



## CHILD CARE DEVELOPMENT SERVICES, INC.

August 2009

CCDS is an equal opportunity provider.

### CACFP Newsy Notes

#### Renewal Packets Coming Soon!

Be on the lookout for your renewal packet in the mail. Yes, it is that time of year again when we are required to gather new enrollment forms for all children. As always, enrollment forms are to be completed and signed by parents, though we suggest you write your name on the top and circle "update" for those who are renewing.

Those using the on-line system need only to print out the forms and the information will automatically be entered. Please have parents indicate any schedule changes and have them sign the original that you return to us.

For school children please remember to have parents initial the box indicating the child will be in care when there is no school if that is the case.

Lastly, if parents leave the racial-ethnic heritage box unmarked you are being asked to use your best guess as to which identity would apply. If you also leave this blank, we will then need to gather this information during a site visit.



*Life isn't tied with a bow,  
but it is still a gift.*

# Thank You!!!

A huge thank you to all of the wonderful providers who had the responsibility of showing the Oregon Department of Education that CCDS does its job and does it well. Because you have listened and followed the rules, even when we may not agree with all the rules and regulations, our recent bi-annual compliance review was successful. We know it is stressful enough when we come unannounced, but when the State or feds tag along, it can be even more stressful.

Now that our review is over, we have been informed that the State is soon to be reviewed by USDA. That means we may again be showing up in the near future (September or October) with two additional reviewers. This time it is the State folks who want to look good, so we wouldn't be surprised if they chose CCDS providers to review. We know it doesn't really matter to all of you, because you are always following the rules, keeping paperwork up to date, serving great meals and doing an all around great job!

#### September Events: Take a Child Outside and Turnoff Week

You can do two great things for yourself and your family this September by participating in Turnoff Week and Take a Child Outside Week, which both happen during the week of September 21, 2009. Get the kids unplugged from TV, computer and video games and spend some time with nature. Both of the nonprofit organizations promoting these activities have great ideas and information on their websites. This great weather won't last forever, so take advantage and get outdoors!

**[Takeachildoutside.org](http://Takeachildoutside.org)**  
**[tvturnoff.org](http://tvturnoff.org)**



## Home Made Ice Cream in a Can

- A favorite summertime activity for kids of all ages is making their own ice cream in a can. It is a simple activity that can occupy kids for at least 1/2 hour from preparation to consumption. What we recommend is using two empty coffee cans, a large one and a small one, both with lids. Other like containers can be used as long as they can be sealed. The idea is to put the ingredients for the ice cream in the smaller container and put the lid on it, place it in the larger container, and pack ice and rock salt around the smaller can before placing the lid on it. Taping the lids with duct tape is a good idea to keep them secure. Then roll the can back and forth between two people, or roll it around the block on the sidewalk, or roll it down a hill. In about 20 minutes it should be hardened and ready to eat, depending upon what kind of ice cream you have chosen to make. Our recipe is for a simple vanilla. If you check the mixture and it isn't hard enough, add more ice and salt, seal and roll around for a bit longer.
- Ingredients for each 4 oz serving:
- 1 tablespoon sugar + 1/2 cup milk or half & half + 1/4 teaspoon vanilla

If collecting coffee cans is a problem, then you can use zip loc bags instead, and then shake rather than roll to make the mixture freeze. How to make it:

1. Fill the large bag half full of ice, and add the rock salt. Seal the bag.
  2. Put milk, vanilla, and sugar into the small bag, and seal it.
  3. Place the small bag inside the large one, and seal it again carefully.
  4. Shake until the mixture is ice cream, which takes about 5 minutes.
- Wipe off the top of the small bag, then open it carefully. Enjoy!
  - Mix fruit in after the ice cream is frozen and enjoy!



### Berry Good

- 1 envelope unflavored gelatin
- 1 cup chopped strawberries
- 1 cup blueberries
- 1 cup nectar
- 2 Tbsp sugar



1. Cut up strawberries. Place in medium-sized bowl with blueberries.
  2. Combine gelatin, sugar and apricot nectar in saucepan. Warm over low heat until gelatin dissolves, about 5 minutes.
  3. Pour nectar over berries and refrigerate until firm.
- Alternative Substitute 2 cups of other seasonal fruit for the berries.
- 4 servings for 1-5 year old
- Snack Idea: 1/2 cup Berry Good and 1/2 Bagel with low fat cream cheese.

### NUMBERS TO REMEMBER

#### Coordinator's Number

Mychi Doan	503.489.2506
Laurie Johnson	503.489.2553
Debbi Hoffmeister	503.489.2509
Maria Rodreguiz	503.489.2512
Rosie Gomez	503.489.2513
Svetlana Michalchuk	503.489.2515
Kayla Payne	503.489.2541
Check Status	503.489.2503
Fax	503.489.2570

[www.ccdsmetro.org](http://www.ccdsmetro.org)

#### Metro CCR&R

Training 503.489.2599  
 Provider Update 503.489.2577

On Line Training Website  
[www.childcaretrainingtogo.com](http://www.childcaretrainingtogo.com)

