



# Child Care Links

www.childcarelink.org

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# JULY

2018

## CACFP Training Hours

If you are still in need of completing the required 2 hours of CACFP training this year, you received a blue instruction sheet with your May reimbursement check. Please complete an online training (minimum of 2 hours) and mail your certificate to the office **NO LATER THAN AUGUST 1, 2018**. These hours will work only for food program unless approved by your local licensing surveyor. The instructions are:

**Free, CACFP approved training is available online from the Institute of Child Nutrition:**

1. Log on to [www.theicn.org](http://www.theicn.org)
2. Click on **Training**
3. Click on **E-Learning**
4. Choose a **Child Care Nutrition topic (2 hours required)**
5. Click on **Enroll**
6. Click on **Enroll again**
7. **Sign in or Make an account**
8. **Take the Class**
9. **Print your certificate**
10. **Mail a COPY of your certificate(s) to Child Care Links**
11. **This fulfills your CACFP requirement only and can not be used for license renewal (unless approved by licensing)**
12. **Please complete BEFORE August 1, 2018.**



## Thank You

We would like to thank the following providers for allowing visits with representatives from Kansas State Department of Education during the months of April and May:

Rebecca Fleming  
 Michelle Ross  
 Crystal Reyes  
 Kanisha Shaw  
 Donna Meuli  
 Jody Koenigsman  
 Tonya Sanders

Visits were made to providers on our program in preparation for our agency review.



# Nutrition Bites

## Welcome New Providers

Connie Ibarra—Stafford  
 Guadalupe Cesena—Wichita  
 Penny Lopez—St. John  
 Brandie Castillo—Anthony  
 Elizabeth Neal—Hutchinson  
 Christen Dreiling—Nickerson

Kimberly Harris—Pratt

## Welcome Back

Petra Corral—Wichita  
 Amy Alcorn—Oxford

# Tips to Stay Food Safety Savvy on Picnics

July is National Picnic Month and a summer picnic is a great way to enjoy the outdoors and each other's company. Keep picnics healthy and safe this summer by remembering the following tips:

- 1. Temperature and time:** Remember that the time perishable food can be left outside the refrigerator or freezer drops from two hours to one hour in temperatures above 90 degrees Fahrenheit. Keep hot foods hot and cold foods cold on the way to and from your picnic.
- 2. Use a food thermometer:** According to USDA research, 1 out of every 4 hamburgers turns brown in the middle before it has reached a safe minimum internal temperature of 160 degrees Fahrenheit. Use a food thermometer to measure the internal temperature before removing food from the heat source.
- 3. Bring non-perishable foods:** Replace perishable food items with non-perishable food items or items that are not temperature sensitive. Try replacing potato salad with washed baby carrots or replace fruit salad with washed whole fruit.

- 4. Two coolers are better than one:** Bring two coolers to the picnic. Use one cooler for the perishable food and use the other cooler for beverages. Keep perishable foods cold in an insulated cooler with ice or frozen gel packs. Keep the cooler closed as much as possible.
- 5. Keep it clean:** Make sure to check ahead and find out if there is a source of safe drinking water at your destination. If there is not, bring clean water for preparation, cleaning, and drinking. Pack clean, wet, disposable cloths or moist towelettes for cleaning hands and surfaces.
- 6. Dangers of cross-contamination:** Cross contamination is the transfer of harmful bacteria to food from other foods, cutting boards, and utensils when they are not handled properly. Remember to wash your hands before and after handling food, and do not use the same platter and utensils for raw and cooked meat and poultry. Be sure to bring extra clean utensils for eating and serving.

Adapted from: [http://food.unl.edu/documents/July\\_PicnicMonth\\_Webletter\\_07\\_02\\_15.pdf](http://food.unl.edu/documents/July_PicnicMonth_Webletter_07_02_15.pdf)

## Let's Get Moving! Chopstick Challenge

### Equipment Needed:

- Pool Noodles
- Beach Ball
- Large Basket or Box

At least two players are needed, but more can participate as well. Give each child a noodle and tell them they have to get the balloon or beach ball into the basket or box without touching the ball. To be successful, the children will need to cooperate, using the noodles like a giant pair of chopsticks to pick up the balloon/ball and move it into the basket/box.

You can time each pair or group to see who can complete the task the fastest. Your own variations could emphasize creativity and style!

Source: <https://www.verywellfamily.com/beach-ball-and-balloon-games-1256805>

## July is...

National Blueberry Month  
National Hot Dog Month  
National Picnic Month

- July 1 International Chicken Wing Day
- July 3 Eat Beans Day
- July 4 Independence Day
- July 8 National Blueberry Day
- July 10 Teddy Bear Picnic Day
- July 11 National Blueberry Muffin Day
- July 13 Friday the 13th
- July 14 Shark Awareness Day
- July 15 Cow Appreciation Day
- July 16 Fresh Spinach Day
- July 22 Hammock Day
- July 30 International Day of Friendship

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