



DCC Newsletter

Ah, the “joy” of busy family schedules again!

The ABC’s of it All-

A..CCEPTING CHANGE

B..ALANCING BELIEFS

C..REATING NEW HABITS

SAT, OCT 15th, 8:30-3PM @Lenexa United Methodist Church

(91st/Caenen Lake Rd)

6 hours licensing, including 1 hour Health & Safety/2 hours CACFP credits

•prizes •fire extinguisher checks •giggles galore!

Folks, this fun learning event is full of what you need... fast-paced, useful & interesting info just right for family day care home businesses. This one proves to be full of new ways to look at things as a caregiver, new ways to change how you approach issues in your child care.



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 with all the specifics & return RSVP form will be mailed after Sept 1st. Do return quickly. Plan now to join DCC’s provider community with this very enjoyable way to complete your crediting hour specifics! It’s time to come together. (NOTE: Different location.)

FYI-Do pull out of this envelope for our useful tool: DCC’s Workshop Training Calendar Magnet. Then, put it on your fridge for ready reference!

1

FIRE EXTINGUISHER CHECKS AT WORKSHOP LOCATION ABOVE- OCT 15TH, 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

- DCC isn’t allowed to reimburse for any major holidays, regardless of whether you worked them

3

BABY RECORDING THROUGH 11 MOS

- please remember to note on CACFP Cover Sheet what parents request as it’ll explain & support whatever food you record

Welcome these Providers to Our DCC “Family”!

Jennifer Boyer- Belmont
Brooke Burkett- Green Springs
Haley Ellis- Winfield Scott

CPR/1st AID @DCC

SAT, OCT 15, 8:30AM

(RSVP by 10/5)

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 •bring masks

Calendar Reminders

9/5 Labor Day-DCC closed

9/6 4:30PM, MENUS DUE

open-8PM, trng 6PM:

“CreativeArt w/Young Children”/“Importance of Early Experiences”

10/4 open-8PM, trng 6PM:

“Montessori, Vygotsky & Piaget! Oh My!”

10/5 4:30PM, MENUS DUE

10/15 THE ABC’S OF

IT ALL 6-hr trng,

DO send your RSVP!



We don’t “babysit”!

VISITORS' VIEWS-

It's time to remind our dear caregivers of a VERY useful tool Kelly, Nancy & Kathy handed out last year. It's EZ!!

- Use it to see if cereals meet the sugar limits allowed on food program.
- Use it to see if yogurts meet the sugar limits allowed on food program.

DAY CARE Connection
Grocery Store Cheat Sheet

Sugar Limits in Cereal

| # of servings per container | Amount per serving | # of servings per container | Amount per serving |
|-----------------------------|--------------------|-----------------------------|--------------------|
| 10-15 grams | 5 grams | 10-15 grams | 5 grams |
| 15-20 grams | 7 grams | 15-20 grams | 7 grams |
| 20-25 grams | 9 grams | 20-25 grams | 9 grams |
| 25-30 grams | 11 grams | 25-30 grams | 11 grams |
| 30-35 grams | 13 grams | 30-35 grams | 13 grams |
| 35-40 grams | 15 grams | 35-40 grams | 15 grams |
| 40-45 grams | 17 grams | 40-45 grams | 17 grams |
| 45-50 grams | 19 grams | 45-50 grams | 19 grams |
| 50-55 grams | 21 grams | 50-55 grams | 21 grams |
| 55-60 grams | 23 grams | 55-60 grams | 23 grams |
| 60-65 grams | 25 grams | 60-65 grams | 25 grams |
| 65-70 grams | 27 grams | 65-70 grams | 27 grams |
| 70-75 grams | 29 grams | 70-75 grams | 29 grams |
| 75-80 grams | 31 grams | 75-80 grams | 31 grams |
| 80-85 grams | 33 grams | 80-85 grams | 33 grams |
| 85-90 grams | 35 grams | 85-90 grams | 35 grams |
| 90-95 grams | 37 grams | 90-95 grams | 37 grams |
| 95-100 grams | 39 grams | 95-100 grams | 39 grams |

