



# Child Care Links

www.childcarelink.org

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December

2018

## 2019 Calendars

2019 calendars are still available! Each month contains activity pages filled with recipes, nutrition tips, physical & table activities, snacks and more! Monthly calendar pages have oversized squares for recording important events and are followed by the business record-keeping page. Used by almost 40,000 providers across the country and the most requested CACFP tool in print. Order your 2019 calendar today, order forms were sent with the October newsletter, call the office if you need one.

## Welcome New Providers

Laura Venneman– Wichita

### Welcome Back

Tishayln Jacobs– Wichita

*Happy Holidays*

## Anticipated Reimbursement

### Distribution Dates:

Dec. 28    January 31    February 28

## Holiday Bagel Bites

1 whole wheat mini-bagel  
1 tsp. low-fat cream cheese  
1/2 c finely chopped red and green fresh fruit (kiwi, grapes, apples, pears, strawberries, raspberries etc.)



Spread a thin layer of cream cheese on each bagel half. Sprinkle fruit to resemble a holiday wreath.

*Credit: 1/2 c. fruit/ 1 oz. whole grain*



## Pediatric CPR and First Aid

**What:** Pediatric CPR and First Aid Class

**When:** Saturday, January 19, 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.

Nutrition Bites

# Healthier Holiday Bites

Celebrate the holiday season by substituting healthier holiday choices. Many traditional holiday recipes are tasty and healthy.

Here are a few healthier holiday eating tips:

- Lower the fat. Substitute unsweetened applesauce for half the butter, shortening, or oil in baked goods. For dip recipes, try using plain, low-fat or fat-free yogurt in place of mayonnaise. Choose lean meats and drain off excess fat after cooking.
- Reduce sugar. When making baked goods, such as quick breads, cookies, and pie fillings, reduce the sugar by one-fourth to one-third. When using less sugar in recipes consider adding spices such as cinnamon, cloves, allspice and nutmeg. Add vanilla extract or almond flavoring to enhance the sweetness of the food.
- Be sodium savvy. Rinsing canned vegetables with water before cooking can eliminate most of the extra sodium added during the canning process. Choosing fresh or low sodium soups, broths, soy sauce and tomato products can cut down on salt intake. When a recipe calls for seasonings such as garlic salt, celery salt, or onion salt, substitute with herb-only seasonings.
- Increase fiber. Try using whole-wheat flour and bread along with whole grain pasta, brown rice, oatmeal, and whole cornmeal in recipes and dishes. Substituting whole-wheat flour for half of the all-purpose flour in a recipe works great. Vegetables are also another great way to increase fiber in a dish adding a variety of vitamins and minerals as well.

Adapted from: <https://food.unl.edu/november-2016-healthier-bites-holidays>



## Get Moving – Indoor Obstacle Course

Build an indoor obstacle course, which can keep children occupied for hours. As the obstacle course is designed, keep in mind the ages, abilities and number of children involved as well as the space available. Consider involving the children in building the course stations. Focus on making the course simple at first and changing the stations as the children master them. Variations could include playing music as the children complete the course or timing the kids to see who can complete the course the fastest (safely). Here are a few ideas to get started:

1. Crawl under or over a row of chairs
2. Crawl under a string stretched between two chair legs
3. Jump into and out of a hula-hoop 5 times
4. Walk along a straight line
5. Throw a beanbag into a laundry basket
6. Run while balancing a beanbag on your head
7. Toss a ring onto a cone
8. Somersault from one point to another

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