



Child Care Links

www.childcarelink.org

Follow us on Facebook

21 west 2nd, Hutchinson, Ks 67501

620-669-0291

cacfp@sbcglobal.net

July 2016



Online Make-Up Training

If you are still in need of your required two hours of CACFP training this year, you have received a yellow instructional card enclosed with your May reimbursement check or statement. Please complete this requirement as soon as possible. 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 to Child Care Links.

Tips For Success



- Use the provider checklist on the pink claim cover to double check that you have completed everything needed before submitting your monthly claim by the third of each month.
- Call our office or text 620-727-6241 (include your name) when you will be closed or away from your day care home as per your agreement. Summer brings many schedule changes, keep your home visitor posted!

Reimbursement Information

You may receive your CACFP reimbursement each month automatically deposited into your checking or savings account. Please call our office if you are interested in this service.

Anticipated Reimbursement Distribution Dates:

July 29, 2016
 August 30, 2016
 September 29, 2016
 October 28, 2016

Nutrition Education

Why

It is important to teach children about healthy foods and their health benefits. When children learn these lessons at a young age, they are more likely to make healthier food choices throughout their adult life. Nutrition education is necessary in order to equip children with the knowledge to make educated food choices for a healthy lifestyle.

When

Anytime can be a great time to incorporate nutrition education, such as mealtime, story time, and play time. A child care provider can use every opportunity to teach children about making nutritious food choices.

Where

Nutrition education can occur at any location. Take advantage of learning opportunities in the play area or at story time. Learning about nutrition can take place inside as well as outside. Invite children to experience new foods through taste testing and preparing simple snacks. The more children are exposed to healthy foods, the more likely they are to try them.

How

Nutrition education can be done traditionally through directed activities or during child directed activities such as free play or unstructured play time. There are many resources that have fun games, lesson plans, and activities to teach nutrition education, in addition there are many ways to implement nutrition education such as, games, stories and music.

Nutrition Bites



Blueberry, Strawberry and

Jicama Salsa



Ingredients:

- 1 c. fresh blueberries
- 1 c. diced strawberries
- 1 c. diced jicama
- 1/3 c. chopped cilantro

1/4 c. chopped red onion

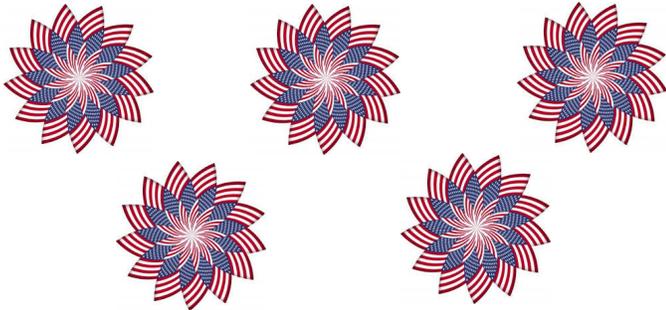
2 T. finely chopped jalapeno pepper, if desired

Juice of 1 lime

Directions:

Mix all ingredients together. Serve chilled or at room temperature. Best when served the day it is prepared. Serve with homemade cinnamon chips!

Credit: Fruit/Vegetable



Homemade Cinnamon Chips

- 10 whole wheat tortillas
- 1/4 c. melted butter
- 1/3 c. sugar
- 1 tsp. ground cinnamon



Brush tortillas with butter; cut each into 8 wedges. Combine sugar and cinnamon and sprinkle over tortillas. Place on ungreased baking sheet. Bake at 350° for 5-10 minutes or until crisp.

Credit: Bread



Our office will be closed Monday July 4th!
Have a Wonderful Holiday!

Pediatric CPR and First Aid



What: Pediatric CPR and First Aid Class

When: Saturday, July 30, 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

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