



Child Care Links

www.childcarelink.org

Follow us on Facebook

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June
2018



Early Deadline

Please be certain to mail May menus as soon as the month ends. Be certain that ALL required new enrollments accompany your claim. KSDE has given us an early deadline due to the end of their fiscal year ending in June. Getting your menus and all required documentation in on time (the 3rd of each month) will help us process your claim on time and get your reimbursement to you on time. Thank you for making this a priority every month.



Hey
Little
Hutch.org

Please help spread the word! Thanks to the K-Ready Reno County Coalition, Reno county parents now have a valuable resource for all things “little” that make a big difference for children, families and our community. Hey Little Hutch will direct parents to:

- Childcare and preschool
- Community events
- Things to do in Reno County
- Early Learning Resources

Pediatric CPR and First Aid

What: Pediatric CPR and First Aid Class

When: Saturday, June 23, 2018

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



June is...

- National Dairy Month
- Recreation and Parks Month
- 4th National Cheese Day
- 6th National Gardening Exercise Day
- 8th Best Friends Day
- 10th Herb and Spices Day
- 11th National Corn on the Cob Day
- 14th Flag Day
- 15th Smile Power Day
- 16th Fresh Veggies Day
- 17th Eat Your Vegetables Day
- 17th Fathers Day
- 18th Go Fishing Day
- 18th International Picnic Day
- 21st International Yoga Day
- 27th Sun Glasses Day
- 29th Hug Holiday

Welcome New Providers

Trish Patton—Cunningham

Melanie Howell—Nickerson



Nutrition Bites

What's Cooking in the SUMMER

Zucchini/Summer Squash

Choose squash that is heavy for its size with smooth and shiny skin. Store in a sealed container in the refrigerator. Wash before cutting. Can be eaten raw or cooked



Tomatoes



Choose tomatoes that are rich in color. Tomatoes should have smooth skin, without any wrinkles or soft spots. Ripe tomatoes will yield to slight pressure. Store tomatoes at room temperature. If overly ripe, store in the refrigerator in an unsealed container.

Artichoke

Choose those that show no sign of spoilage such as mold or bruises. You may cut damaged area and salvage immediately. Despite their tough and hard appearance they are surprisingly perishable. Keep fresh artichokes up to 2 weeks in a plastic bag in the refrigerator. You may pickle the hearts or steam or bake the whole vegetable according to recipe.



Egg Plant



Choose eggplants that are flossy, firm and full colored and not streaked by brown. Whole eggplants will keep well in a well-ventilated place at 50 degrees for up to a week. It is best not to refrigerate eggplants. They can be frozen and dried. Slice fresh eggplants and lightly salt to remove bitterness. Use as indicated in recipe.

Peas

Choose unshelled peas with flexible, well-filled pods with tender seeds. They should be lively green. Fresh peas should be stored in the refrigerator in a bag. Rinse pods before using. May be eaten raw, but best cooked. Snap-off the top and bottom of the pod and then gently pull off the thread. Gently open pods and remove the seeds.



Peach



Pick peaches that give when pressed lightly. Avoid fruits with any holes or bruises. Unripe peaches should be stored in a paper bag at room temperature to ripen. Ripe peaches should be stored carefully in the refrigerator and eaten as soon as possible. Wash peaches just before eating. Best eaten fresh, but can be cooked as in pies or tarts.

Watermelon

Choose fruit that is heavy for its size. Skin should be smooth. Choose fruit with a creamy yellow sun spot. Uncut watermelon should be stored in a cool place. Once cut, fruit should be stored in the refrigerator to preserve taste, texture and juiciness. Wash watermelon before slicing. Best eaten raw.



Source: What's Cooking this Season. San Antonio Food Bank

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