



Nutrition Notes

CALENDAR OF EVENTS REMINDER

The food program year is a half over and over half of the providers need to complete their 2 hour nutrition in-service. We will be offering the following nutrition in-service trainings. Check your calendars and plan ahead!



Keep Mooving. . .

With Low-fat Milk and Dairy Foods

2 hrs. in-service

Date: Monday, June 22, 2009

Time: 6:30 - 8:30 PM

Location: DCCDA Office, 935 Iowa, Suite 7

Minute Menu On-line Training

2 hrs. in-service

Date: Saturday, July 18th

Time: 9:00 - 11:00 AM

Location: DCCDA Office, 935 Iowa, Suite 7



If you are not currently filing your claim on-line but would like to get more information on how this process works enroll for this class. Learn how to access the Minute Menu Internet Claim Program to process your monthly claim efficiently and accurately. **Minimum of 6 maximum of 10. RSVP by July**

What's a Busy Provider to Do?

2 hrs. in-service pending

Date: Saturday, August 8th

Time: 9:00 - 11:00 AM

Location: First Church of the Nazarene

Presenters: Lisa, and Jan

① Recipes that are simple, quick and nutritious—that's what we want! Come join us as we examine recipes and serving sizes. How much is enough? Which components will this casserole count for on the food program? Is it a healthy choice? Will my children like it? Move your child care menus from good to great!

② Organization 101-With a little planning your child care business can run even more smoothly. We will share tips on organizing the kitchen, the playroom, parent information, and tax records.

Please send in your favorite kid-tested, quick recipes or any tips on organizing your child care business by July 20th. Information will be compiled and handouts will be available at the training.

June 2009

935 Iowa, Suite 7
Lawrence, KS 66044
785-842-9679
dccda.org
8:30 am - 4:30 pm

June 3rd

Claims due

June 30th

DCCDA Open Office

6:00 p.m. - 7:30 p.m.

Checks are available
for pick-up from
8:30 AM - 4:00 PM

Call the office if you want yours held for the evening Open Office. All others are mailed at 4:00 PM!

Celebrate

- ^ June 4th
Cheese Day
- ^ June 5th
Richard Scarry's Birthday
- ^ June 13th
Weed Your Garden Day
- ^ June 17th
Eat Your Vegetables Day
- ^ June 18th
International Picnic Day
- ^ June 21st
Father's Day &
First Day of Summer
- ^ Dairy Month
- ^ National Fresh Fruit
& Vegetable Month



Themed Library Kits

- ^ Fun with Fruits & Veggies
 - ^ Gardening
 - ^ Milk & Ice Cream
 - ^ Picnic
 - ^ Richard Scarry
 - ^ Vacation
 - ^ Bubbles
- ^ Parachute Play 1 and 2

CACFP Reminders & Updates

Records- Remember to keep your copies of enrollments, attendance and menus. One year's worth of records must be kept at the providers' home and available to your home visitor. Two previous years' records must be maintained either in your home or in storage.

Enrollments- New or updated enrollments must be in our office by the 15th of the month following the child's start date. Please send them in as soon as possible to avoid loss of reimbursement.

KDHE Capacity Exceptions- During the summer the exception for 1-2 additional school age children in care is for the two weeks after the end of the school year and the two weeks prior to the start of the school year. A signed exception form must be in your file for you to be able to claim the extra children.

Meal Times- Please call the office @842-9679 to update your meal times for the summer. Remember to call in and let us know if you will be away from home at your scheduled meal times due to field trips or picnics.

Menu Reminders

▲ Picnics are creditable with the food program as long as all meal components have been prepared by you and all components are served. Remember food safety when you pack for these occasions.

▲ Cookies can't be served more than twice a week. Graham crackers, animal crackers, rice krispie treats, granola bars and brownies are all considered cookies.

Supermarket Field Trip

Some of the best lessons in math, language development, science, and social studies that a preschooler can learn are hidden among the boxes, bags, and cans; on the shelves; and in the glass cases at the market.

Here are some ideas for things to see, do, and discuss at the supermarket.

▲ In the produce department, look for unusual fruits and vegetables. Challenge children to count all the green (yellow, orange, red, purple) vegetables and fruits they see. Try a different color each trip. Point out the vegetables that grow underground (carrots, potatoes, beets, radishes). Compare them to vegetables that grow above ground (broccoli, lettuce, corn peas).



▲ Look for scales in the produce department. Weigh something. Have children guess which of two things weighs more.

▲ Look for live fish and lobsters in tanks. *"Why do they keep them in water?"*

▲ Look at the freezers. *"Why do they have doors?"*
"Why do you keep things in a freezer?"

▲ Look for a bakery. *"Can you tell if the store has one without seeing it?"* *"Can you tell what is baking in the oven—cookies, bread, pies?"*



▲ Look for machines that make juice, grind coffee, or slice meat. Talk about how they work.

▲ Show children different forms of the same food. Show them corn on the cob, corn in cans, frozen corn, cornmeal in a sack, corn muffins in the bakery, even corn chips in bags. The supermarket is the perfect place to discuss where foods come from. Point out the trucks outside the store that bring produce or boxes and cans from processing plants.



▲ Remember language arts by pointing out a few familiar signs such as "On Sale" or "Special This Week." Many cans and boxes are illustrated with food items that will help your child to "read" the labels.

▲ Checkout counters can be fascinating places, especially if your market has talking computers. While you are waiting in line, challenge children to name all the items in your cart. Have them count the cans, boxes, and bags.

More Fun Filled Trips

▲ Go to a farm.

▲ Visit a farm stand or "farmer's market".

▲ Take a trip to a place where food is grown:

- Bread factory
- Egg farm
- Dairy
- Orchard

▲ Visit a school cafeteria.

▲ Go to a gym.

▲ Go to a restaurant.

Eat Your Vegetables Vocabulary



Complete the activity.

- _____ 1. The fastest growing of the summer fruits. Also known as the green Italian squash.
- _____ 2. Whether curly or flat leafed an indispensable herb in cooking and garnishing.
- _____ 3. A plant with small white flowers and long green pods containing edible green seeds.
- _____ 4. These highly nutritious seeded pods of various legumes are among the oldest foods known to humanity.
- _____ 5. A plant having a large edible head of crowded white flower buds.
- _____ 6. A plant part of the legumes family that is grown for hay or forage.
- _____ 7. A vegetable with a green skin and a white watery flesh that's used to make pickles.
- _____ 8. Tall annual cereal grass bearing kernels on large ears.
- _____ 9. A vegetable with a light green stalk and leafy top.
- _____ 10. Sweet potato with deep orange flesh that remains moist when baked.
- _____ 11. A type of dark, root vegetable with a hot, sharp taste.
- _____ 12. Sweet and hot varieties of fruits of plants of the genus *Capsicum*.

A) celery
E) yam
I) pepper

B) radish
F) beans
J) parsley

C) cucumber
G) cauliflower
K) alfalfa

D) pea
H) corn
L) zucchini

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Answers: 1. L; 2. J; 3. F; 4. D; 5. G; 6. K; 7. C; 8. H; 9. A; 10. E; 11. B; 12. I