



# Child Care Links

www.childcarelink.org

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January

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## Direct Deposit

In recent months, there has been more and more difficulties with the mail.

We would like to remind everyone about the option for direct deposit. If you would like peace of mind that your reimbursement will get to you in a timely manner, consider letting us deposit it directly into your savings or checking account. If you currently receive a paper check, an authorization form has been enclosed for your convenience. You will still get a statement mailed to you each month with your newsletter.

Please be mindful of where you are mailing your monthly menus from. Putting them in the post office drop box will have the best result in making sure your claim reaches our office by the 3rd of each month.



## Tips for Success

The new CACFP meal pattern has been in full swing for several months now. We appreciate your effort to meet the new meal pattern. Many of you are doing a great job, however, if you are still having difficulties, call your home visitor for assistance.

Mark your whole grain/whole grain rich product daily. Check the ingredients list, do not trust the front of the package!

Each infant component **must** have amounts listed.

Just because a cereal is made with whole grain, doesn't mean that it is creditable. Remember to check sugar limits.



## Tips for Controlling Food Cost

January is Financial Wellness Month. Here are some tips to help control food costs.

- **Make a quadruple batch of casserole.** Freeze the remaining three casseroles for quick heating. This allows buying in bulk which may save more money but compare prices; bigger is not always cheaper.
- **Plan meals around grocery stores ads.** Plan weekly meals based on the biggest sales at the grocery store. Sales focus on plentiful and seasonal foods.
- **Do a price comparison.** It can be habit to shop at the same store, but choosing different grocery stores based on the price of needed items can help save more money.
- **Make a list before shopping, and stick to it!** Before an item is placed in the grocery cart, consider *why* and *if* it is actually needed. If there is no good answer, put the item back.



## Snowball Race!

Cold winter weather doesn't have to be an excuse for sedentary kids. This game can be played indoors to get kids up and moving.



You'll need: Styrofoam balls or balls of white yarn, spoons, and mittens for each team.

Play this game as you would any relay race. Divide into teams. Each player takes turns putting on mittens and balancing a "snowball" on a spoon while racing to the other side of the room. Drop the snowball into a bucket, return to the team, pass the mittens and go to the back of the line. The first team to have all their members complete the race wins!

## Pear Salsa



- 1 pear (cored and finely chopped)
- 1 apple (cored and finely chopped)
- 2 kiwi (cored and finely chopped)
- 1 orange (peeled and finely chopped)
- 2 T. honey
- 2 tsp. lemon juice
- Graham crackers

1. Combine the pear, apple, kiwi and orange in a bowl.
2. Pour honey and lemon juice over fruit and gently toss
3. For best flavor, chill 1 hour
4. Scoop up bites of fruit salsa using bites of graham crackers and enjoy

*Credit: Fruit/grain*

## Anticipated Reimbursement

### Distribution Dates:

January 30  
February 27  
March 30

## January is...

National Oatmeal Month

National Soup Month

Hot Tea Month

4th– National Spaghetti Day

6th—National Bean Day

14th—Dress Up Your Pet Day

15th—National Hat Day

24th– National Compliment Day

28th– National Kazoo Day

29th– Bubble Wrap Appreciation Day

31st– National Backward Day



## Welcome New Providers

Chelsi Koehn– Marion  
Aubrie Galloway– Lyons  
Jessica Liebst- Andover

