

KENT REGIONAL 4C CACFP CHECKSTUFFER

November 2011



Recordkeeping

The United States Department of Agriculture (USDA) requires us to see copies of your Agreement, Child Care Enrollment Forms (for all children enrolled) and meal and Daily Attendance every time we conduct a visit to your home. Please have all forms in a place you can access them easily. If you use pre-printed menus or menu codes we are required to ask you what the last meal/snack served was. Again we know this is difficult but USDA has conducted visits where the menus did not match what was being served. Thanks for caring enough to serve healthy meals to children and participating on the Child and Adult Care Food Program.

Stork Report



Terrilynn Grifhorst - Grandma

Finn Joshua
7/17/11
6 lbs. 9 oz. 18"

Marsha Conard - Grandma

Cheyenne Maelyn
7/20/11
5 lbs. 10 oz. 17½"

Martha Carlson - Grandma

Raelyn Grace
8/3/11
6 lbs. 8 oz. 20¼"

Maria Zepeda - Grandma

Sydney Lexie
8/4/11
7 lbs. 11 oz. 21"

Kathryn Stapert - Grandma

Rylee Kay
8/16/11
6 lbs. 0 oz. 20"

Jeanine Grant - Grandma

James Fitzpatrick
8/21/11
5 lbs. 12 oz. 17½"

Heidi Jones (Tony – IT)

Noah Nicholas
9/8/11
6 lbs. 1 oz. 19"

Erin Robinson – CACFP Specialist

Connor Wesley
9/26/11
6 lbs. 14 oz. 19"

Savannah Pontz

Avah Nicole
9/29/11
7 lbs. 3 oz. 21"

Barb Dombrowski – Grandma, CACFP Specialist

Gavin Alexander
10/2/11
8 lbs. ½ oz. 21"

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: Please join us in welcoming Laurie Gillette as our new CACFP Specialist. Laurie previously worked :
: for Kent Regional 4C and we are excited to have her back on our team. In December Laurie will be :
: taking over the providers in the area that Erin used to work with. I am sure all of you in her area will :
: extend the same courtesy and respect you have given Erin over the past years and thank you for your :
: continued participation on the CACFP. :
:.....

Holiday Favorites



Holiday Mini Pizzas

1 English muffin
1/3 cup Marinara sauce
2 slices of mozzarella cheese, sliced as broadly as possible and about 1/4" thick
Chopped olives
Preheat your oven's broiler. Cut the English muffin in half and toast it in a toaster on medium-low.
Place the two toasted English muffin halves on a baking sheet. Spread the marinara sauce on each muffin. Cut your cheese slices with a tree-shaped cookie cutter or a cookie cutter of your choice. Place the cheese shape on top of the sauce. Sprinkle the chopped olives on top of the cheese tree, as if they are ornaments. Place the baking sheet in the oven under the broiler. Broil for just a few minutes, watching carefully. Allow to cool slightly and serve.

- Lunch/Dinner:**
1. Cheese
 2. English Muffin
 - 3a. Tomato sauce
 - b. Grapes
 4. Milk

Put a Bow on it Corn Bake

Ingredients:
1 box corn muffin mix
3 eggs
1 cup milk
1/4 cup butter, melted
1/2 tsp. salt
1/2 tsp. pepper
1 (15.25 oz.) can whole kernel corn, drained
1 (14.75 oz.) can cream-style corn
Preheat oven to 350°. Pour muffin mix into a large mixing bowl. Add eggs and milk. Blend until muffin mix is just moistened. Add butter, salt and pepper and mix well. Fold in both cans of corn. Grease a 2-quart casserole dish. Pour corn mixture in casserole. Bake uncovered for 45 minutes or until knife comes out clean when inserted in the center of casserole.

- Lunch/Supper:**
1. Sliced Ham
 2. Muffin
 - 3a. Corn
 - b. Fruit Cocktail
 4. Milk

Jingle-Bell Juice

1 part sparkling water or club soda
3 parts pomegranate juice or other red juice
* must be 100% juice
3 red raspberries per serving
Combine the first two ingredients in drinking glasses. Wash the raspberries and then plop three of them into each glass. Adorn the bottom of the glasses with rings of fake holly or fake berries.

