



Child Care Links

www.childcarelink.org

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June 2017

STEP UP TO THE PLATE

First Up: New CACFP Standards

Make Plans NOW to attend this years CACFP training! The new CACFP Regulations are finalized and ready for implementation! So Step Up to the Plate and get ready to hit a grand slam. We don't want you to be stuck out in left field, so get the information you need to continue to be successful! Please call our office and reserve a spot at the training

Great Bend

Thursday, June 1, 2017
6-8 p.m.

Public Library
1409 Williams St, Great Bend, Ks 67530

Pratt

Thursday, June 8, 2017
7-9 p.m.

Community Building
619 N. Main, Pratt, Ks 67214

Hutchinson

Saturday June 10, 2017
10:00 a.m. - Noon

Hutchinson Public Library
901 N. Main St, Hutchinson, Ks 67501

Larned

Thursday, June 15, 2017
7-9 p.m.

Pawnee County Courthouse
715 Broadway, Larned, Ks 67550

Kingman

Thursday, June 22, 2017
7-9 p.m.

First Christian Church
501 N Main St, Kingman, Ks 67068

Child Care Links is committed to making work shop activities accessible to all participants.

All sites are handicap accessible. Thank you for keeping our workshops for adults only.

New CACFP Meal Standards

As part of strengthened nutrition standards for CACFP meals and snacks, young children in day care settings will begin receiving meals with more whole grains, a greater variety of vegetables and fruits, and less added sugars and solid fats. Here are some highlights of the changes that will take place to improve CACFP participants' access to nutritious foods. We strongly encourage you to attend one of our training sessions in June to learn more!

- Infant meal pattern will consist of two age groups, instead of three
- At least one serving of grains per day must be whole grain-rich
- Grain-based desserts no longer count towards the grains component
- Breakfast cereals must contain no more than 6 grams of sugar per dry ounce
- The combined fruits and vegetable component is now a separate vegetable component and a separate fruit component
- Juice is no longer allowed to be served to infants and is limited to once per day for other participants
- Unflavored whole milk must be served to 1 year olds, unflavored low-fat (1%) or fat-free (skim) must be served to 2-5 year olds
- Yogurt must contain no more than 23 grams of sugar per 6 ounces

NEW CHILD AND ADULT CARE FOOD PROGRAM MEAL PATTERNS

USDA Food & Nutrition Service
Child Nutrition Programs



Nutrition Bites

100% Whole Wheat Pancakes

Take Steps Now!

2 c. whole wheat flour
2 T. white sugar
2 tsp. baking powder
1/2 tsp. baking soda
1/2 tsp. salt
2 1/4 c. buttermilk
2 eggs
3 T. vegetable oil



Whisk wheat flour, sugar, baking powder, baking soda and salt into a bowl. Whisk buttermilk, eggs and oil in a separate bowl; pour buttermilk mixture into dry ingredients. Stir just until combined (batter will be thick). Heat skillet until hot. Pour 1/3 c. batter onto skillet and use a spoon to spread the pancake out a bit. Cook until browned and bubbles appear on top. 1 1/2 to 2 minutes. Flip and cook until browned and set in the middle, about 2 more minutes. Repeat with remaining batter. Top with peanut butter, warm applesauce, or other favorite topping.

If you have not already attended a training session this year, you still have plenty of opportunities in June. Make plans now to attend, you need this information to stay successful on the CACFP.

Start incorporating a few of the new meal pattern changes gradually over the next few weeks. Identify and focus on areas where change is needed. Brain storm ideas that help shift the menu toward the new meal pattern. Then implement the change. Your home visitor is here to help, please call if you need suggestions. You may also want to meet with other child care providers to share ideas. Some examples to consider:

- Add one or two whole grain-rich items to each weeks menu, until one whole grain-rich item is served daily.

Tip: Pair the new food with familiar favorites to increase acceptance among participants.

- Start purchasing breakfast cereals that contain less sugar than previously served until the 6 grams of sugar is reached.

Tip: All WIC cereals meet this criteria

- Substitute a vegetable choice at any lunch or supper where two fruits are generally served.

- Replace juice when served more than once per day with a fruit or vegetable.

- Gradually eliminate flavored milk.

- Add a fruit or vegetable to infant snacks when the child is developmentally ready.

Pediatric CPR and First Aid

What: Pediatric CPR and First Aid Class

When: Saturday, June 24, 2016

Where: Hutchinson Community College
Student Union—Blue Dragon Room

Time: 8:00am—Noon

Please send a check to Child Care Links, 21 West 2nd, Hutchinson, KS 67501 for \$55.00. 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**

Begin making simple changes now to ensure an easier and smoother shift to the new meal pattern in full by October 1, 2017.

Over the next several months, we will be sending reminder memos about the new meal pattern. **No deductions will be made**, it is simply a tool to help everyone become completely successful by October 1, 2017.

Anticipate Reimbursement Distribution Dates:

June 22, 2017

July 28, 2017

August 30, 2017

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