



Child Care Links

www.childcarelink.org

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September

2018

September is...

Better Breakfast Month

Chicken Month

Food Safety Education Month

Fruits & Veggies-More Matters Month

Mushroom Month

Papaya Month

Potato Month

Rice Month

Whole Grains Month



Breakfast Pita

6 pita bread, whole wheat, pocket 6 1/2" diameter, 2 oz. each
10 large eggs
2 1/4 c. American cheese, shredded, low fat

Cut full round pitas in half to form 2 pita pockets each. Crack eggs into large mixing bowl. Whisk until smooth. Heat a large skillet over medium heat and spray with pan release spray. Pour beaten eggs into heated pan and cook until firm, stirring frequently. Heat eggs to an internal temperature of 145 or above for 15 seconds. Scoop eggs into each pita half (about 1/4 cup per half) and top with 2 T. cheese. Serve immediately.

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 July reimbursement check. Please complete an online training (minimum of 2 hours) and mail your certificate to the office **today**. **You will be seriously deficient if your training hours are not submitted.** 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**
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 TODAY**



Nutrition Bites

Avocados Aren't Just for Guacamole

Heart-healthy avocados are naturally low in sodium, cholesterol, sugar and trans fat-free. They are a good source of fiber, folate and vitamin K. One-third of a medium avocado has 80 calories and contributes “good” fats (1 g poly and 5 g mono), is low in saturated fat (1g) and contributes nearly 20 vitamins and minerals, including 254 mg of potassium.

How to select:

Choose avocados with firm skin and no soft spots, firm but yielding to gentle pressure when ripe.

How to store:

Store unripe avocados in a paper bag at room temperature. Refrigerate when ripe for 2-3 days.

Ways to enjoy avocados:

- Mash avocado and spread it on a sandwich instead of using mayonnaise. Rich in monounsaturated fat, avocados are a healthy substitute for mayonnaise, cream cheese, butter or sour cream.
- Avocado is a deliciously rich, healthy and filling addition to salads.
- Add some avocado slices to sandwiches. Not only does this tasty fruit add a delicious flavor but it also adds substance to the sandwich.
- Enjoy avocado as part of a healthy stir-fry dish. Find a recipe for California Avocado Stir-fry at the link below
- Half an avocado then use a small ice-cream scoop to fill the little dip in the middle with a favorite chicken, tuna, or ham salad recipe.
- Making deviled eggs? Mash half an avocado in with the yolks, spoon in and enjoy. Avocados and eggs go great together in omelets too, skip the cheese and toss in some diced avocado.
- Guacamole...of course!
Baked tortilla chips and raw veggies are perfect to dip.

Adapted from: <https://www.fruitsandveggiesmorematters.org/avocado-nutrition-selection-storage>



Planning Physical Activities

Let's Get Moving

One of the best ways for children ages 2-5 to be physically active is to let the child be active naturally. Give children plenty of time to move and an appropriate space to move in.

You do not need to have a lot of equipment and space to offer quality physical activities. Create stations with different activities, like tossing and jumping in your child care room. Bring active play to small spaces. You do not need equipment for each child. Use masking tape on the floor to show children where they can move. This allows children to move a great deal in a limited space without disturbing others.

Good physical activity time for young children is playful and fun, with a balance of free play and guided discovery. The most important message in being active for young children is that using your body can be fun. Each child must find the activities that are right for him or her. Because young children lack muscular endurance, they tire easily and quickly but also recover quickly. Plan short bursts of activity, with time for children to rest in between.



<http://articles.extension.org/pages/65079/things-to-consider-when-planning-for-physical-activities-in-child-care>

Welcome New Providers

Alicia Whited—Colwich

Natalie Wiens—Hillsboro

Kesa Knopik—Valley Center