



CHILD CARE DEVELOPMENT SERVICES
PROMOTING HEALTHY HABITS TO LAST A LIFETIME

CCDS

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SUITE #300
GRESHAM, OR 97030
503-489-2528

Hot Topics:

- Gardening with Children
- Not Home Reminder
- Chic' Penne Recipe
- Off-Site Meals
- KidKare Website

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

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Child Care Development Services Newsletter May 2017

Celebrating 40 years!

Gardening with children

Give them their own garden beds. Whether you use raised beds, containers or ground plots, be sure to give each child his or her own separate plot. Keep it small, very small for young kids. Put their plots right in the middle of the action, with the best soil and light. Set them up for success.

Reuse the sandbox. If your children have grown past their sandbox years, consider converting the old sandbox to a garden bed. This gives the child continued 'ownership' of a familiar space and encourages a sense of responsibility to the gardening project. Of course, a productive garden bed needs to be in good sunlight and soil should be free of tree roots. It may be necessary to relocate the sandbox if growing conditions are less than ideal.

Give them serious tools. Cheap plastic child's gardening tools are worse than no tools at all; they break easily and frustrate the user. It can be hard to locate good tools for kids, especially work gloves that fit a small hand. With some garden tools, like a hoe or spade, you can easily saw the handle shorter. Let them use your tools if need be; in this way you're acknowledging the importance of the work they're doing.

Engage them through the entire process, from seed to table. Children learn better when they understand the context of their activity. They will learn that gardening can be fun, but far more than idle play; they are contributing to the family well-being. Besides planting and nurturing their garden beds, be sure they alone do the harvesting and preparation of their crop for the table, no matter how modest the offering.

Start from seeds. While it's a convenient shortcut to buy starters, children will learn more by seeing the growing process as it begins, from seed. The care given to sprouting seeds and nurturing the young seedling are a valuable part of the gardening experience. Seeds will need to be started indoors in a warm room and once sprouted they can be transplanted into pots until ready to set out.

Cheat a little. Depending on the age of the child, you may need to help out a little 'behind the scene'. Not every garden task is pleasant, and the child may not be ready at all times for all chores. You may need to go out in the evening to pick a few slugs off the lettuce, or be the one to run out and move the sprinkler. They don't have to know about every little help you offer - the child's 'ownership' of the plot is the main thing.

When all else fails, make a scarecrow. The best time to engage children in gardening is when they're in the mood for this activity. If their attention wanes, or the garden tasks become boring, let them build a scarecrow. This activity is still a contribution to the gardening effort and adds another layer of interest to the garden scene. It also reminds the child of the importance of the garden crops.

Show off their work. When giving 'garden tours' to friends, be sure to point out the children's beds. Take a photo of their harvest and send it to the grandparents. The attention given to their work is the best motivator for children to stay involved with a project.

REMINDER: Providers must notify their Coordinator in advance by voicemail, email or by using the Calendar in Minute Menu if they are not going to be home during a mealtime. If an unannounced visit is attempted at mealtime and the provider is not present, the meal will be disallowed, unless prior notification is received.



Chic' Penne

Ingredients

3 cups Penne pasta, whole-wheat, dry (12 oz)
1 tsp Granulated garlic
2 cups Fresh broccoli florets
1 cup Cooked diced chicken, ½" pieces (4 oz)
1 ½ cups Fat-free half and half
1 Tbsp Enriched all-purpose flour
1/8 cup Low-sodium chicken broth
1 tsp Salt
½ tsp Ground black pepper
½ cup Reduced-fat cheddar cheese, shredded (2 oz)
½ cup Low-fat mozzarella cheese, low-moisture, part-skim, shredded (2 oz)

Directions

1. Preheat oven to 350 °F.
2. In a large pot, bring 2 quarts water to a boil. Gradually stir in pasta and return to a boil. Cook uncovered for 8-10 minutes or until tender. Do not overcook. Drain well. Toss pasta with ½ teaspoon garlic.
3. Fill a medium pot with water and bring to a boil. Add broccoli florets and cook for 5 minutes. Drain well. Sprinkle with remaining garlic.
4. Transfer pasta and broccoli to a medium casserole dish (about 8" x 11") coated with nonstick cooking spray. Add chicken. Mix well.
5. In a small mixing bowl, mix ½ cup half and half with flour. Whisk to remove lumps.
6. In a medium skillet, heat chicken broth, salt, pepper, and remaining half and half. Stir constantly. Stir in half and half/flour mixture. Stir constantly and bring to a boil.
7. Reduce heat to low. Stir frequently for 5 minutes. Sauce will thicken. Add cheese and stir until cheese melts. Remove from heat. Pour sauce over broccoli/pasta mixture.
8. Cover casserole dish with lid or with foil. Bake at 350 °F for 8 minutes. Heat to an internal temperature of 165 °F or higher for at least 15 seconds (use a food thermometer to check the internal temperature). Remove from oven. Serve hot.

Preparation Time: 20 minutes

Cooking Time: 20 minutes

Makes six 1 ½-cup servings

1 ½ cups provides 1 oz equivalent meat/meat alternate, 3/8 cup dark green vegetable, and 1 ¾ oz equivalent grains.

Nutrients Per Serving: Calories **300**, Protein **19 g**, Carbohydrate **44 g**, Dietary Fiber **6 g**, Total Fat **6 g**, Saturated Fat **2 g**, Cholesterol **26 mg**, Vitamin A **618 IU (78 RAE)**, Vitamin C **17 mg**, Iron **2 mg**, Calcium **231 mg**, Sodium **418 mg**



Helpful website — KidKare

[https://
help.kidkare.com/
help](https://help.kidkare.com/help)

Off Site Meals—

The address that is listed on a provider's registration or license is the only approved location according to USDA guidelines. As a sponsor of facilities, CCDS must apply this rule to all participants of the program.

According to USDA All Child Nutrition Program's meals served in the CACFP are intended to be consumed in settings where organized groups of eligible children and adults are gathered to eat. This means that meals must be consumed on-site in order for the meal to be reimbursable. If meals are consumed off-site, such as during a field trip, the CACFP institution or facility must first receive approval. Failure to meet this "congregate feeding" requirement will result in the disallowance of meals and may lead to a determination of serious deficiency in the Program.

This institution is an equal opportunity provider.