



DCC Newsletter

Be thankful.

A Time to Pause & Be Grateful



Thanksgiving is a time to pause & give thanks for all the good things present in our lives. Far too often, the trials & tribulations of a worried nation amidst our harried days seem to overshadow the sweeter moments in time. DCC staff wants you to know how very grateful we are to be able to serve you. You care for our most precious

commodity, innocent children. You work hard, often unnoticed. Your efforts help toward the healthy development of these little ones. You struggle to get it all done, to be a good caregiver... not just a "babysitter". For this & so much more, we genuinely thank you!

You're warmly invited to DCC's HOLIDAY FOODS AROUND

THE WORLD masks-all events please

THUR, DEC 2nd, 7PM @OP Church of Christ

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

Explore fun holiday food traditions around the world to incorporate into your care. Cultural activities/recipes will be given. And, we're doing something different this year. **PLEASE eat dinner before you come BUT bring 1 doz of your favorite cookies or candies to share, (INDIVIDUALLY wrapped).** Each person will then pick 12 other goodies to take home... Covid-apprv'd! To be charitable this time of year, please bring dried food item (no cans) to donate & remember an exchange gift (\$5 limit). Enjoy treats, healthy tips, gifts (thanks to Debbie Cain) AND MUCH holiday mirth. This is the 1 that's so very joyful! Join DCC staff & fellow caregivers as we traditionally ring in this joyous time together. Come on & catch the spirit of the season!

RSVP: valerie@daycareconnection.org or 529-1200



DCC "HAPPENINGS"!

CPR/1st AID @DCC

SAT, NOV 20, 8:30AM

(RSVP by 11/10)

NONE-IN DEC



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 hours licensing credit • non-refundable fee • wear masks

Calendar Reminders-

masks-all events please

11/2 open-8PM, video 6PM: "Just the Facts: Breakfasts, Superfoods, Salads"

11/3 4:30PM, MENUS DUE

11/11 DCC closed

11/20 8:30AM, CPR/1st Aid

11/25-26 DCC closed

12/2 "HOLIDAY FOODS AROUND THE WORLD"

12/3 NO evening hours or video training



We don't "babysit"!

USDA is an equal opportunity provider.

1

"WG" REMINDERS

• Please remember to write these 2 letters by approved cereals as well as: eligible oatmeal, quinoa, brown rice or other items which meet this criteria.

2

PROTEINS

• Instead of the boring processed basics (chicken nuggets, hot dogs, pizza, grilled cheese), be different by serving a variety of proteins (eggs, fish, dried beans, cottage cheese, etc).

3

FORGOTTEN SNACK RULE




• When serving fruits/veggies, it's important to keep in mind to serve 1 fruit & 1veggie but NOT 2 fruits or 2 veggies.

WG SPOTLIGHT--A CLOSER LOOK EACH MONTH

DCC Visits wants to shine a light on this sometimes-confusing CACFP regulation. Each month we'll look at some basics to make it all simple & easier to understand.

CHOICES TO TRY:

Staff is often asked: "just what are some examples of Whole Grain (WG) items I can serve?"

-  Multi-Grain Cheerios Breakfast Cereal is indeed made with Whole Grain! It's 1 of the healthiest parts of a quick breakfast to serve!
-  Target's brand (Market Pantry) has a 100% Whole Grain Bread that children really seem to like! Grab 1 & try it.
-  Looking for a WG-apprv'd snack? Well, look no further than Ritz Toasted Chips, Multigrain. They're great with cheese for a autumnal snack after naps.

Your Home Visitor brought out a superb Crediting Foods guide. Keep referring to page 81 for any questions.

REFERRALS & YOU

As you look ahead to this holiday season, remember it's the slowest time of year for day care referrals. To help promote your business best, make sure you:

- 1) Update your DCC referral info monthly by putting info on CACFP Cover Sheet, e-mailing to kay@daycareconnection.org or calling 913-529-1200.
- 2) Broadcast your openings to all, especially current parents.
- 3) Sound professional over your phone.
- 4) Have rates competitive to others in your area.

For best results, look at what you're offering & take these tips into consideration.



B-I-G opportunity for DCC at the holidays & beyond

When you shop using Amazon, please help our agency by going to: smile.amazon.com . After signing in, enter "Select a Charitable Organization to Start Shopping" link. Next, select your organization.

Simply type: "Day Care Connection". You'll be prompted to select our agency in Lenexa, KS.

Automatically, you're then taken to a regular shopping screen. DCC receives .05% of certain items spent by using this link. It's Amazon's way of donating to charities. You get to shop with convenience, while knowing you've helped us, too! We humbly thank you.



#1 holiday hack:

When you buy your gifts at smile.amazon.com, Amazon donates.

 **amazonsmile**

*-DCC is committed to making workshop activities available to all.
Locations are handicap-accessible.
Please contact us 2 weeks before events for any special assistance needed*