



Child Care Links

www.childcarelink.org

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March
2018



Pediatric CPR and First Aid

What: Pediatric CPR and First Aid Class

When: Saturday, March 24, 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.



March is...

- 1st National Pig Day
- Peanut Butter Lover's Day
- 2nd World Day of Prayer
- 3rd Caregiver Appreciation Day
- 11th Johnny Appleseed Day
- 13th Ear Muff Day
- 14th Learn about Butterflies Day
- 17th St. Patricks Day
- 19th Poultry Day
- 20th Tea for Two Day
- 25th Waffle Day
- 26th National Spinach Day
- 30th Take a Walk in the Park Day

Corned Beef and Cabbage

3 pounds corned beef brisket with spice packet

10 small red potatoes

5 carrots, peeled and cut into 3-inch pieces

1 large head cabbage, cut into small wedges



Place corned beef in large pot or Dutch oven and cover with water. Add the spice packet that comes with the corned beef. Cover pot and bring to a boil, then reduce to a simmer. Simmer approximately 50 minutes per pound or until tender.

Add whole potatoes and carrots and cook until the vegetables are almost tender. Add cabbage and cook for 15 minutes. Remove meat and let rest 15 minutes.

Slice the meat across the grain and serve warm.

Welcome New Providers

Jennifer Alekneuious—Hutchinson

Amanda Pennington—Wichita

Melissa Spear—Wichita

Alexandria Gilkey—Macksville

Mary Waymeier—Hutchinson

Christina Adsit—Hutchinson

Nutrition Bites

FIVE “PEAS” FOR RAISING A VEGGIE-LOVING CHILD



Promotion

Placing vegetables up-front-and-center increases the likelihood that they will be eaten. Encourage parents to keep plenty of cleaned, ready-to-eat vegetables at eye level in their refrigerator. Plan veggie snacks with pea pods, baby carrots, grape tomatoes or broccoli florets.

Persistence

Even if you have an ironclad vegetable-resistant child, it’s important to continue to serve vegetables at the family table. It sometimes takes over 10 exposures to a new food for a child to muster up the courage to try it. But if the food becomes familiar enough, the odds increase that the child will actually sample the food.

NOTE: Don’t force the issue, though. When you force a “bite” or two, it actually makes a child more resistant to trying new foods. The important thing is that you continue to serve vegetables and set a good example by eating them yourself.

Personalize

Try serving vegetables in a variety of ways. Some kids like them fresh and crunchy while others prefer them lightly steamed. Mixed dishes such as vegetable soup, stir fry dishes, spinach lasagna and burritos served with fresh salsa are more appealing to some children.



Plant

Gardening is perhaps the best way to get kids interested in trying new vegetables. Assign children a small plot in the yard and let them choose which vegetables to plant. Kids take pride in the foods they grow and will enjoy sampling their harvest.

Produce Story Books

There are a lot of fun children’s books with an “eating vegetables” theme. Children have fun hearing/reading these stories while they hear positive messages about eating vegetables. Some examples include:

- [I Will Never Not Ever Eat a Tomato](#), by Lauren Child. Lola is a fussy eater until her big brother Charlie makes up inventive names for vegetables and other foods.
- [Rabbit Food](#), by Susanna Gretz. John is a young rabbit who doesn’t like vegetables (“rabbit food”). Uncle Bunny comes to the rescue, except he tries to hide the fact that he doesn’t like carrots!
- [The Ugly Vegetables](#), by Grace Linn. A tale about a little girl, who thinks her mother’s Chinese vegetable garden is ugly, especially compared to the neighbor’s flower gardens. She changes her mind after her mother makes a delicious soup from the vegetables. Recipe included.

Source: Connie Evers, MS, RD <http://nutritionforkids.com>