



CHILD CARE DEVELOPMENT SERVICES
PROMOTING HEALTHY HABITS TO LAST A LIFETIME

CCDS
123 E POWELL BLVD
SUITE #300
GRESHAM, OR 97030
503-489-2528

A good way to get on
Santa's Nice list is to eat
your fruits
and veggies!



Menu Due Dates:

Menus must be hand
delivered or submitted by
the 5th or post marked by
the 2nd of each Month.

CCDS Department
Directory:

USDA Food Program -
503-489-2528
Training -
503-489-2599
Human Resources -
503-489-2541
Program Manager -
503-489-2509

CCDS Website

<http://www.ccdsmetro.org>

Child Care Development Services Newsletter December 2017

WHAT DO YOU MEAN, NEW MEAL PATTERN?

Most providers have questions about the New Meal Pattern Requirements that became effective October 1, 2017. You can wait for a CCDS nutrition coordinator to make a visit and ask your questions, or you may find your answer when you need it by visiting our website. Please go to www.ccdsmetro.org/faq.html and click on the appropriate link to find the Q&A for each topic area. The topic areas are Milk, Bread & Grains, Fruit & Vegetables, Infant Meal Pattern and Meat & Meat Alternates. If you still have questions, just let us know. If we do not have the answer, we can get one for you.

WHERE CAN I FIND A FORM FAST?

Need a form? All providers are given a manual with a sample of all forms during the initial training process. They are there for you to use as you need them. If you need a new copy you can find it on our website on the "forms and documents" page which is listed under the Family Child Care heading. The webpage is www.ccdsmetro.org/forms-and-rules.html.

WHERE DO I FIND THE TOTAL REIMBURSEMENT RECEIVED FROM CCDS IN 2017?

It is simple to find your total reimbursement from CCDS in Kidkare. Simply login to your account, click onto "Reports". Under "select category" click onto "claim statement." Under "select report" click onto "tax report." Select the year and click onto "Run."

Turkey Tacos

Ingredients:

- 1 15 oz can pinto beans
- Non-stick cooking spray
- 1 pound ground turkey
- 1 cup tomato sauce
- 2 Tablespoons tomato paste
- 1 Tablespoon chili powder
- 1 teaspoon garlic powder
- 1/2 teaspoon salt
- 1/2 teaspoon ground pepper
- 8 ounces low-fat cheddar cheese
- 1/4 medium head of lettuce
- 2 large tomatoes
- 14 taco shells



1. Drain and rinse pinto beans in a colander.
2. Coat a large frying pan with spray and brown turkey over medium high heat.
3. Add beans, tomato juice, tomato paste, chili powder, garlic powder, salt and pepper to the pan, stirring well.
4. Reduce heat to medium and cook until thickened, about 20 minutes.
5. Grate cheese.
6. Rinse lettuce and tomatoes. Tear lettuce into bite sized pieces and dice tomatoes.
7. Place 2 Tablespoons cooked meat mixture into each taco shell. Sprinkle 1 tablespoon cheese so it melts on the meat.
8. Top each taco with 1 tablespoon shredded lettuce and 1 tablespoon diced tomato.

Food Safety Tip

Bring sauces, soups and gravy to a boil when reheating. Heat leftovers to at least 165 degrees.

Re-heating is not a substitute for keeping food at safe temperatures. Some toxins are not killed by heat.

Chef's Notes

Kids can help with steps 1,3,5,6,8 and 9.

Use any of the kids' favorite sautéed vegetables, low-fat sour cream, or salsa to top the taco.

Substitute any type of canned beans for the pinto beans.

Try using whole wheat tortillas in place of taco shells, or serve over rice or corn bread.

Use leftover turkey in place of ground turkey.

A guide to storing Thanksgiving leftovers

Food	Fridge
Turkey, cooked	3-4 days
Meat (ham, beef), cooked	3-4 days
Gravy	1-2 days
Cranberry sauce	10-14 days

If you choose to freeze these leftovers, they should be used or discarded after 3 months.