- Snack:**
1. Juice
 2. Vanilla wafers

Yogurt and Berry Christmas Parfait

Kids can help:
Add the berries and top with the kiwi slice.

What you need:

- Greek yogurt (plain or vanilla flavor)
- Fruit preserves
- Red raspberries
- Kiwi

In a small, clear glass container, spoon in alternate layers, starting with yogurt, then a thin layer of preserves, then berries. Finish with yogurt and top with a slice of kiwi.

- Snack:**
1. Yogurt
 2. Raspberries





Safety



Holiday Shopping Safety Tips

- Shop during daylight hours whenever possible. If you must shop at night, go with a friend or family member.
- Dress casually and comfortably.
- Avoid wearing expensive jewelry.
- Do not carry a purse or wallet, if possible. If you do, carry your purse tightly under your arm and don't leave it unattended even for a minute.
- Always carry your Driver License or ID Card along with necessary cash, checks, debit/credit card you intend to use.
- Even though you are rushed and thinking about a thousand things, stay alert to your surroundings.
- Avoid carrying large amounts of cash. Pay for purchases with a check, credit or debit card when possible.
- Keep cash in your front pocket.
- Notify the credit card issuer immediately if your credit card is lost, stolen or misused.
- Keep a record of all of your credit card numbers in a safe place at home.
- Avoid overloading yourself with packages. It is important to have clear visibility and freedom of motion to avoid mishaps.
- Beware of strangers approaching you for any reason. At this time of year, "con-artists" may try various methods of distracting you with the intention of taking your money or belongings.
- Park in a well-lighted area. Don't walk to your car alone if it's parked in a dark area.
- Lock your car and close the windows, even if you are only going to be gone for a few minutes. Lock your packages in the trunk. Have your key in hand when you return.
- Wait for public transportation or rides from friends in a busy, well-lighted area.

Protecting Children During the Holidays

- If possible, leave small children at home with a caregiver.
- Teach your child to go to a store clerk and ask for help in case your child is separated from you.
- Teach children to stay close to you at all times while shopping.
- Never allow children to make unaccompanied trips to the restroom.
- Children should never be allowed to go to the car alone and they should never be left alone in the car.
- Teach children their full name, address and telephone number to give to police officers or mall security. Teach children to inform you if a stranger is bothering them.



Holiday Notes



If a child will be in care on a holiday (New Year's Day, Easter, Memorial Day, 4th of July, Labor Day, Thanksgiving and Christmas) a note from the parents stating their children were in care must accompany that month's menu.



Holiday Fun



Christmas Bow Toss



You will need:

Two or more players

Gift-wrap bows

Box

Laundry basket or similar container

1. Collect five to ten self-stick gift-wrap bows and place them in a box.
2. Put a laundry basket or similar container on the floor.
3. Stand with your child and his friends a short distance from the basket and take turns tossing the bows into it.
4. After all the bows have been tossed, count together those that made it into the basket.
5. Choose a new player to start the next round of the game.

For more fun: Challenge older children by having them take one step backward after each round. How far back can they stand and still get bows in the basket?

MILK JUG LID ORNAMENTS

Milk jug lid

Christmas stickers

Yarn

Glue or tape

Place sticker on milk jug lid. Glue or tape yarn or ribbon loop onto lid. Hang on your Christmas tree.

Wrapping Paper Tip

Slit a cardboard paper towel tube lengthwise and slip it over a roll of wrapping paper. The tube will prevent the roll from unwrapping, and it won't wrinkle the paper like tape or rubber bands. You can also cut an empty wrapping paper tube to the size of a napkin ring. Cut and slip over paper to hold it in place.

Napkin Rings

Make napkin rings by cutting cardboard tubes into sections and covering them with wrapping paper or foil.



Season's Greetings!
from the staff at Kent Regional 4C

SAVE THE DATE!

Kent Regional 4C will hold our
38th Annual Early Childhood
Conference on Saturday,
January 28, 2011.
Kent Regional 4C CACFP
participants attend for FREE.