



Child Care Links

www.childcarelink.org

Follow us on Facebook

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620-669-0291

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April
2018

CACFP Spring Training

“Add a Little Spice (& Herbs) to Your Life”

Participants will learn the definitions of herbs & spices and learn how to reduce fat, sugar and salt in foods using herbs & spices, among other helpful hints. Attending will meet your 2 hour training requirement for CACFP participation.

Please call the office (620-669-0291) and let us know which location you will attend!

Hutchinson

Public Library 901 N Main
Thursday, April 12 6:30-8:30 *or*
Saturday, April 28th 10:00-Noon

McPherson

Fire Dept. 312 E Kansas
Tuesday, April 3rd 7-9 p.m.

Great Bend

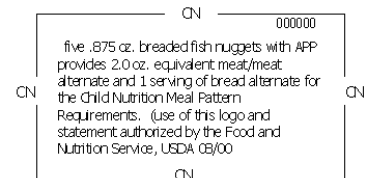
Public Library 1409 Williams St
Thursday, April 5th 6-8 p.m.

Wichita

Central Community Church 6100 W Maple
Thursday, April 26th 7-9 p.m.

Tips For Success

1. **Menus are due to our office by the 3rd of each month.** Meeting your deadline helps us meet ours! Please mail from a trusted location.
2. **Make sure you are doing menus and attendance/meal counts DAILY.** You must be current through the previous day at all times.
3. High fat, high sodium meats such as hotdogs, luncheon meats and sausages should be served **no more than one time each week.**
4. Any commercially prepared foods such as chicken nuggets and fish sticks **must have a Child Nutrition Label.** This label will tell you exactly how much needs to be served to meet minimum serving requirements. **MOST** packages do not contain a CN label. You must contact the manufacturer **and keep it on file in your home.** Here is an example of a CN Label:



Reno County Child Care Scholarship

Parents who live in Reno County and do not qualify for DCF child care assistance, may qualify for our scholarship program at Child Care Links! This program is funded by the United Way of Reno County. If you have a family who is having a hard time making ends meet, please have them call the office to see if they qualify for our program. We can help parents who are working or going to school.



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.



Nutrition Bites

Turkey Tostadas

April is...

Ingredients

- 2 cups cooked ground turkey
- 2 T. taco seasoning
- 1 1/2 c. water
- 4 corn tortillas
- 1/4 c. low-fat refried beans
- 1/4 c. Cheddar Cheese
- 1/2 c. chopped tomatoes
- 1/2 c. shredded lettuce
- 2 T. chopped onion
- 8 T. taco sauce



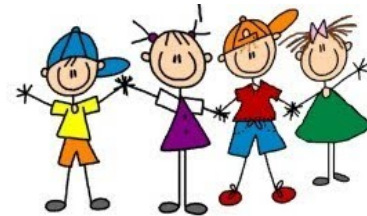
Wash and prepare vegetables. In a large skillet over medium heat, combine turkey, taco seasoning and water. Bring mixture to a boil, reduce heat and simmer 5 minutes, stirring occasionally. Place tortillas on a cooking sheet. Bake at 375° for 4-7 minutes or until tortillas are crispy. Spread tortillas with a tablespoon of beans. Top with 1/4 meat mixture and cheese. Return tortillas to oven and cook for 2-3 minutes or until cheese is melted. Top with tomatoes, lettuce, onions and taco sauce.



Anticipated Reimbursement Dates

- April 27, 2018
- May 30, 2018
- June 21, 2018
- July 27, 2018
- August 31, 2018

- April 1** April Fools Day/Easter Sunday
- April 2** Children's book Day/Nation PB&J Day
- April 5** National Dandelion Day
- April 7** World Health Day
- April 10** National Siblings Day
- April 11** National Submarine Day
- April 12** Grilled Cheese Sandwich Day
- April 14** Reach as High as You Can Day
- April 16** Mushroom Day
- April 17** Bat Appreciation Day
- April 19** National High five Day/Garlic Day
- April 20** Look Alike Day
- April 22** Earth Day
- April 23** National Zucchini Bread Day
- April 26** National Pretzel Day
- April 27** National Prime Rib Day
- April 29** National Shrimp Scampi Day
- April 30** National Honesty Day



Welcome New Providers

- Kaylonie Thurman— Wichita
- Sandy Sailer-Clearwater
- Marie Deering—Lyons
- Morgan Klassen-Newton
- Jamie Welch—Sterling

