



# Child Care Links

www.childcarelink.org

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November  
2018

## Sub-Grant Opportunity From Team Nutrition

**FREE:** Nutrition education opportunities through the Power Panther Preschool Sub-grant!



**EASY:** Find the application at [www.kansasteamnutrition.org](http://www.kansasteamnutrition.org)

**FAST:** Only fourteen questions, half of them are boxes to check.

Questions: contact Linnie Rieger, Team Nutrition Project Director, at [lrieger@ksde.org](mailto:lrieger@ksde.org)

### Power Panther Preschool Sub-grant Application – DUE November 16th

**What you will receive!** Power Panther Preschool curriculum, includes:

- Teacher Implementation Guide with program guidelines, instructions for classroom activities separated by color of foods, additional suggested resources, and newsletters for parents
- **NINE** children's books to go along with the lessons
- MyPlate poster to hang in classroom for reinforcement of program lessons
- \$6/child sub-grant funds to implement the nutrition education activities and tastings

**Don't miss out on this exciting opportunity!**

*Thankful  
&  
Grateful*

## New Enrollments

You should have already received new PINK enrollment forms for 2018-2019. Enrollments were due October 15th. If you have not sent them, please **do so today**. Children without an updated enrollment can not be reimbursed for October.

**IMPORTANT!!** Parents must be the ones to fill out these forms. Make sure that all information is filled in. Incomplete enrollments can't be accepted and can prevent you from receiving reimbursement!

## Pediatric CPR and First Aid

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

**When:** Saturday,  
November 10, 2018

**Where:** HCC  
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.



## Welcome New Providers!

Nesha Walker—Bel Aire

Chelsie Reed—Hutchinson

Madison Plott—Haysville

Nutrition Bites

## 2019 Calendar

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!



### November |s...

International Drum Month

Caregivers Appreciation Month

Peanut Butter Lovers Month

**2nd-Deviled Egg Day**

3rd-Book Lovers Day

3rd-Sandwich Day

13th-World Kindness Day

15th-Clean Your Refrigerator Day

17th-Homemade Bread Day

22nd-Thanksgiving Day

28th-French Toast Day

29th-Square Dance Day

### Anticipated Reimbursement

#### Distribution Dates:

Nov. 30

Dec. 28

## Celebrate Deviled Egg Day with Egg trivia!



·Double-yolk eggs are often laid by young hens, or by hens that are old enough to produce extra large eggs.

·Eggs have all 9 essential amino acids making them a perfect protein source.

·Green color in a hardboiled egg is harmless, but forms when cooked too long or at too high temperature.

·The green discoloration results when sulfur in the egg white and iron in the yolk reacts.

·Egg yolks contain choline that promotes normal cell activity, liver function and is key in the development of infant's memory functions.

·One whole egg counts as 1 ½ oz. Meat/Meat Alternate in the CACFP.

·Up to 3 times a week, egg can be used as the Meat/Meat Alternate substitution for the equal amount of the Grain component at breakfast.

Children of all ages love deviled eggs as a nutritious snack or mealtime complement, and helping make them is even more fun and exciting! The American Egg Board says to make the perfect hard-boiled egg:

1.PLACE eggs in saucepan large enough to hold them in single layer. ADD cold water to cover eggs by 1 inch then bring to boil. Reduce heat to simmer; cook for 15 minutes.

2.REMOVE from burner. COVER pan. LET EGGS STAND in hot water about 12 minutes for large eggs (9 minutes for medium eggs; 15 minutes for extra-large).

3.DRAIN immediately and serve warm. OR, cool completely under cold running water or in bowl of ice water, then REFRIGERATE.

For Deviled Eggs, use this basic recipe found at <http://www.kidsacookin.org/salads/Deviled-Eggs.pdf>, to make the filling and fill the eggs. Keep it "egg"cing by offering options to spice things up a bit by seasoning the filling with mustard, chili powder, cumin, curry or salsa.