



Child Care Links

www.childcarelink.org

Follow us on Facebook

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May

2018

The Child and Adult Care Food Program is turning 50!

We would like to applaud you for your time and dedication to feeding the children healthy meals and snacks. Please take time to educate others on the importance of teaching our youngest the healthiest way to eat!

On Tuesday, May 8th, show us how you are celebrating by commenting on our Facebook birthday announcement!



Children Benefit with CACFP

- Proper nutrition ensures appropriate development in children
- Proper nutrition reduces physical and educational problems later in life
- Proper nutrition determines the quality of one's diet throughout life

Parents benefit with CACFP

- Assured that their children will be served high quality meals
- Children are less likely to experience fatigue and illness, and less time a parent must be absent from work
- Children are more likely to be healthy, happy and develop at a normal physical, emotional and intellectual pace because of nutritional value received
- Save money

Community Benefits with CACFP

- Federal tax monies are returned to the provider's state and invested in the health of the community's children
- Added revenue is a means of helping to keep child care costs down for citizens
- Since only regulated providers are eligible to participate in the program, it provides an incentive for unlicensed providers to comply with the communities local child care ordinances.

Child Care Providers Benefit with CACFP

- Providers receive valuable nutrition education; learn the proper foods to feed children in amounts appropriate for their age
- Receive personal visits from CACFP and learn how to encourage positive eating habits that will benefit a child throughout life
- Providers help children make healthy food choices fro their meals and snacks that will last a

Nutrition Bites

Black Bean Quesadillas

Ingredients

- 1/3 c. frozen corn
- 1/2 of a small onion, diced
- 1 can canned black beans, drained and rinsed
- 2 8-inch whole wheat tortillas
- 1/2 avocado, peeled, pitted and roughly chopped, divided
- 1/2 small jalapeno, deseeded and finely chopped, divided
- 1/2 c. grated Monterey Jack cheese, divided



1. In a hot skillet over high heat cook the corn until defrosted and turning brown. Remove from heat and set aside.

2. Turn the heat down to medium-high and add 1 tablespoon of oil and diced onion. Cook until the onions are translucent and caramelized. Add in the black beans. With the back of a wooden spoon smash the black beans into the bottom of the pan. Press until you have a chunky mash. If the beans look too dry stir in a tablespoon of water at a time. Remove from heat and set aside.

3. Wipe the same pan clean and add the remaining 1 tablespoon of oil over medium-high heat. Place 1 tortilla into the bottom of the pan, move around to make sure that the tortilla is completely lightly oiled. On one half only, press in half the smashed black beans, and sprinkle half the avocado, jalapeno, cheese, and corn—reserving the remaining half for the second quesadilla. Fold over the undressed side so you have a half moon. Cook on each side until browned, about 2 minutes per side. Remove from heat, and transfer to a board, cut into 4 triangular slices.

4. Repeat for the second quesadilla. Serve with lime zest and a dollop of yogurt.



CACFP Spring Training

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

We would like to extend a huge thanks to everyone who attended spring workshops this year. We hope you are using the recipes to spice up your menus!

If you were unable to attend, you are still in need of the required two hours of training. An online option will be announced soon. Watch the newsletter for details!

May is...

- May 1** May Day
- May 2** Brother and Sisters Day
- May 4** Bird Day
- May 5** Cinco de Mayo
- May 6** No Diet Day
- May 8** National Teacher’s Day
- May 10** Clean Up Your Room Day
- May 11** Child Care Provider Day
- May 13** Mother’s Day
- May 14** Dance Like A Chicken Day
- May 16** Wear Purple for Peace Day
- May 18** National Bike to Work Day
- May 19** Armed Forces Day
- May 20** Pick Strawberries Day
- May 25** National Missing Children’s Day
- May 27** Sun Screen Day
- May 28** Memorial Day
- May 30** Water a Flower Day
- May 31** World No Tobacco Day



Welcome New Providers

Amber Cushenbery– Andover

Kaitlynn Dutton– Wichita

Jacey Bedore– Kingman