



CHILD CARE DEVELOPMENT SERVICES  
PROMOTING HEALTHY HABITS TO LAST A LIFETIME

CCDS

123 E POWELL BLVD  
SUITE #300  
GRESHAM, OR 97030

### Hot Topics:

- Food Safety Advice
- Oodles of Noodles
- School Age Children
- KidKare Reminder
- Holiday Notes

### 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 October 2017

## Food Safety Advice

### Clean: Wash Hands and Surfaces Often

Bacteria can be spread throughout the kitchen and get onto hands, cutting boards, utensils, counter tops, and food.

- \* Wash your hands with warm water and soap for at least 20 seconds before and after handling food and after using the bathroom or changing diapers.
- \* Wash your cutting boards, dishes, utensils, and counter tops with hot soapy water after preparing each food item and before you go on to the next food.
- \* Consider using paper towels to clean up kitchen surfaces. If you use cloth towels wash them often in the hot cycle of your washing machine.
- \* Rinse fresh fruits and vegetables under running tap water, including those with skins and rinds that are not eaten.
- \* Rub firm-skinned fruits and vegetables under running tap water or scrub with a clean vegetable brush while rinsing with running tap water.
- \* Keep books, backpacks, or shopping bags off the kitchen table or counters where food is prepared or served.

### Separate: Don't Cross Contaminate

Cross-contamination is how bacteria can be spread. When handling raw meat, poultry, seafood, and eggs, keep these foods and their juices away from ready-to-eat foods.

- \* Separate raw meat, poultry, seafood, and eggs from other foods in your grocery shopping cart, grocery bags, and in your refrigerator.
- \* Use one cutting board for fresh produce and a separate one for raw meat, poultry, and seafood.
- \* Never place cooked food on a plate that previously held raw meat, poultry, seafood, or eggs.

### Cook: Cook to Proper Temperatures

Food is safely cooked when it reaches a high enough internal temperature to kill the harmful bacteria that cause foodborne illness.

- \* Use a food thermometer, which measures the internal temperature of cooked meat, poultry, and egg dishes, to make sure that the food is cooked to a safe internal temperature.
- \* Make sure there are no cold spots in food (where bacteria can survive) when cooking in a microwave oven. For best results, cover food, stir, and rotate for even cooking. If there is no turntable, rotate the dish by hand once or twice during cooking.
- \* Use microwave-safe cookware and plastic wrap when cooking foods in a microwave oven.

165 is the safe internal temperature for poultry.

140 is the safe hot holding temperature for precooked foods.



# Oodles of Noodles



Preparation Time: 15 minutes  
Cooking Time: 20 minutes  
Makes six 1-cup servings

**Nutrients Per Serving:** Calories 235,  
Protein 9 g, Carbohydrate 43 g,  
Dietary Fiber 5 g, Total Fat 4 g,  
Saturated Fat 1 g, Cholesterol 0 mg,  
Vitamin A 1519 IU (76 RAE),  
Vitamin C 15 mg, Iron 5 mg, Calcium  
50 mg, Sodium 323 mg

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## Ingredients

2<sup>3</sup>/<sub>4</sub> cups Penne pasta, whole-wheat, dry (11 oz)  
1 ½ Tbsp Extra virgin olive oil  
2 ¼ cups Fresh grape tomatoes, halved  
1 ½ tsp Dried basil  
¾ tsp Sea salt  
¼ tsp Ground black pepper  
1 Tbsp Fresh garlic, minced  
3 Tbsp Whole-wheat flour  
2 1/3 cups Low-sodium vegetable broth  
4 cups Fresh Swiss chard, stems removed, chopped

## Directions

1. In a large pot, bring 2 quarts water to a boil. Gradually stir in pasta and return to a boil. Cook uncovered for about 8-10 minutes until tender. Do not overcook. Drain well.
2. Heat olive oil in a large skillet over medium heat. Add half of tomatoes and cook 2-3 minutes until skins soften. Do not overcook. Reserve remaining tomatoes for step 4. Add basil, salt, pepper, and garlic. Stir.
3. Sprinkle flour over tomatoes. Cook for 30 seconds over medium heat until mixture becomes thick. Add vegetable broth. Bring to a boil and then immediately reduce to low heat.
4. Add Swiss chard and remaining tomatoes. Simmer uncovered over low heat for 1-2 minutes or until Swiss chard is wilted. Pour over pasta. Serve hot.

## School Age Children

Once school begins kindergarten children are considered school age kids and will need to be updated on any renewals or new enrollment forms.

## KidKare Reminder!!!

Just a reminder that all online providers need to transition to KidKare.com by October 1, 2017

## Holiday Notes

A holiday meal attendance form is to be used when the children are in care and meals are being claimed on:

**Labor Day  
September 4th**

This institution is an equal opportunity provider.