

Sweet Mango Berry Salsa

- 2 peeled and pitted ripe mangos
- 2 cups strawberries with hulls removed
- 2 tablespoons fresh mint leaves
- 1 tablespoon sugar
- 2 teaspoons lemon juice



What Kids Can Do

Go out and pick strawberries. Help choose ripe mangos and tomatoes. Peel the mango, cut or chop the fruit, measure and stir everything. Help choose what to serve the salsa with.

Use a knife or hand chopper to chop

the mangos and strawberries into a 1/4 inch dice and put

into medium size bowl. Finely chop mint and add to the bowl. Stir in the sugar and lemon juice until well blended. Cover and refrigerate the salsa for an hour. Makes 2 cups. Maybe served over pancakes, waffles, yogurt or use as dip for crackers.

Orange Kissed Tomato Salsa

- 3 medium sized Roma tomatoes*
- 1/4 cup cilantro or parsley leaves*
- 1 teaspoon each sugar and salt*

- 1/2 medium sized red onion*
- 1 tablespoon orange juice*

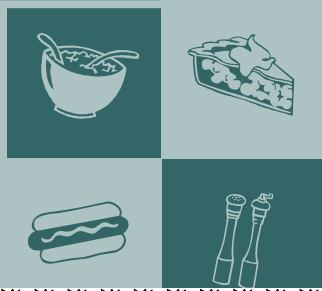
Using a small knife, halve each tomato. Cut away the stem area, then cut in half again. Over the sink squeeze the tomato pieces as you would a sponge to force out the seeds and water. Use a knife or hand food chopper to dice the tomatoes. Put into a medium size bowl. Dice the red onion and add to the bowl. Finely chop the parsley and cilantro and add to the bowl. Stir in orange juice, sugar and salt and mix well. Refrigerate an hour to allow flavors to mingle. Makes 2-1/2 cups.

Tex-Mex Black Bean Salsa

- 2 medium size Roma tomatoes
- 3 scallions
- 1-1/2 Tablespoons taco seasoning mix

- 1/2 Medium size red onion
- 1—15-1/2 ounce can black beans, drained and rinsed
- 2 Tablespoons plain yogurt

Using a small knife, halve each tomato. Cut away the stem area, then cut in half again. Over the sink squeeze the tomato pieces as you would a sponge to force out the seeds and water. Use a knife or hand food chopper to dice the tomatoes. Put into a medium size bowl. Dice the red onion and add to the bowl. Finely chop the scallions and add to the bowl along with the beans. Sprinkle on the taco seasoning and lightly toss mixture until evenly blended. Spoon in the yogurt and toss until the ingredients are coated. Makes 3 cups.

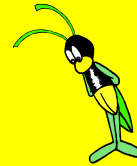


CHILD CARE DEVELOPMENT SERVICES INC.

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CCDS is an equal
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ALL OF OUR DREAMS CAN
COME TRUE.

Walt Disney



NEWS FROM USDA: Sponsor are now required to vary the timing of unannounced reviews so they are unpredictable to child care facilities. This means Nutrition Coordinators may visit during any week of the month, and perhaps even two months in a row. If all records are not available and up to date during a visit, we are required to make a follow-up visit the next month. As we are supposed to view meals as frequently as possible, we may need to make more frequent visits if we are unable to see a meal when we make a visit. Our goal is to help you succeed and receive the most reimbursement to which you are entitled. Please let us know if you have questions, just don't ask us when we will be there next.

MORE NEWS FROM USDA: Providers need to begin serving 1% milk to children age two and over. Whole milk is still needed for children from one to two years of age. If a parent insists on other than 1% milk for a child over 2, they will need a medical statement.

WATER: USDA is requiring that water be readily available for children at all times. They are encouraging water be included for snacks that don't otherwise contain a fluid. Keeping a child hydrated influences how much food they will eat. Studies show people eat when they are not hungry but just thirsty. You will be hearing more about this topic.

DUE TO ALL THE CHANGES and the fact that so many providers have been on the program for so many years, many of you have outdated training manuals. Therefore, CCDS will be having workshops for our mandatory annual training in the next few months. This training will be comprehensive and new manuals will be made available. We are asking you to let us know if there are topics of particular interest on which you would like our training to focus. We will review all the administrative rules and civil rights in all training workshops. We would like to hear from you as to what else you would like to know more about. Some suggestions are meal planning, nutrition and wellness policies for your child care program, how to engage children to eat more fruits and vegetables, developmentally appropriate cooking with kids, food serving styles, how to use Minute Menu, etc.

We are in the process of developing the training now, so please send us an email or give us a call to add your input. If you have a suggestion for a location near you to hold the training, you can let us know that too. Thank you in advance

Minute Menu Tip: Use the Provider Calendar to record days that you are closed for business or open on a holiday. From the menu choose Misc>>Provider Calendar. Drag an drop an icon from the left hand side of the calendar over to the appropriate date on the calendar. You can advance the calendar month if you wish and record future days that you will be open on a holiday or closed for business..