



CHILD CARE DEVELOPMENT SERVICES INC.

CACFP Newsy Notes

January 2011

CCDS is an equal opportunity employer

Child Nutrition Bill Passes in December 2010

It was quite an accomplishment to have the legislation for the CACFP and other nutrition programs pass in the last days Congress was in session. This only was possible due to the continued phone calls and letters of providers, parents and advocates encouraging passage of this important bill.

There will be some welcomed changes such as more homes classified as Tier 1, and providers will be able to collect parent income statements. Block claiming edits will change and there will be more emphasis on nutrition and training.

Soon only lower-fat milk options will be acceptable for children over the age of 2. We will let you know when these changes take effect.

“Those who say it cannot be done should not interrupt the people who are doing it.”

Author Unknown

Resources for 2011

All participants of the CCDS CACFP will be given your own copy of these two resources. Your nutrition coordinator are delivering them to you at home visits. The back page of each newsletter this year will feature a recipe from the calendar. We hope you will try them and let the children help you as they are able.

Plan for Good Health 2011 Calendar



Lisa H., Grade 4, Portland

The Get Healthy Now Show Kit includes an original Sesame Street DVD that will get children moving with the Sesame Street characters as they sing, dance and play games. Each kit is in English and Spanish and was provided to us through WIC.

If you have not received your resources, be sure to ask your Nutrition Coordinator when she visits you next.



KEEP RECORDS UP TO DATE and INFORM US IF YOU WILL NOT BE HOME DURING A REGULARLY SCHEDULED MEAL TIME

Sesame Noodles with Broccoli and Chicken

Ingredients:

- 8 ounces whole wheat spaghetti noodles
- 2 Tablespoons sugar
- 3 Tablespoons soy sauce
- 2 Tablespoons rice vinegar
- 2 cups chopped fresh broccoli
- 2 Tablespoons vegetable oil
- 1 Tablespoon minced garlic
- 1-1/2 cups chicken breast, cooked and dices
- 1 Tablespoon toasted sesame seeds



Instructions:

Cook pasta according to package directions. Mix sugar, soy sauce and vinegar together and set aside. Heat oil in large skillet, add garlic and broccoli and stir over medium heat until tender. Add cooked chicken and stir until heated through. Add pasta and soy sauce mixture; mix well. Sprinkle sesame seeds on top.

From 2011 Plan for Good Health Calendar...

Food Safety Tip

Separate raw meat, poultry and seafood from other foods in your grocery cart and refrigerator.

Smart Shopping Tip

Plan meals ahead and check for ingredients you already have. Use a grocery list to help avoid impulse purchasing.

WHAT KIDS CAN DO FOR THIS RECIPE

Measure and mix ingredients and set the timer for the pasta. If they are ready to use the stove, help them arrange ingredients so they are easy to add when needed.

CCDS Staff Numbers

Amy	503-489-2599	(Operations)
Shawn	503-489-2528	(Inside Support)
Debbi	503.489.2509	(Manager)
Carolyn	503-489-2580	(Director)
Laurie	503.489.2553	(English)
Kayla	503.489.2541	(Finance)
Luisa	503.489.2512	(Spanish)
Mychi	503.489.2506	(Vietnamese))
Rosie	503.489.2513	(Spanish)
Svetlana	503.489.2515	(Russian)
Trent	503-489-2507	(Centers)

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Dawn X2508	La Grande
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Provider Update	503.489.2577
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Training Info	503.489.2599

On line information <http://metroccrr.org/ccfp.htm>

Be Active

Develop a set of regular indoor activities that don't depend on good weather. Try aerobic dance, stretching and strengthening movements, stair climbing, rope skipping, mall walking, and dancing.

