



# Child Care Links

www.childcarelink.org

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February

2019



## National Hot Breakfast Month



February is National Hot Breakfast month. Hot breakfast month is intended to help remind us that breakfast is the most important meal of the day! It gets our bodies fueled and ready for another day. There is nothing better on a chilly morning than a hot breakfast to get the children moving. Celebrating is easy!

Here are some hot breakfast suggestions:

- Oatmeal
- Egg Patty Sandwiches
- Breakfast Bowl with hash browns and eggs
- Veggie Omelet
- Breakfast Burrito
- Egg and Ham Monkey Bread
- Breakfast Frittata
- Grilled Ham and Cheese Sandwich
- Pancakes

Be sure to add a fruit or vegetable and milk for a complete creditable breakfast. Meat/Meat alternate may replace the bread/bread alt. at breakfast up to three times each week.



## Love is in the Air...

Unfortunately so are germs. Make sure that you keep everyone as healthy as possible with proper hand washing. CACFP requires that all participants wash their hands with warm running water and soap before eating. **Wet wipes or wash clothes are not acceptable alternatives!** Be sure the children are going to the sink to wash! Help get children excited about hand-washing with this fun rap:

You **gotta'** wash your **hands**, and  
You **gotta'** wash'em **right**  
Don't **give** in to **germs**  
With-out a **fight!**

Use **water** that's **warm**  
And **lots** of soapy **bubbles**,  
**These** are your **weapons**  
For **preventing** germ **troubles**

Don't **cut** your time **short**  
Your **fingers**—get **between**,  
It **takes** twenty **seconds**  
To **make** sure they're **clean**

Gotta' **wash...gotta' wash**  
Gotta'—**wash**—your—**hands**,  
Gotta' **wash...gotta' wash**  
Gotta'—**wash**—your—**hands!**



Nutrition Bites

## Apple Cinnamon Slow Cooker Oatmeal

- 1 c. steel cut oats
- 3 1/2 c. water
- 1 cup peeled and chopped apple
- 1/2 c. raisins (optional)
- 1 T. ground cinnamon
- 2 T. brown sugar
- 1 tsp. vanilla

Stir all ingredients together in the crockpot. Cover and cook on low for 6-8 hours. The longer they cook, the softer the texture will be.



## Ham and Egg Monkey Bread

- 6 eggs
  - 1/3 c. milk
  - 20 oz. can refrigerator biscuits
  - 1 1/2 c. diced ham
  - 1 c. shredded cheddar cheese
  - 1/4 c. finely chopped green onion
1. In a large bowl beat eggs with milk until smooth
  2. Separate biscuit dough; cut each biscuit into quarters. Gently stir biscuit pieces into egg mixture to coat evenly. Fold in ham, cheese and onion. Spoon mixture into sprayed dish; arrange biscuit pieces in a single layer.
  3. Preheat oven to 350 degrees. Bake for about 25-30 minutes, or until golden brown and eggs are cooked through. If the biscuits start to brown too much on top, cover loosely with foil until the inside finishes cooking.

## Anticipated Reimbursement Distribution Dates:

- February 28
- March 29
- April 26



## Pediatric CPR and First Aid

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

**When:** Saturday  
March 16, 2019

**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.

