



Child Care Links

www.childcarelink.org

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December

2017

Happy Holidays

L O V E P E A C E H O P E

We would like to thank each and every one of you for your partnership and dedication to feeding the children in your care healthy meals and snacks. The dedication you show to providing quality care is the BEST gift you can give a child. It is one that will follow children throughout their entire life.

We would like to remind you to take time for yourself this holiday season, you always give so much to others. We appreciate all you do!



Welcome New Providers

Marcia Litano- Wichita

Tonya Clemons- Wichita

Meghan Wilson- Wichita

Anticipated Reimbursement

Distribution Dates:

Dec. 28 January 30 February 27

Fluffy Whole Wheat Biscuits

2 cups whole-wheat pastry flour
4 teaspoons baking powder
1/2 teaspoon salt
4 Tablespoons cold butter
1 cup buttermilk

Preheat oven to 450 degrees. Combine flour, baking powder and salt in a large bowl. Whisk together.

Cut the cold butter into pea-sized pieces and work it into the dough using a pastry blender tool or the back of a fork. Stir in the buttermilk with a fork until just combined.

Turn the dough out onto a floured surface and sprinkle more flour on top. Fold the dough over itself and pat it back down 15 or 20 times. Pat the dough into one thick piece about 3/4 to 1 inch tall. Cut out shapes with a cutter or small glass turned upside down.

Spread out the pieces on a baking sheet and bake until fluffy and golden brown on top. About 10 to 12 minutes. Serve warm!



2018 Calendars

2018 calendars are still available!

Each month contains activity pages filled with recipes, nutrition tips, physical & table activities, snacks and more!

Monthly calendar pages have oversized squares for recording important events and are followed by the business record-keeping page.

Used by almost 40,000 providers across the country and the most requested CACFP tool in print.

Order your 2018 calendar today, order forms were sent with the October newsletter, call the office if you need one.

Nutrition Bites

Holiday Health and Safety Tips

The holidays offer a perfect opportunity for enjoying loved ones, celebrating life, being grateful and reflecting on what's important. They are also a time to appreciate the gift of health. Support health and safety for yourself and your participants by following these timeless holiday tips:

Wash Your Hands Often— Keeping hands clean is one of the most important steps you can take to avoid getting sick and spreading germs to others. Wash hands with soap and clean running water and cover your cough or sneeze.

Stay Warm— Cold temperatures can cause serious health problems, especially in infants and older adults. Stay dry and dress warmly in several layers of loose-fitting tightly woven clothing.

Manage Stress— The holidays don't need to take a toll on your health and pocketbook. Balance work, home and play. Get support from family and friends.

Travel Safely— Whether you're traveling across town or around the world, help ensure your trip is safe. Wear a seatbelt and always buckle children into their appropriate car seats.

Be Smoke-Free— Avoid smoking and breathing other people's smoke.

Get Check-ups and Vaccinations— Exams and screenings can help find potential problems early, when the chances for treatment and cure are often better. Vaccinations help prevent diseases and save lives.

Watch the Children— Children are at high risk for injuries. Keep a watchful eye on children when they are eating and playing. Keep potentially dangerous toys, food, household items, choking hazards and other objects out of kids reach.

Prevent Injuries— Injuries can happen anywhere, and some often occur around the holidays. Use step stools instead of climbing on furniture when hanging decorations. Most residential fires occur during the winter months. Keep candles away from children, pets, walkways, trees and curtains. Install smoke detectors and carbon monoxide detectors in your home. Test them once a month, and replace batteries twice a year.

Handle and Prepare Food Safely— As you prepare holiday meals, keep yourself and your participants safe from food-related illness. Wash hands and surfaces often. Avoid cross-contamination by keeping raw meat, poultry, seafood and eggs away from ready-to-eat foods and eating surfaces. Cook foods to the proper temperature and refrigerate properly.

Eat Healthy and Be Active— With balance and moderation, you can enjoy the holidays the healthy way. Choose fresh fruit as a festive and sweet substitute to candy. Limit fats, salts and sugary foods. Find fun ways to stay active, such as dancing to your favorite holiday music. Help children be active for at least one hour each day.

Source: www.cdc.gov/family/holiday

