



CHILD CARE DEVELOPMENT SERVICES  
PROMOTING HEALTHY HABITS TO LAST A LIFETIME

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

### Hot Topics:

- Sunscreen
- Black Bean Quesadillas
- Window Safety
- Technology

### 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 July 2017

## Sunscreen

Sunscreen is considered a non-prescription medication and may be used for child care children under the following conditions:

- (a) Providers must obtain written parental authorization prior to using sunscreen.
- (b) One container of sunscreen may be used for child care children unless a parent supplies an individual container for their child. The sunscreen shall be applied in a manner that prevents contaminating the container.
  - (A) Parents must be informed of the type of product and the sun protective factor (SPF).
  - (B) Parents must be given the opportunity to inspect the product and active ingredients.
- (c) If sunscreen is supplied for an individual child care child, the sunscreen must be labeled with the child's first and last name and must be used for only that child.
- (d) Providers must reapply sunscreen every two hours while the child care children are exposed to the sun.
- (e) Providers shall use a sunscreen with an SPF of 15 or higher and must be labeled as "Broad Spectrum".
- (f) Providers shall not use aerosol sunscreens on child care children.
- (g) Sunscreen shall not be used on child care children younger than six months.
- (h) Child care children over six years of age may apply sunscreen to themselves under the direct supervision of the provider or staff member.



## Black Bean Quesadillas

### Ingredients

- 3/4 cup chunky salsa (or Pico de Gallo)
- 1 can (15.5 oz) low sodium black beans, drained and rinsed
- 2 cups shredded reduced fat Colby & Monterey Jack cheese
- 2 T finely chopped fresh cilantro
- 4 8" flour tortillas
- 1/2 tsp extra virgin olive oil

### Directions

- Using small-hole strainer, drain liquid from Pico de Gallo; discard liquid. Transfer leftover tomato mixture to medium bowl. Mix in black beans, cheese and cilantro until combined.
- Divide black bean mixture evenly over half of each tortilla (about 1/2 cup each). Fold tortillas in half.
- Heat large griddle or skillet over medium-high heat. Brush with oil. Place filled tortillas on griddle. Cook, carefully flipping once, until tortillas are golden brown and crisp and cheese filling melts, about 5 minutes. Cut quesadillas into wedges.

## Window Safety

Window falls are predictable — and preventable. Here's what families can do to prevent child window falls.

### Safety tips

- Keep play away from windows.
- Only allow windows to open 4 inches, *and* install window stops and/or window guards that can be removed by an adult in an emergency.
- Lock windows when not in use.
- Open windows from the top and use a window stop for the bottom.
- Prevent climbing. Keep furniture and *anything* a child can climb on away from windows.
- Actively watch children near windows.

## Technology

If you have a smart phone, iphone, android etc ... you can go to your app store or google play and download any of the free scan apps to send USDA documents via email. For example: Tiny Scanner, Fast Scanner or Turbo Scan. Take a picture of the document and it will convert it to a PDF. Any documents can be emailed to [shawn@ccdsmetro.org](mailto:shawn@ccdsmetro.org). Please keep your USDA forms for 3 years.

This institution is an equal opportunity provider.

### NUTRITION

Serving Size: 1/2  
quesadilla

160 Calories

5g Fat (2.5g Saturated,  
0g Trans); 10mg Choles-  
terol;

21g Carbohydrate; 0g  
Sugar; 9g Protein; 4g  
Fiber;  
470mg Sodium

Makes 8 Servings

Prep time: 5 min.

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