



Child Care Links

www.childcarelink.org

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January
2019



Nutrition Bites



Mail Issues

In recent months, there has been more and more difficulties with the mail. We would like to remind everyone about the option for direct deposit. If you would like peace of mind that your reimbursement will get to you in a timely manner, consider allowing us to deposit it into your savings or checking account. We have also had several claims not make it to our office. Please be intentional about where you mail your claim from. It is important that it arrives by the **third** of each month. A post office drop box is the best place to leave your mail. We are unable to process your menus if we don't get them.

Tips for Success



- Use the checklist on your pink claim cover when mailing in your claim, (it is due in our office on the third of each month). Many providers are missing things, which often leads to loss of reimbursement.
- The New Meal Pattern must be followed! Amounts of infant foods offered is required. When the infant is ready for solid foods, they must be served at all meal/snack times.
- All whole grain/whole grain rich foods must be marked as such and must be served one time each day
- Enrollments should be checked to be sure they are complete before sending them to the office. Missing information leads to loss of reimbursement. Infant formula **must be offered** to every child under 12 months.



Keep Children Moving even when you can't go outside

During the very cold winter days it can be a challenge to get at least 60 minutes of physical activity in. Here are some great ways to keep those little ones warm but keep them moving...

- **Freeze Dance** put on some music and dance like crazy. When the music stops so do you!
- **Learn some new moves** check out youtube and teach those preschoolers to Moon Walk, Macarena, Cha Cha Slide or Nae Nae!
- **Hula Hoop** is a great indoor activity if you have little extra space. See who can keep it going the longest
- **GoNoodle** is a free app that will keep the kids moving along with all of the actions
- **Color Walk** tape colored paper around the room. Instruct the children which color(s) they can step on and see who can go longest without getting stuck
- **Airplane Landing** make paper airplanes and see who can get it to fly the furthest. Now, go get them without walking! Get creative: skip, crab walk, crawl, hop, twirl...



WGR Oatmeal Pancakes

- 2 c. milk
- 1 1/2– 2 c. rolled oats
- 2 eggs
- 1/4 c. oil
- 3/4 c. flour
- 2 T. sugar
- 2 1/2 tsp baking powder
- 1 tsp. salt



Pour milk over oats and let stand 2-5 minutes. Beat in eggs and oil. Beat in the remaining ingredients. Mixture will be thin. Fry on hot griddle. Serve Hot.



Winter Fruit Salad



- 1 pear, cored and finely sliced
- 1 apple, cored and finely chopped
- 3 kiwi, cored and finely chopped
- 3 clementines, peeled and separated
- 2 large bananas, peeled and sliced
- 1/2 c. pomegranate seeds

- 1 T. honey
- 3 Tbsp. lime juice
- 1 Tbsp. poppy seeds
- 1 T. Fresh mint, chopped

1. In a large bowl combine apple, pear, banana, kiwi, clementines and pomegranate seeds. Lightly toss.
2. In a small bowl whisk together honey, lime juice, poppy seeds and mint. Drizzle over fruit and toss until coated. Serve

Anticipated Reimbursement

Distribution Dates:

- January 31
- February 28
- March 29



Pediatric CPR and First Aid

What: Pediatric CPR and First Aid Class

When: Saturday,
January 19, 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.

Welcome New Providers

Amber Mason—Great Bend
Laura Venneman—Wichita

Welcome Back

Sheann Raya—Wichita