



# DCC Newsletter

School-a place where education & growth both occur!

## LIFE WITH LITTLE ONES CAN BE A PICNIC... BUT... NOT ALWAYS!

**SAT, OCT 9th, 8:30-3PM @OP Church of Christ** (119/Pflumm)

**6 hours licensing, including 2 hours CACFP credits**

- prizes • fire extinguisher checks • giggles galore!

FINALLY! Your personal invitation will be arriving soon for DCC's NEW, 6-hour training! Folks, this fun learning event is full of what you need... useful & interesting info just right for family day care home businesses.

Relevant topics include:



### From Chew to Poo

Rebecca DeYoung-Daniels, Nutritional Trainer  
~learn facts of overall health/brain growth

### Dealing with the Stressed-Out Child

Kimberly Levitan, Playful Solutions Therapist  
~identifying & mastering their anxiety

### I Smell Something Burning: Is It Me?!

Beth Reeder, Providers' Motivational Speaker  
~can you spell "burnt-out"

All this, plus, sharing & support from your fellow providers! Speakers bring warmth, understanding of your profession, as well as extensive education & experience. Enjoy a lovely ladies' lunch.

Space IS limited. Your special invitation & return RSVP form will be mailed after Sept 1st. Do return it quickly. Plan now to join our provider community with this very enjoyable way to complete your crediting hour specifics!

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

Brendalyn Blake- Prairie Ridge

## CPR/1st AID @DCC

SAT, SEP 11, 8:30AM

(RSVP by 9/2)

SAT, OCT 16, 8:30AM

(RSVP by 10/6)



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

**9/3** 4:30PM, MENUS DUE  
**9/6** Labor Day-DCC closed  
**9/7** open-8PM, video  
**6PM:** "Food Science: Eggs, Hamb, Ice Cream, Ketchup"  
**9/11** 8:30AM, CPR/1st Aid  
**10/5** 4:30PM, MENUS DUE open-8PM, video  
**6PM:** "Food Science: Pizza, Soft Drinks, Tea, Vanilla"



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

USDA is an equal opportunity provider.

**1**

**FIRE EXTINGUISHER CHECKS AT WORKSHOP LOCATION ABOVE- OCT 9TH, 7:30-8:30AM**

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

**2**

**CLAIMING LABOR DAY A NO-NO**

- please remember, we're not allowed to reimburse for any holidays, regardless of whether you worked them

**3**

**BABY SNACKS 6 THROUGH 11 MOS**

- infant guidelines still seem like a lot to serve some babies?
- just remember to note on CACFP Cover Sheet what parents want... it'll explain & support whatever you record

## VISITORS' VIEWS-EASY (WG) PUMPKIN PANCAKES

DCC Visitors came across this seasonal, healthy AND delicious recipe all rolled into one. We've published it before but it's worth repeating! Kids will love you for serving this & parents will be wanting the recipe, too!



### Ingredients:

2 C Aunt Jemima Whole Wheat Blend Pancake Mix, 1 1/2 C water,  
2/3 C canned pumpkin, 1/2 t pumpkin pie spice, 1 t vanilla extract, 1/2 t cinnamon  
Mix all. Heat lightly greased griddle on med-low.  
Pour batter onto it in pancake-portions, app 1/4 C at a time.  
Flip when top side of pancake starts to bubble.  
Serve with cinnamon-sugar, fresh fruit or a bit of syrup.

## CACFP BEST PRACTICE

Make 1 of the 2 required components of every snack a veggie or fruit:  
apples & yogurt  
carrots & cottage cheese  
cucumbers & hummus

The combinations are endless! Go ahead & introduce them to something they probably don't often get at home.



## United Way Campaign




DCC staff asks all our dear caregivers to remind day care parents & spouses-it's that time again. We aren't a specific United Way agency. But, with your help, our small non-profit can receive these badly needed funds. Simply request "Option D-Donor Designation" Card from employer & mark "Non-United Way Agency" as: Day Care Connection, 8853 Long, Lenexa, KS 66215. Donations over \$25 will be forwarded to us, less admin costs.

## WG SPOTLIGHT--A CLOSER LOOK EACH MONTH

DCC 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?"

-  Aldi has a Multigrain Rice Cake made with Whole Grain Brown Rice! Add some pb or jelly on top for a fun, yet healthy snack!
-  Sara Lee has a 100% Whole Wheat Pita Bread that has been kid-approved! How fun!
-  Kodiak Cakes Gluten-Free Flapjack/Waffle Mix is a great WG product choice made with Whole Grain Oat Flour! If you have a kiddo with gluten intolerance, it's also a great choice for them! Please check labels though, as not ALL Kodiak Products count.

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