



# Child Care Links

www.childcarelink.org

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July 2017



## CACFP Trainings

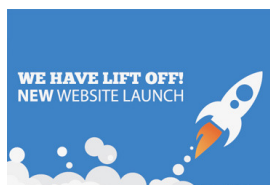
Thank you to everyone who attended a CACFP training sessions this year. We hope you feel well prepared for the new meal pattern and have already started adjusting your menus to line up with the new regulations. Remember, we have time to learn and reminders will be sent out as needed! Two hours of CACFP training is required to continue participation. If you were unable to attend this year watch the newsletter for make up sessions to be announced soon.

## Menus DUE

Please be mindful of the deadline for submitting your menus. Menus are DUE by the THIRD of the following month. We can't meet our deadline without your cooperation! Please make it a priority to send your menus on time.

## New Web Site

We are excited to announce that our new web site is published and ready to serve you better. Please check it out at [www.childcarelink.org](http://www.childcarelink.org). You will find forms, training dates, anticipated reimbursement dates, newsletter archives and much more.



## Welcome New Providers

Adriana Brittain—Medicine Lodge

Peggy Hayes—Stafford

## Staying Active Inside On Hot Summer Days

July is a great month to be outside and enjoy the summer weather. Unfortunately, sometimes July weather in Kansas can be too hot for young children to play outside. We all know how important it is for children to be active, even when they have to be inside, so why not try a fun game of Balloon Badminton. This is a simple activity that allows children to be creative and work on developing important motor skills. Here is what you will need:

- Tongue depressors
- Paper plates
- Glue
- Balloons
- Crayons or markers
- String (Optional)



To begin Balloon Badminton, the children will first need to make their rackets. The rackets are made by gluing one end of the tongue depressor to the back of the paper plate. The children may then use the crayons or markers to draw on their paper plates for an extra arts and crafts activity. When the children are finished making the rackets, they can be paired up with another child. Each pair will be given a balloon that has already been blown up. The children can hit the balloon back and forth to each other while trying not to let it hit the ground. If the children are older and need more of a challenge, you can make a net by tying the string across the room so the children have to hit the balloon over the net to each other. Be creative and come up with many different variations to this activity to keep it fun and interesting. When the weather cools down take this activity outside for hours of fun!

## Anticipate Reimbursement

### Distribution Dates:

- July 28, 2017
- August 30, 2017
- September 28, 2017

Nutrition Bites

# Keep your Favorite Summer Foods Safe

## Melons



- Avoid using whole melons with visible signs of decay or damaged rinds (cut or cracking) due to the increased risk that harmful bacteria may have contaminated the inside fruit of the melons.
- Wash the outer surface of the melon thoroughly under running cool tap water to remove surface dirt. Scrub melons with a clean produce brush before cutting. Cut away any bruised or damaged areas before serving.
- Discard cut melons after 4 hours if maintained at 41°F or above. Keep cut melons in the refrigerator if waiting to be served.
- Mark the date on refrigerated cut melons to indicate that they must be consumed or discarded within 7 days.

## Tomatoes



- Wash tomatoes in clean water that is about 10°F warmer than the internal tomato temperature to prevent exterior bacteria from entering the interior of the tomato during washing.
- Ensure whole tomatoes are free from obvious signs of soil and skin damage, such as punctures, prior to cutting, slicing, or dicing. Either cut away any bruised or damaged areas, or do not use the tomato.
- Hold tomatoes at 41°F or below after cutting, including when waiting to be served.
- Ensure the temperature of tomatoes purchased as fresh-cut (i.e., sliced, diced, or chopped) is 41°F or lower upon purchase.
- Mark the date on refrigerated cut tomatoes to indicate that they must be consumed or discarded within 7 days.
- Do not store cut tomatoes in direct contact with ice or water.

## Leafy Greens



- Do not use leafy greens with visible signs of decay or damage because there is an increased risk of the presence of harmful bacteria.
- Do not rewash packaged produce labeled “ready-to-eat”, “washed” or “triple washed.”

## Top 10 Reasons to Shop at a Farmers Market this Summer

1. Freshly picked, in season produce is at its peak in flavor and nutrition.
  2. Supporting local farmers, both new and small, helps them be successful and grow the local economy.
  3. Fresh fruit and vegetables are full of antioxidants and phytonutrients.
  4. It's a great way to get kids involved by picking out something new to try, and helping prepare it for a meal or snack.
  5. It strengthens the community by meeting your local farmers; learn about foods grown in the area and catch up with friends and neighbors while stocking up with local goods.
  6. Farmers markets offer foods that align with MyPlate guidelines and fit with the CACFP meal pattern.
  7. Farmers often have recommendations for preparing their products.
- Visit <http://www.fruitsandveggiesmorematters.org/main-recipest> o learn how to use fresh fruits and vegetables and see seasonal suggestions.
8. You can try a new fruit or vegetable! Many farmers markets offer lesser known fruits and vegetables, providing a variety that can be both tasty and nutritious. To learn how to select and store them go to the above web site, click on the Fruit or Vegetable Nutrition Database.
  9. SNAP and WIC benefits are accepted at some farmers markets, encouraging families to shop where healthy choices are plentiful.
  10. Farmers markets are easy to find.
- Use the USDA Farmers Markets Search at <http://search.ams.usda.gov/farmersmarkets/> to find one near you.



Adapted from <http://www.nutrition.gov/farmers-markets>

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