cheese, grated
- salt and pepper to taste

Cook over medium heat for 15-20 more minutes. Use a hand-held blender and blend until desired consistency.

Simmer until ready to serve.

## Grilled Cheese Hearts:

- Whole wheat sliced bread
- Mozzarella cheese slices
- Butter

For each sandwich, start with two slices of bread. Using a heart shaped cookie cutter, cut heart shapes out of the bread. Butter one side of each heart. Place one buttered slice in pan over medium heat set cheese slice on top and top with second heart shaper, buttered side up. Flip sandwich once it is golden brown.



# Pediatric CPR and First Aid

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

**When:** Saturday, February 13, 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**

Child Care Links office will be closed Monday, February 15th to observe Presidents Day

## Thank you!

We would like to thank the following providers for welcoming us into their homes with our financial auditor during the month of January:

**Jennifer Dosch**

**Crystal Russell**

**Sharon Rollmann**

**Toni Estes**



## Please Re-Enroll

Everyone must re-enroll for 2016 to continue to 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

♥ Happy Valentines Day ♥