



# CHILD CARE DEVELOPMENT SERVICES INC.

June 2010

CCDS is an equal opportunity employer



## CACFP Newsy Notes

### Kindergarten Grads Now Considered School Age!

When it comes to determining the number of children you may have that are preschoolers, any children who have completed kindergarten and are now eligible for first grade are considered school-agers.

This opens up a preschool spot for each child who has been in kindergarten and adds one child to your school-agers.



### Grow It, Try It, Like! Pre-school Fun with Fruits and Vegetables

For summer activities check out the website <http://teamnnutrition.usda.gov/Resources/growit.html> for a copy of this garden themed

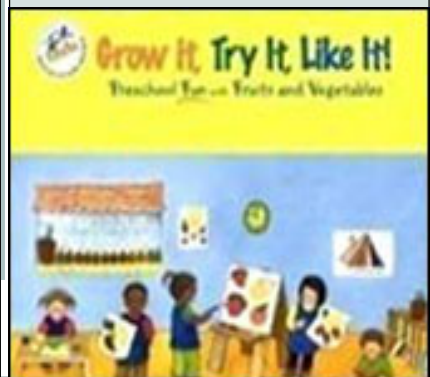
*Knowing is not enough; we must apply. Willing is not enough; we must do.*

**Thank you** to the child care professionals who inform us and take this regulation seriously.

You **must** contact your Nutrition Coordinator and inform her ***in advance*** when you will be away so that visits are not made and no one is home. This is especially important if you are going to be closed for vacation. Not informing us when you will be away from home during a normal meal or snack time will result in corrective action and disallowed meals. Continued non-compliance with this policy leaves your sponsor no choice except to find you seriously deficient and to begin the serious deficiency process. We do not wish to be forced into this action, so please be certain to inform your Nutrition Coordinator when ever you will not be at your day care facility during regular day care hours, especially during mealtimes. USDA takes this notification just as seriously as keeping records up to date and so must we. Please ask your coordinator if you need any technical assistance in this matter.

### Cont.

**Nutrition education training kit for child care professionals.** The kit includes seven booklets with fun activities that can be used to introduce any fruit or vegetable. Through an imaginary garden at Tasty Acres Farm you can use the kit to promote learning at home as well as your child care setting . Go to the website to order your free copy and receive the lesson plans and a CD-Rom. There are many more resources at the Team Nutrition website design just for child care professionals, so be sure to check them out.



## From 2010 Plan for Good Health Calendar...

# My Pyramid Pizza

This recipe is a good source of vitamin C, which keeps gums and blood vessels healthy.

- 1/2 English muffin  
 1 to 2 Tablespoons spaghetti or pizza sauce  
 1 Tablespoon grated cheese  
 1 to 2 Tablespoons toppings; try chopped vegetables, fruits, or cooked meat
1. Preheat oven to 400 degrees.
  2. Lightly toast English muffin.
  3. Spread muffin half with spaghetti or pizza sauce.
  4. Add cheese and pizza toppings of your choice.
  5. Bake 8 to 10 minutes until muffin is lightly browned and cheese is melted.
  6. Allow to cool slightly before eating.
  7. Refrigerate leftovers within 2 to 3 hours.

Tomato sauce or marinara sauce may be substituted. Try a variety of fruits and vegetables such as onions, bell peppers, mushrooms, pineapple and tomato, olives. Use leftover cooked meats like chicken or ground beef. Try whole wheat English muffins for added fiber.



### Food Safety Tip

Avoid cross contamination—never put cooked food back on a plate that previously held raw meat, poultry, seafood or eggs.

### Smart Shopping Tip

Use the cost per ounce on the shelf sticker to compare pre-grated and block cheese. You can usually save a little by grating your own. Refrigerate cheese well wrapped in plastic to keep it from drying it out.

### WHAT KIDS CAN DO FOR THIS RECIPE



Kids can grate the cheese, spread the sauce and arrange the topping ingredients. If they are ready to use the oven, show them how to use mitts or potholders and remind them to keep their face away from the oven door when they first open it.

### CCDS Staff Numbers

Amy	503-489-2599	(Operations)
Steven	503-489-2565	(Inside Support)
Dawn	1-800-695-6988	(Eastern OR)
Debbi	503.489.2509	(Manager)
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Laurie	503.489.2553	(English)
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Maria	503.489.2512	(Spanish)
Mychi	503.489.2506	(Vietnamese)
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Training Info 503.489.2599

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

**1-800-695-6988**

### Be Active!

Strengthen muscles and bones. For strong bones and muscles add strength building exercises to your activity routine twice a week. Try resistance bands or weights (use common items, such as bags of rice, or vegetable or soup cans). strengthening activities include jumping or climbing stairs.



**For online training hours visit <http://www.metroccrr.org/Selfstudies>**