



CHILD CARE DEVELOPMENT SERVICES, INC.

July 2009

CCDS is an equal opportunity provider.

CACFP Newsy Notes

Fresh From the Garden Facts

Beets are a potherb related to Swiss chard and have been grown since ancient time. They are a good source of fiber, folate, potassium and iron.

Peppers are a good source of fiber and vitamins A,B6,C and E. They may be harvested when green, yellow or red.

Spinach will help you meet your daily need for a number of nutrients, including calcium, iron, folate and vitamin A.

Tomatoes, surprisingly, this is the one vegetable where fresh is not as advantageous since the powerful antioxidants (lycopene) are more concentrated in cooked varieties. Keep canned tomatoes on hand to throw in with other vegetables or pair up with fish, chicken, pork or beef.

Zucchini squash is a good source of vitamin C fiber and potassium as well as carotenoids (cancer fighters) lutein and zeaxanthin.

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

Blackberry Dumplings

Picking wild blackberries is a tradition with many families. There are a few tips to make the experience more pleasurable. Pick berries that come off the bush easily. These are the ripest and tastiest.. Eat as is, add to cereal, drinks, pies, cakes, fruit sauces, or fruit salads. Try creating your own blackberry recipes.

Stew 2 or more cups of blackberries with a little water and 1/4 cup of sugar. When simmering, prepare dumpling batter from Bisquick or from scratch using 2 cups of flour, 4 tsp baking powder, 1 tsp salt, 4 tblsp soft butter and 1 cup of milk. Cut the butter into the dry ingredients, then mix in milk. Drop dough by spoonfuls on top of gently simmering berries. Cook uncovered for 10 minutes, then cover and cook another 10 minutes. No peeking or the dumplings may turn out goeey instead of fluffy.

THE SONG OF THE BLACK-BERRY QUEEN

by Cicely Mary Barker

*My berries cluster black and thick
For rich and poor alike to pick.
I'll tear your dress,
and cling, and tease,
And scratch your hand and arms
and knees.
I'll stain your fingers and your face,
And then I'll laugh at your disgrace.
But when the bramble-jelly's made,
You'll find your trouble well repaid*

Income Eligibility

forms were due in our office by July 20. If you missed the deadline, your next claim may be processed at Tier II rates..

Caution: Kids who race recklessly for the best berries often get scratched. Wear old clothes when you collect. The thorns may tear them, and the berries, which are good for dyeing, may stain clothing.

NEW RATES FOR FAMILY CHILD CARE HOMES EFFECTIVE JULY 1, 2009

	TIER I	TIER II
BREAKFAST	1.19	.44
SNACKS	.66	.18
LUNCHESES/DINNERS	2.21	1.33

Fruit and Vegetable Faces

With children as well as adults, presentation of food is important. These fun faces let kids be creative with their food and have fun in the kitchen. They inspire young imaginations and encourage healthy snacking, too.

Ingredients

- 1 ounce Cheddar cheese
- 8 thin wheat crackers
- 2 cherry tomatoes, halved
- 1/4 cup shredded carrot
- 1 orange, peeled and segmented



Cooking Instructions

1. Cut cheese into shapes: squares, triangles, and circles. Place cheese shapes and cherry tomato halves on crackers. Use these, as well as shredded carrot and orange segments to make a face complete with eyes, nose, ears, mouth, and hair--use your imagination! The kids will love it.

Up the Activity

Recent research by Dr. Susan Vincent, MD, of Brigham Young University suggests that families experience the best fitness results when parents and caregivers are active with their children. She suggests swimming, biking, hiking, or playing ball as a family to promote a healthy lifestyle.

The first CCDS cookbook was so successful that we are planning to have a second edition. The second edition will only contain USDA CACFP approved recipes. So set aside your favorites and keep a lookout for more details.

NUMBERS TO REMEMBER

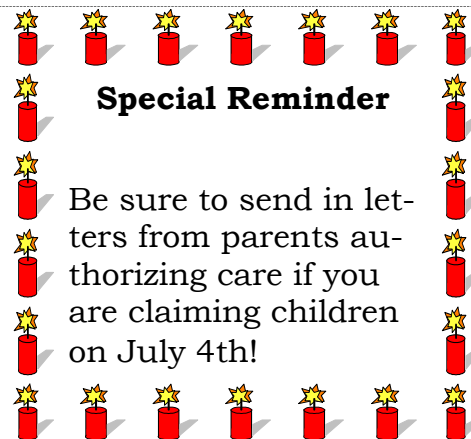
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Metro CCR&R

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On Line Training Website	
www.childcaretrainingtogo.com	



Special Reminder

Be sure to send in letters from parents authorizing care if you are claiming children on July 4th!