

CHILD CARE DEVELOPMENT SERVICES, INC.

June 2009

CCDS is an equal opportunity provider.

CACFP Newsy Notes

When in doubt, just take the next small step.

Regina Brett, 90 years young

Mandatory Annual Training Dates for July 2009

Clackamas County

John Adams Station #15

624 7th Street

Oregon City

July 15 & July 16

6:30 to 8:30 PM

Multnomah County

Montavilla Community Center

8219 NE Glisan Street

Portland

July 21 6:30 - 8:30 PM

Hollywood Library

4040 NE Tillamook

Portland

July 25 12:30—2:30

Washington County

Tualatin Valley Fire & Rescue

20665 SW Blanton Street

Aloha

July 18 10 AM—12 PM

CN Labels Policy Change:

USDA recently advised state agencies that CN labels are only valid when the label is attached to the purchased product. CN labels pertain to chicken nuggets, fish sticks and any combination meal purchased.

Effective July 1, 2009 Providers must send in the actual CN label to their sponsor to receive reimbursement for that meal. Please cut the label off the package and send the label in with your menu. If you use online menus, mail the label in an envelope with your name on the envelope. The labels will be kept in your file. The labels only need to be sent in once or until the CN label expires. Please still indicate on menus that the item is CN. **Example=** CN Chicken nuggets. If you have any questions please contact your coordinator.

Using Fireworks Safely

The National Safety Council advises that the best way to safely enjoy this 4th of July is to watch a public fireworks display conducted by professionals.

However, if you decide to use them, be sure to follow these important safety tips:

- Never allow young children to handle fireworks.
- Older children should use fireworks only under close adult supervision.
- Light fireworks outdoors in a clear area away from onlookers, houses and flammable materials.
- Light one device at a time; maintain a safe distance after lighting.
- Do not allow any running or horseplay while fireworks are being used.
- Never ignite devices in a container.
- Do not try to re-light or handle malfunctioning fireworks; douse and soak them with water and discard them safely.
- Keep a bucket of water nearby to fully extinguish fireworks that don't light or in case of fire.



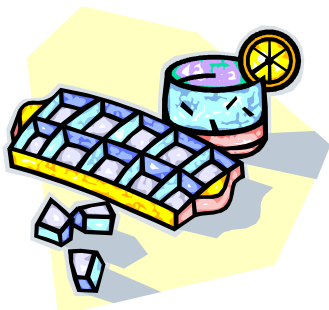
Mandatory Annual Training Dates for 2009 Ending

One last class with openings in June will be June 27th from 10 AM to 12 PM at the Saved By Grace Lutheran Church at 2010 NE Division in Gresham. All remaining classes for mandatory training will occur in the month of July—see dates on front page. Call or email to register for the date you plan to attend.

Email debbie@ccdsmetro.org or call our receptionist at 503-489-2528. This annual training is a requirement by USDA. The training must occur prior to the end of this fiscal year as there are new requirements that are effective October 1, 2009.

Thanks to all of you who have made it to the classes already and congratulations to the Door Prize winners.

Frosty Fireworks (Frozen Juice)



Use any 100% fresh fruit juice (except pineapple juice which does not freeze well) and pour into an ice cube tray. Be sure to use only 100% juices, such as white grape juice, red raspberry and purple grape juice and let the cubes freeze solid. Measure the juice before pouring into the ice cube trays so that you know how many cubes you will need for a full serving of juice for each child. Drop the required number of colored cubes into each glass, pour in flavored seltzer water or clear soda, and watch the special effects. As the cubes melt, colored bubbles will swirl through the seltzer.

Why Physical Activity?

Young children are not miniature adults and have very specific needs relative to weight control and physical activity. All children birth to age five should engage in daily physical activity that promotes health-related fitness and movement skills. Current research confirms that the physical activity of infants and young children is an important component of early brain development and learning. Positive early movement experiences increases the infant's chances of achieving full developmental potential throughout life.



NUMBERS TO REMEMBER

Coordinator's Number

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Special Reminder

Children graduating Kindergarten starting 1st grade this coming September now count as school age children.