



# DCC Newsletter

Smile watching them have fun enjoying the outdoors & YOU.

## SPEEDING UP SCRATCH COOKING IN CACFP!

with: **Josh Mathiasmeier, RD**  
 Director of Nutritional Services, KCK Public Schools

**THUR, JUL 18th, 7PM @White Church Christian Church**

• 2 hrs licensing/CACFP credits • FREE • 2200 N 85th, KC 66109 (1 block N 85th/Parallel)



Everyone wants easy meals, nutritious meals, delicious home-cooked meals. But, let's admit it...faced with the demands of a busy day, there are times when cooking isn't in the cards for your child care! It's hard to resist the convenience of packaged, processed convenience foods. Come & learn ways to prepare healthy meals for young children using a combination of fresh ingredients &

convenience products. The premise is to start with a good quality, healthy, prepared or semi-prepared convenience product, then add some healthy ingredients of your own. The result is a 1-of-a-kind "home cooked meal" in much less time. Good nutrition doesn't have to require a lot of work! Finally, evaluate the advantages/disadvantages of using speed scratch methods & discover new ways for using those convenience products!

RSVP: [valerie@daycareconnection.org](mailto:valerie@daycareconnection.org) or 529-1200

*NOTE: If you're a caregiver who **doesn't yet have your required 2 hours nutrition training done**, this is Day Care Connection's **LAST live workshop for this program year**. Please make your reservation NOW so you won't get caught without it done*

### CPR/1st AID @DCC

SAT, Jul 20, 8:30AM  
 (RSVP by 7/10)  
 SAT, Aug 24, 8:30AM  
 (RSVP by 8/14)



Course is excellently given by Tiffany Saturday, EMT. Send \$70 check to DCC, 8853 Long, Lenexa, KS 66215, with preferred date on memo line OR call & use credit card, 529-1200. • 6 hrs licensing (please bring lunch) • non-refundable fee

### Calendar Reminders

6/29 8:30AM, CPR/1st Aid  
 7/2 **NO** video viewing or evening hours  
 7/3 4:30PM, MENUS DUE  
 7/4 DCC closed  
 7/18 **7PM, SPEEDING UP SCRATCH COOKING IN CACFP!** workshop  
 7/20 8:30AM, CPR/1st Aid  
 8/6 open-8PM, video 6PM "Beyond Grilled Cheese"

*-DCC is committed to making workshop activities available to all. Locations are handicap-accessible. Please contact us two weeks before events for any special assistance.-*



### We don't "babysit"!

*USDA is an equal opportunity provider.*

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### UPCOMING TRAINING-PLANNING PROCESS

• DCC is just beginning the process of planning all training events for the next program year. If there's something you'd really like to see addressed, feel free to drop Valerie a note: [valerie@daycareconnection.org](mailto:valerie@daycareconnection.org)

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### REMEMBER...

• No deductions are currently being made when WG (Whole Grain) item isn't served this 1st instructional year of new rules. But, come Oct 1st, we'll be required to do so. Make it easy by picking approved items & serve 1 of them daily.

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### DCC STAFF

We thought it might be interesting for all of you to glimpse into our worlds...

- Kathy has a daughter getting married soon.
- Nancy is involved with a vintage car club.
- Kelly's hubby is a KCK Fire Dept Captain.
- Kay helps run an auction service most weekends.
- Valerie loves to camp in a 50's retro-style trailer.

## Make Water Readily Available

We're in for a long, hot summer. Kids spend more time outside & keeping them well-hydrated is important.

It's a great opportunity to teach about the importance of water!

**1. When kids say they feel thirsty, their bodies are truly saying, "I need water."** People need water, just like plants & animals. The human body is made of 60% water. Water keeps it cool & helps the stomach digest food. Foods with lots of water include: fruits, juices, milk & veggies. **2. Talk about different forms of water.** Ice is frozen water. Water we drink is liquid. Steam is also water. Ask where they've seen different kinds. **3. Above all, offer water.** Child-sized water fountain or water bottle filled with water & small paper cups left on kid-level counter are 2 methods. At 1st, kids may drink a lot throughout the day. Once they become used to having it around, they'll only drink when thirsty.



## VISITORS' VIEWS

DCC Home Visitors remind all our food program provider family of an often forgotten USDA rule. Every day care home should keep copies (either paper or electronic) of:

- Enrollment Forms
- Menu Sheets
- Attendance Rosters
- Home Visits
- Training Certificates

These documents must be kept for 3 years + current year. Finally, current year + last year must be in your home. The rest may be stored off-site.



## PROVIDER HIGHLIGHT

DCC provider, Karen Schneider, has been chosen to be in the National CACFP Sponsor's Association's Provider Showcase, representing Kansas! Read the national article describing Karen. This agency is indeed proud to have her in our "family" & she should also feel very honored!

"Karen Schneider has raised 11 children & she carries that love of children into her own home child care. Karen began working at a pre-k center where her youngest attended & later went on to earn credentials to become a licensed child care provider & director. While the children in her care learn pre-k curriculum, Karen's central focus is nutrition.

"In the world we live in today with so much nutrition education, there is no reason not to provide these children with healthy foods. If they learn to eat healthy foods now while they are young, they are so much ahead of the health game later in life."

Karen joined CACFP because of the resources & support to teach nutrition to children & parents. At mealtimes, they discuss questions like "what makes a healthy breakfast" & "what do you know about vegetables?" At the end of the day, parents might arrive to a pick-up time picnic or a tea party where they see all of the healthy foods their children will eat when given the opportunity.

Weaving Pre-K curriculum together with nutrition is not difficult for Karen. She takes books like Eric Carle's *The Very Hungry Caterpillar* & discusses how sick the caterpillar felt after eating all the junk food & how that also affects our bodies. Another favorite is by Dr. Seuss. She uses this for her picky eaters & reminds them that Sam liked it once he tried it. When children do not want to taste a recipe, she even uses the phrase 'Sam I am'.

Karen loves to stimulate the children's imagination through exploration of food choices. On pirate's day the children create their own treasure map pizza where they use red bell peppers for an X to mark the spot & broccoli pieces as trees. When learning about rainbows, the children create their own veggie & fruit rainbow mixing all of the colors together. Karen works to make all nutritional learning fun & creative. Her goal is to have healthy, happy kids for a lifetime, not just while they are in her care."

