



# DCC Newsletter

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

## 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.*

### Welcome these Providers to Our DCC "Family"!

Marchelle McAfee- Brookridge

### CPR/1st AID @DCC

SAT, Jun 29, 8:30AM

(RSVP by 6/19)

SAT, Jul 20, 8:30AM

(RSVP by 7/10)



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

- 6/2 DCC's B'day-opened our doors in 1982!!
- 6/4 •4:30PM, **MENUS DUE-1 day early this mo!**
- video 6PM "Keeping Infants/Toddlers Stimulated"
- 6/29 8:30AM, CPR/1st Aid
- 7/2 **NO** video viewing or evening hours
- 7/4 DCC closed



**We don't "babysit"!**

USDA is an equal opportunity provider.

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### DCC PROUD TO ANNOUNCE \$200 GARDEN GRANT RECIPIENTS

- Congrats to Teri Barlow & Leah Hernandez! What a great way for kids to get physical activity & learn how food grows... an all-over positive benefit!

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### TIPS FOR SMOOTH-SAILING



- WHEN TO TELL OF CLOSED DAYS-Please do so BEFORE they occur, NOT AFTER the fact. Cover Sheet note can list days taken off during prior month IF DCC has already been told. Feel free to call Kay (913-529-1200) or email ([kay@daycareconnection.org](mailto:kay@daycareconnection.org)) with any closings.
- TIMING OF 1ST TUES TRAINING VIDEOS-DCC has changed the time these begin to 6PM. This allows more time to see entire video & still be done by 8PM.

## NEW Foods Allowed in Food Program



1. **POPCORN** now is allowed & credits as whole grain (WG)...  
YIPPEE!

- 3/4 C popped popcorn credits as 1/4 oz of WG
- 1 1/2 C popped popcorn credits as 1/2 oz of WG
- 3 C popped popcorn credits as 1 oz of WG

*Be sure not to serve to those under 2 years of age due to choking hazard.*

2. **WHOLE HOMINY** now is allowed & credits as veggie.

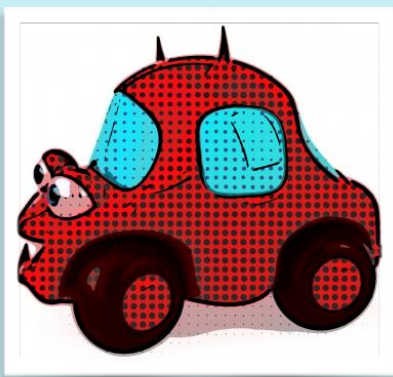
- 1/4 C canned credits as 1/4 C of veggie.

3. **GRITS (DRIED OR MILLED HOMINY)** now is allowed & credits as whole grain (WG).

- 1/2 C cooked credits as 1 oz of WG

## DCC Caregivers Honored for Mother's Day

The following day care providers were honored by parent(s) for Mother's Day through our social service agency. We join in recognizing them for their professionalism as they continue to provide nurture, education & love! Hats off to: Sally Amani, Debbie Bergeron, Patrice Blankenship, Tonya Bray, Brooke Brownell, Teresa Byrd, Debbie Cain, Victoria Crane, Donna Dannevik, Jennifer Denton, Jennifer Diaz, Chris Dunsworth, Bev Folsie, Stacey Gariety, Lucy Gonzalez, Debbie Goss, Susie Harb, Claire Hulsey, Melissa Jackson, Annette Kucia, Judy Lee, Agnes Ngugi, Brenda Nicholas, Gloria Nutt, Diane O'Malley, Tammy Peterson, Rabiya Rehman, LaNel Robinson, Imy Smith, Chrissy Williams, Erin Wright, Lilian Zepeda.



## VISITORS' VIEWS

DCC Home Visitors are asking for your HELP! Do remember we ARE open Friday afternoons until 4:30PM & visits occur until then. Some providers have recently assumed both the office & the entire staff don't work Friday afternoons. Please contact us prior to taking any time or day off. We certainly understand the need to take vacation or sick time, but letting us know beforehand prevents these dear gals from driving around in circles trying to get a quick visit done.

## 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 6/14. We thank you in advance for participating.

