

# The Nutrition Edition

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Happy fall, you all ---

SO, the renewal process is happening. Big shout out to those of you who have already submitted your new enrollments and required forms. (All 12 of you!) I am sure the rest of you are close behind. Please don't delay! We have SO MUCH data entry to accomplish with all those new enrollments. Remember, the cover letter on top TELLS YOU EVERY STEP YOU NEED TO TAKE. Please find it and read it carefully.

Something new this year – we plan to precede each round of meal visits with a training. By the time you receive this, training dates for “Circus Act” will have been posted on Facebook. Please have a look and let us know which class you can attend. *Circus Act* is the theme for the 2020 record keeping books, which you will be receiving on your first visit this year, free of charge. That being said, we are accepting a \$5 contribution for live trainings this year. The funds collected will be spent on you ladies for items that KSDE won't approve 😊. We are now required to have a secondary revenue stream for the agency, in addition to federal funds. Another new requirement is that we distribute the WIC Program Fact Sheet. Please locate it in this mailing and add it to your bulletin board.

Last item – I noticed several infant menus this month where solids were only being served one meal per day. Let's have another look at the new guidance. *It states that **WHEN** an infant is developmentally ready for solids, **THEN** solids should be offered at each meal service.* If a child is developmentally ready for solids at lunch, then they should be developmentally ready for solids at breakfast and snack, also. Fruit or vegetable should be offered more than one time per day. *Does it have to be offered three times every day? No, some variation can be expected.* Overall, I would expect to see solids being offered at more than one meal service.

*Thanks for all your hard work!*

*Londa*

## WELCOME TO OUR NEWEST PROVIDERS:

- Renee Heady - Parsons –
- Sarah Ernest - LaCygne –
- Aricka Bromley - Independence –



Checks will be deposited on  
November 1, 2019



National Pumpkin Month  
National Pasta Month  
National Pretzel Month

National Pumpkin Spice Day - 1st  
National Taco Day - 4th  
National Oatmeal Day - 29th  
Happy Halloween - 31st





## October Facebook Challenge "Nod to Nursing"

### September Facebook Challenge Winner "Other Whole Grain Recipes"

Linda Wire


She won a \$25 Amazon Gift Card!

Breastfeeding is very important for infants and should be encouraged. Creating a clean, sanitary and quiet space in your day care home for mothers to nurse is a food program requirement. Share a picture of your nursing space to the FB group between October 1<sup>st</sup> and October 24<sup>th</sup>. Tell us how creative you have been in designing your space.

The prize will be something useful!



Find us on Facebook  
PPCSEK Food Program



### REIMBURSEMENT RATES

(Effective 7/1/19)

	Tier 1	Tier 2
Breakfast	\$1.33	\$.48
Lunch/Dinner	\$2.49	\$1.50
Snack	\$.74	\$.20



Remember!  
Get your September menus sent to us by the 5th of October!

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## Let's Eat!

### Peanut Butter & Apple Wraps

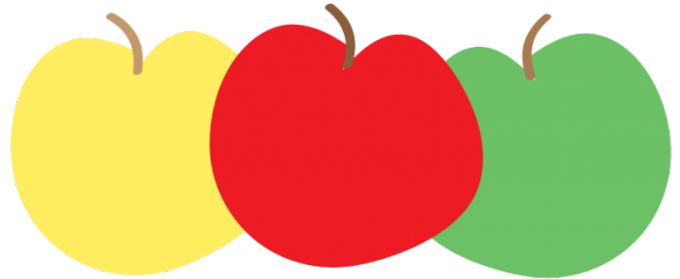
- 1 Whole Wheat Tortilla (8 inch)
- 1/4 cup Peanut Butter, reduced-fat
- 2 Tablespoons Granola Cereal
- 1/2 Apple, Sliced (suggest Red Delicious Apple, but could use any variety of apple)

Lay tortilla flat and spread peanut butter over 2/3 of the tortilla leaving edges at sides. Sprinkle 2 Tablespoons granola over peanut butter. Cut apple slices into small chunks and place them on top of the granola. Fold over the edges of the tortilla and roll up "burrito style."

*Recipe from USDA Mixing Bowl*



## Get Moving!



### Apple Relay & Circle Time

Fall is a great time to get outside and apples are the perfect fruit to inspire talks about nutrition while incorporating physical activity. Have an apple relay! Divide the children into teams and establish a finish line. The children will take turns holding an apple and individually running around the finish line and back to their team. The next child in line will be passed the apple and take their turn. Change each round by skipping, hopping, or balancing the apple on a head or hand. Can't get outside? Try this indoor activity. Everyone knows the chant "Who Took the Cookie from the Cookie Jar?" Change it to "Who Took the Apple from the Apple Tree?" As the children sing the chant, they can pass an apple around the circle. If you can take a field trip to the grocery store in the fall, your kids will be excited to see the many varieties of apples! Which one is the sweetest, most tart? Do they all look the same inside? How many seeds do they have and are they the same color? Investigate together to promote curiosity and interest in healthy foods.

## For Child Care Providers: Making Foods Safer for Baby

Babies and young children are at the highest risk of choking on food. They remain at high risk until they have more teeth and are better able to chew and swallow. Young children die from choking more than any other home accident. You can help make eating safer for babies and young children.

### Prepare Foods So They Are Easy To Chew

- Grind up tough meats.
- Cook or steam food until it is soft.
- Puree, mash, or finely chop foods into small pieces (no larger than ½ inch) or thin slices or strips (lengthwise).
- Remove all bones from fish, chicken, and meat before cooking or serving.
- Remove seeds, pits, tough skins, and peels from fruits and vegetables.

### Avoid serving small, sticky, or hard foods that are difficult to chew and easy to swallow whole. These foods are not creditable for infants in the CACFP.

- Popcorn
- Nuts and seeds (including breads, crackers, and ready-to-eat cereals that contain nuts and seeds)
- Hard candy
- Chunks of peanut butter and other nut butters
- Marshmallows
- Chewing gum



*Always prepare foods so they are easy to chew.*



*Older baby eating small pieces of bread at snack.*

A handout from *Feeding Infants in the Child and Adult Care Food Program*

<https://teamnutrition.usda.gov> • FNS 786J • March 2019

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