Sugar Limits in Yogurt

| # of servings per container | Amount per serving | # of servings per container | Amount per serving |
|-----------------------------|--------------------|-----------------------------|--------------------|
| 12-14 oz | 12g | 12-14 oz | 12g |
| 14-16 oz | 14g | 14-16 oz | 14g |
| 16-18 oz | 16g | 16-18 oz | 16g |
| 18-20 oz | 18g | 18-20 oz | 18g |
| 20-22 oz | 20g | 20-22 oz | 20g |
| 22-24 oz | 22g | 22-24 oz | 22g |
| 24-26 oz | 24g | 24-26 oz | 24g |
| 26-28 oz | 26g | 26-28 oz | 26g |
| 28-30 oz | 28g | 28-30 oz | 28g |
| 30-32 oz | 30g | 30-32 oz | 30g |
| 32-34 oz | 32g | 32-34 oz | 32g |
| 34-36 oz | 34g | 34-36 oz | 34g |
| 36-38 oz | 36g | 36-38 oz | 36g |
| 38-40 oz | 38g | 38-40 oz | 38g |
| 40-42 oz | 40g | 40-42 oz | 40g |
| 42-44 oz | 42g | 42-44 oz | 42g |
| 44-46 oz | 44g | 44-46 oz | 44g |
| 46-48 oz | 46g | 46-48 oz | 46g |
| 48-50 oz | 48g | 48-50 oz | 48g |
| 50-52 oz | 50g | 50-52 oz | 50g |
| 52-54 oz | 52g | 52-54 oz | 52g |
| 54-56 oz | 54g | 54-56 oz | 54g |
| 56-58 oz | 56g | 56-58 oz | 56g |
| 58-60 oz | 58g | 58-60 oz | 58g |
| 60-62 oz | 60g | 60-62 oz | 60g |
| 62-64 oz | 62g | 62-64 oz | 62g |
| 64-66 oz | 64g | 64-66 oz | 64g |
| 66-68 oz | 66g | 66-68 oz | 66g |
| 68-70 oz | 68g | 68-70 oz | 68g |
| 70-72 oz | 70g | 70-72 oz | 70g |
| 72-74 oz | 72g | 72-74 oz | 72g |
| 74-76 oz | 74g | 74-76 oz | 74g |
| 76-78 oz | 76g | 76-78 oz | 76g |
| 78-80 oz | 78g | 78-80 oz | 78g |
| 80-82 oz | 80g | 80-82 oz | 80g |
| 82-84 oz | 82g | 82-84 oz | 82g |
| 84-86 oz | 84g | 84-86 oz | 84g |
| 86-88 oz | 86g | 86-88 oz | 86g |
| 88-90 oz | 88g | 88-90 oz | 88g |
| 90-92 oz | 90g | 90-92 oz | 90g |
| 92-94 oz | 92g | 92-94 oz | 92g |
| 94-96 oz | 94g | 94-96 oz | 94g |
| 96-98 oz | 96g | 96-98 oz | 96g |
| 98-100 oz | 98g | 98-100 oz | 98g |



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.

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.



WG SPOTLIGHT--A CLOSER LOOK AT LABELS

DCC wants to shine a light on this sometimes-confusing CACFP regulation. We want to make this all extremely simple & easier to understand.

As you know, any Whole Grain (WG) item used on your CACFP menu must have a saved label.

As USDA requires DCC Visitors must now ask to see these on their Home Visits.

Remember, the Whole Grain stamp placed on some products is no longer an accepted method to identify a WG product.

Overall, everybody is doing a great job in following this rule! But, feel free to continue asking our staff any questions you may have.

INGREDIENTS: WHOLE WHEAT FLOUR, WATER, CANE SUGAR, YEAST EXTRACT, VITAL WHEAT GLUTEN, SOYBEAN OIL, SALT, BAKING POWDER(SODIUM ACID PYROPHOSPHATE, SODIUM BICARBONATE, CORN STARCH, MONOCALCIUM PHOSPHATE), CALCIUM PROPIONATE, MOLASSES, SUGARCANE FIBER, ENZYME, CITRIC ACID.
CONTAINS WHEAT AND SOY. MAY CONTAIN TRACES OF SESAME.

