



CHILD CARE DEVELOPMENT SERVICES
PROMOTING HEALTHY HABITS TO LAST A LIFETIME

CCDS
123 E POWELL BLVD
SUITE #300
GRESHAM, OR 97030

Hot Topics:

- KidKare.com
- Poisoning Prevention
- Chickpeas & Tomatoes
- Direct Deposit
- Training Website
- CCDS 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

CCDS Website

<http://www.ccdsmetro.org>

Child Care Development Services Newsletter September 2017



This is the new and improved online claiming service from Minute Menu. And best of all **KidKare** will work on all browsers on any platform!

Check out Kidkare at <https://app.kidkare.com/#/login/> by using your same login and password that has been provided to you from Child Care Development Services.

Everyone will need to make the change by September 2017. **KidKare** will have the updated meal pattern guidelines and replace Minute Menu. Minute Menu will not support the new meal patterns and guidelines. Get a head start and make the change today.

If you need assistance call your coordinator at his/her phone number or the receptionist at [503-489-2528](tel:503-489-2528) or check out the great training tutorials at <https://help.kidkare.com/help>

Poisoning Prevention

Every day, over 300 children in the United States ages 0 to 19 are treated in an emergency department, and two children die, as a result of being poisoned. It's not just chemicals in your home marked with clear warning labels that can be dangerous to children.

Everyday items in your home, such as household cleaners and medicines, can be poisonous to children as well. Medication dosing mistakes and unsupervised ingestions are common ways that children are poisoned. Active, curious children will often investigate—and sometimes try to eat or drink—anything that they can get into.

Thankfully, there are ways you can help poison-proof your home and protect the children you love.

Key Prevention Tips

Lock them up and away.

Keep medicines and toxic products, such as cleaning solutions and detergent pods, in their original packaging where children can't see or get them.

Know the number.

Put the nationwide poison control center phone number, 1-800-222-1222, on or near every telephone in your home and program it into your cell phone. Call the poison control center if you think a child has been poisoned but they are awake and alert; they can be reached 24 hours a day, seven days a week. Call 911 if you have a poison emergency and your child has collapsed or is not breathing.

Read the label.

Follow label directions carefully and read all warnings when giving medicines to children.

Don't keep it if you don't need it.

Safely dispose of unused, unneeded, or expired prescription drugs and over the counter drugs, vitamins, and supplements. To dispose of medicines, mix them with coffee grounds or kitty litter and throw them away. You can also turn them in at a local take-back program or during National Drug Take-Back events.



Chickpeas & Tomatoes

Chickpeas, also known as garbanzo beans, are a popular part of vegetarian meals in Northern Africa. In this recipe, chili powder, cumin and ginger create a wonderful flavor, without too much heat.

Ingredients

- 1 teaspoon Canola oil
- 1 1/4 cups Onion, raw, 1/4" diced
- 2 cloves Garlic, fresh, minced (1 clove is about 1/2 teaspoon minced)
- 1/2 teaspoon Ginger, fresh, grated (If using ground ginger reduce amount by half)
- 2 1/2 cups Garbanzo beans (chickpeas), canned, drained, and rinsed (2 1/2 cups = 13 3/4 oz.)
- 3 cups Tomatoes with juice, canned, low-sodium, diced
- 1/4 cup Water
- 1/2 teaspoon Chili powder
- 1 1/2 teaspoons Cumin, ground

Directions

1. Heat oil in a small stockpot on medium-high heat. Add onions and sauté until soft. Do not brown. Add the garlic and ginger, stir until fragrant.
2. Add the garbanzo beans (chickpeas), tomatoes and juice, water, chili powder, and cumin. Continue cooking on medium-high heat and bring to a boil.
3. Reduce heat to medium and simmer uncovered for 10 minutes or until there is only enough liquid to cover the bottom of the pan.
4. Serve 1/2 cup. Serve hot.

DIRECT DEPOSIT

WANT TO RECEIVE YOUR CHECK FASTER? DID YOU KNOW YOU CAN HAVE YOUR USDA CHECKS DIRECTLY DEPOSITED INTO YOUR CHECKING ACCOUNT? SIGN UP FOR DIRECT DEPOSIT TODAY! GO TO WWW.CCDSMETRO.ORG TO

Anxious for training about the new meal pattern? Visit the link below to see and download the latest tools from USDA.

<https://www.fns.usda.gov/tn/CACFP-Meal-Pattern-Training-Tools>.

Child Care Development Services Website

Please visit our website at <http://www.ccdsmetro.org/>. The site is frequently updated with news and general information.

This institution is an equal opportunity provider.

Makes: 6 Servings
Prep time: 5 minutes
Cook time: 15 minutes

Nutrition Information

For 1/2 cup

CALORIES 120

Nutrients	Amount
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Total Fat	3 g
Saturated Fat	0 g
Cholesterol	N/A
Sodium	183 mg
Total Carbohydrate	20 g
Dietary Fiber	5 g
Total Sugars	N/A
Protein	5 g
Vitamin D	N/A
Calcium	44 mg
Iron	1 mg
Potassium	N/A

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