



# Child Care Links

www.childcarelink.org

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March  
2019



## Nutrition Bites

### Tips for Healthy Eating and Physical Activity

**Start your day with breakfast.** Breakfast fills your empty tank to help you get going after a long night without food.

**Get Moving!** Get at least 60 minutes of physical activity each day

**Snack Smart.** Snacks are a great way to refuel. Snacks are very important for children with small stomachs. Think of a snack as a mini-meal. Choose healthy smart snacks

**Work up a Sweat!** Include 20 minutes of aerobic activity into each day. This includes working hard enough to sweat, increase heart rate and work up a sweat.

**Balance your food choices.** Don't eat too much of one thing. You don't have to give up the foods that you love, just be smart about how often and how much of them you eat.

**Get fit with friends or family.** Being active is much more fun with a friend or family member. Encourage a group hike or bike ride.



HELP SPREAD THE WORD,  
**CACFP**   
SERVES OVER 4 MILLION CHILDREN  
with healthy meals and snacks daily. Learn more at cacfp.org.

### Celebrate St. Patrick's Day

- Have a "Tasting of the Green" party. Have all of the children bring a green food to share
- Turn the oatmeal green for breakfast
- Make homemade rolls tinted green and serve egg salad sandwiches for lunch

### Going on a Leprechaun Hunt (adaptation of "Bear Hunt")

Going on a leprechaun Hunt,  
I'm not afraid.

Let's Go! Oh Look!  
I see a grassy field.

Can't go around it. Can't go under it.  
Can't go over it. Lets go through it!  
Lets go! Swish. Swish. Swish. Swish.  
Oh look! I see a giant tree.

Can't go over it. Can't go under it  
Can't go over it Lets climb it!  
Lets go! Climb. Climb. Climb. Climb  
Oh Look! I see a river.

Can't go over it. Can't go around it.  
Cant go under it. Let's swim it!  
Let's go! Swim. Swim. Swim. Swim.  
Oh Look! I see a dark cave.

Can't go around it. Can't go under it  
Can't go over it. Lets tiptoe into it!  
Lets go! Tippy. Tippy. Tippy. Toe.

Its really dark in here!  
Better turn on a flashlight  
Oh No! I see something  
It's mean! It's green!

It's a leprechaun!  
Lets go!

Run. Run. Swim. Swim.  
Climb. Climb. Swish. Swish.  
Whew...safe at home again!





CELEBRATE  
NATIONAL



WEEK

March 17-23, 2019

Learn more at [cacfp.org](http://cacfp.org).

## Cabbage

Cabbage, one of the oldest vegetables, continues to be a dietary staple and an inexpensive food. It is rich in Vitamin C and fiber and it is a member of the cruciferous vegetable family. Consuming cabbage could help reduce the risk of certain cancers! Cabbage is also known to help keep your skin healthy and beautiful! Cut up fresh cabbage, sprinkle with lemon and enjoy it as a midday snack. Cabbage is delicious with your favorite tossed salad or pasta dish. Try adding it to vegetable soup!

### Selection

Look for solid, heavy heads of cabbage. Avoid cabbage that has discolored veins or worm damage. Do not buy precut cabbage, the leaves may have already lost their vitamin C. Look for stems that are healthy, closely trimmed and are not dry or split.

### Storage

Keep cabbage cold. Place the whole head of cabbage in a plastic bag and store in the refrigerator. Once the head has been cut, place the remainder in plastic bags and place in the refrigerator. Use cut cabbage within a day or two.

### Preparation

Do not wash cabbage until you are ready to use it. Avoid slicing or shredding cabbage in advance. If you must prepare it an hour or more in advance before cooking, place it in a plastic bag, seal tightly and refrigerate.

### Varieties

There are at least a hundred different types of cabbage grown throughout the world, but the most common types in the US are the green, red and savory varieties. Chinese varieties are also available. The two most common types of Chinese cabbage are Bok Choy and Napa cabbage. Chinese cabbage cooks in less time than standard US types, but can be prepared in the same ways. Cabbage can be steamed, boiled, braised, microwaved, stuffed or stir-fried.

## 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.

## Anticipated Reimbursement Distribution Dates:

March 29

April 26

May 31

## Welcome New Providers

Sheann Raya—Wichita

Cynthia Chestnut—Great Bend

Cheyenne Hammons—Andover

