



Child Care Links

www.childcarelink.org

Follow us on Facebook

21 west 2nd, Hutchinson, Ks 67501

620-669-0291

cacfp@sbcglobal.net

March 2016



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.

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

Thurs. April 7th 6:30-8:30 p.m.

Date Change!

Public Library (upstairs)

901 N. Main Street

McPherson: Tues. March 15th 7-9 p.m.

Date Change!

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

Infants and the CACFP

Participation in the CACFP is for every child in care. You are required to offer a formula if you care for infants under 12 months. The formula must be written in on the enrollment form for the parent to accept or decline. It is not an option for a participating provider to require parents to provide the formula. CACFP reimburses you to ensure proper nutrition for ALL children in care.



Celebrate In March:

March 13-19 ~ National CACFP Week

March 1 ~ Peanut Butter Lovers’ Day

March 7 ~ Cereal Day

March 17 ~ Saint Patrick’s Day

March 22 ~ World Water Day

March 25 ~ Pecan Day

March 26 ~ Spinach Day

March 27 ~ Easter



Nutrition Bites

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.

Wheat Irish Soda Bread

Ingredients:

- 2 c. whole-wheat flour
- 2 c. all purpose flour
- 1 tsp. baking soda
- 1 tsp. salt
- 2-1/4 c. buttermilk



Directions:

Preheat oven to 450°. Coat a baking sheet with cooking spray and sprinkle with a little flour.

Whisk flours, soda and salt in large bowl. Make a well in the center and pour in buttermilk. Stir until well incorporated.

Turn dough onto well-floured surface. Pat and roll the dough with floured hands, giving it a round shape. Flip over and flatten slightly to about 2-inches.

Transfer loaf to baking sheet. Using a serrated knife make a deep cross and prick each of the four quadrants. Bake bread for 20 minutes. Reduce oven temperature to 400 and continue to bake until loaf is brown on top and sounds hollow when tapped, 30-35 minutes.

Transfer loaf to wire rack and let cool for about 30 minutes.



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
Child Care Links NPO # 67204

Pediatric CPR and First Aid

What: Pediatric CPR and First Aid Class

When: Saturday, April 9, 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.

Shamrock Green Smoothie

Ingredients:

- 1 c. frozen green grapes
- 3 c. frozen pineapple chunks
- 1 c. firmly packed fresh spinach
- 2 c. pineapple juice
- 3/4 c. non-fat vanilla yogurt
- 2 T. Nutella



Directions:

Place all ingredients in blender. Blend 3-4 minutes or until smooth.

Credit: Fruit/Vegetable

Welcome New Providers

Charlotte Durst– Nickerson

Erika Duncan– Wichita

Desiree Bickel– McPherson

Alicia Marshall– Hutchinson

