



DCC Newsletter

The beginning of summer... a time to recoup & regroup!



Chat & Chew with Your Chums- **FOOD 4 THOUGHT,** (2nd presentation) **THUR, JUN 29TH, 7PM @OP Church of Christ**

• 2 hrs licensing/CACFP credits • FREE • 119th/Pflumm, 13400 W 119th, 66213

Tons of you always enjoy our Home Visitors' fun, annual training. Good nutrition is one of the best ways to support healthy brain development. Learn the importance of dietary fat, ways to maximize brain function & how high fat & sugar foods can influence the brain's reward center. We guarantee you'll gain strategies to encourage positive habits, which promote overall healthy nutrition! And, all with an extra dose of humor! What a super learning event, complete with samples to nibble, door prizes & giggles galore!

• RSVP: marcie@daycareconnection.org or 529-1200

Welcome these Providers to Our DCC "Family"!

Brandi Casey-	Grant
Zahra Rafiee-	Apache
Pearl Rodriguez-	Benninghoven
Jessica Speers-	Spring Hill

CPR/1st AID @DCC

SAT, Jun 24, 8:30AM

(RSVP by 6/14)

SAT, Jul 29, 8:30AM

(RSVP by 7/19)

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

6/3 8:30AM, CPR/1st Aid
6/5 4:30PM, MENUS DUE

6/6 open-8PM, **6:30PM** DVD: "Here's the Scoop!"
RSVP REQUIRED

6/24 8:30AM, CPR/1st Aid
6/29 7PM, FOOD 4 THOUGHT workshop!

6-7PM, fire extinguisher checks



We don't "babysit"!

USDA is an equal opportunity provider.

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FIRE EXTINGUISHER CHECKS AT WORKSHOP LOCATION ABOVE- JUN 29TH, 6-7PM

- offered as a convenience for all of you
- come & mark this off your to-do list for licensing

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**! JUNE 2ND:
HAPPY 35TH BIRTHDAY, DCC !**

- My gosh, 35 years has just flown by. Valerie Cable & Pat Ireland began this agency with little more than a hope & a prayer. Both have been fulfilled with the help & enthusiasm of each & every one of you!
- It's so obvious that children in all our homes are truly loved & not just "babysat". So, blow out an imaginary candle on us!

9 "Bites" to Better Tasting Fruits/Veggies



1. **Prevent cut fruit from turning brown.** Keep cut fruits fresh by coating them with acidic juice such as pineapple, lemon or orange juice. Cut fruits as close to serving time as possible.
2. **Make the most of your melon baller.** Melon ballers can save time prepping by using to core apples & pears & also remove seeds & pulp.
3. **Take a salad spinner for a spin.** Salad dressing slides off damp salad greens. You'll get more flavor if greens are washed & dried before tossing in salad dressing.
4. **Do this with radishes before refrigeration.**

Remove leafy tops before storing. Radishes don't keep well if their tops remain.

5. **Wash fruits & veggies correctly.** Always wash fruits & veggies even if skin is being peeled off.
6. **Separate fruits & veggies from these foods.** Keep them separate from other foods such as raw meat, poultry or seafood. Wash cutting boards & counters with hot soapy water between preparation of raw meats & produce.
7. **Keep fruits & veggies separate in refrigerator.** Store in separate crisper drawers. Fruits give off a gas which can shorten storage life of veggies. Veggies also give off odors which can be absorbed by fruits.
8. **Know which fruits ripen after they're picked.** To speed up ripening of fruits put them in ripening bowl or closed brown paper bag.
9. **Refrigerate fruits & veggies in perforated plastic bags.** This helps maintain moisture yet provides for air flow.



VISITORS' VIEWS

DCC Home Visitors see hundreds of children every month. Far too many are observed in front of the tv. There's no excuse for not getting them outdoors to gather mother nature's benefits. The advantages for them AND you are tremendous. Try simple things: a walk around the block with strollers & wagons, a picnic under the tree ending with story time before nap, a fort using blankets & patio furniture & finally... lots & lots of free play. Let them create situations & characters worthy of videos, sent later to parents of course!

REFERRALS & YOU

Our annual SURVEY OF FAMILY DAY CARE RATES is inside this envelope. Info on a variety of topics from our entire population helps you remain competitive with others in the same geographical area. It also has proven to be a valuable resource tool for parents. Please quickly complete & return to DCC by 6/16. We thank you in advance for participating.

