Summer is almost over and school is about to start. This is also the time of the year that garden fresh veggies will also come to an end! Here are some great recipes that the children are sure to love.

**Zucchini Fries**

<table>
<thead>
<tr>
<th>Ingredient</th>
<th>Quantity</th>
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<tbody>
<tr>
<td>2 zucchinis</td>
<td></td>
</tr>
<tr>
<td>1 egg white</td>
<td></td>
</tr>
<tr>
<td>1/4 cup milk</td>
<td></td>
</tr>
<tr>
<td>1/2 cup shredded Parmesan cheese</td>
<td></td>
</tr>
<tr>
<td>1/2 cup seasoned breadcrumbs</td>
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**Preparation:**

Preheat oven to 425°. Cut zucchini into 3-inch sticks. Whisk an egg white in a small bowl, and add milk. Combine Parmesan and seasoned breadcrumbs in a separate bowl. Dip zucchini sticks into egg mixture, and then roll in breadcrumb mixture. Coat a baking sheet with cooking spray, and place zucchini on sheet. Bake for 25–30 minutes or until golden brown.

**Zucchini Cookies**

<table>
<thead>
<tr>
<th>Ingredient</th>
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<tr>
<td>1/2 cup margarine, softened</td>
<td>1 cup white sugar</td>
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<tr>
<td>1 cup grated zucchini</td>
<td>1 egg</td>
</tr>
<tr>
<td>2 cups all-purpose flour</td>
<td>1 teaspoon baking soda</td>
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<tr>
<td>1/2 teaspoon salt</td>
<td></td>
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<tr>
<td>1 teaspoon ground cinnamon</td>
<td></td>
</tr>
<tr>
<td>1/2 teaspoon ground cloves</td>
<td></td>
</tr>
<tr>
<td>1 cup raisins</td>
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**Directions:**

1. In a medium bowl, cream together the margarine and sugar until smooth. Beat in the egg then stir in the zucchini. Combine the flour, baking soda, salt and cinnamon; stir into the zucchini mixture. Mix in raisins. Cover dough and chill for at least 1 hour or overnight.
2. Preheat oven to 375 degrees F (190 degrees C). Grease cookie sheets. Drop dough by teaspoon onto the prepared cookie sheet. Cookies should be about 2 inches apart.
3. Bake for 8 to 10 minutes allow cookies to cool slightly on the cookie sheets before removing to wire racks to cool completely.
While we are going from home daycare to home daycare, we see some great movement activities that just need to be shared!!!! This song was so fun to watch the children get movement, and they were also shown how much fun healthy food can be.

**Bananas!**
**Bananas Unite!!**
Bananas unite! (Place hands together straight up over head)
Bananas split! (Open arms and place at sides)
Pick bananas, pick, pick bananas (reach up and pick bananas from a tree)
Peel bananas, peel, peel bananas (peel a banana in your hand)
Smash bananas, smash, smash bananas (clap hands)
Eat bananas, eat, eat bananas (stuff banana in mouth and sing with mouth full)
Go bananas, go, go bananas! (Do a crazy dance)

You can add all kinds of different food in as well, like oranges, potatoes, and corn. The kids were having so much fun moving around and singing.

**Menu Component Reminders:**

- Sweet Potato or any potato is only reimbursable as a vegetable, not a grain.
- Ravioli – canned is not reimbursable as there is not enough protein. It must be homemade or the large frozen raviolis that contain enough cheese. Your best way to make it credible is to add a meat sauce or serve extra cheese. It must also be noted this way on the menu, so it won’t be disallowed.
- Almond or rice milk: Any milk substitution without a doctor’s note must have the same nutritional value as cow’s milk. It is almost impossible to find these. The best way to cover the requirement is to serve it family style along with regular milk. This shows that the qualifying component is being offered. We learned this information through our state review.

Please remember that checks are not guaranteed by a certain date and that we will post on our website [www.ccmaine.org/familychildcare](http://www.ccmaine.org/familychildcare) the date (once we are notified by the state) that checks will be issued. We will also send a message through Minute Menu each month.

**Office Closing Dates: Friday, August 29th and Monday, September 1st**

**Physical Address** - 270 Minot Avenue, Suite B, Auburn, ME 04210
**Mailing Address** – PO Box 1660, Auburn, ME 04211-1660
**Office Hours** – 8:30 AM – 12:00 Noon & 1:00 PM – 4:30 PM
**Phone Numbers** – 1-800-784-0157, 786-0925, fax – 784-2453

<table>
<thead>
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New to our monthly newsletter!!!!! Chris Wood will be introducing a new book each month along with ideas and activities! Here’s her first one.

Book Title:  Rah Rah Radishes A Vegetable Chant

By April Pulley Sayre

Before the Story Questions

1. Look at the front and back cover of the book. Ask children what they think the book will be about.
2. Who likes vegetables?

During the story

First Reading- Read the entire book.

Follow up Readings- Pause before reading vegetable names. Instead point to vegetable and let children name the vegetable.

Science

Materials

Real vegetables shown in the book

Let children match real vegetables with vegetables in book. See if children can name the vegetables. Cut open vegetables and have children look inside vegetables.

Art

Let children paint with the various vegetables shown in book

Lunch or Snack Time

Let children try some of the vegetables shown in the book. Ask children what their favorite vegetable is. Record results on paper and display.

OVER
NEED TRAINING???????

Let’s Go! is offering FREE daylong trainings for child care providers across the state this August through November!

Participants will have an opportunity to:

- Network with other providers.
- Gain understanding of where your program stands on each of the 10 Let's Go! strategies.
- Gain knowledge and confidence in supporting healthy eating and active living at your program.
- Learn about tools and resources available to help you and explore sample products.
- Make a plan of action for the program year.
- Earn 6 Licensing Contact Hours!

September 13  Maine Midcoast Community Action
34 Wing Farm Parkway
Bath, ME 04530   Cumberland  Trent Giles, Midcoast Let’s Go! Coordinator
tgiles@midcoasthealth.com
http://events.constantcontact.com/register/event?llr=7q9sdedab&oeidk=a07e9n7ak1w2382672c

October 18  Central Maine Medical Center
300 Main Street
Lewiston, ME 04240   Androscoggin  Sandy Bender, Let’s Go! Androscoggin Coordinator
bendersa@cmhc.org
http://events.constantcontact.com/register/event?llr=7q9sdedab&oeidk=a07e9n7jptb36307288

November 1  Franklin Memorial Hospital
111 Franklin Health Commons
Farmington, ME 04938   Franklin  Molly Clark, Let’s Go! Franklin Coordinator
mclark@fchn.org
http://events.constantcontact.com/register/event?llr=7q9sdedab&oeidk=a07e9hf9ign471a327d

November 8  Bank of Maine
203 Whitten Road
Hallowell, ME 04347   Kennebec  Laura Howell, Let’s Go! Kennebec Coordinator
lhowell@emhs.org
http://events.constantcontact.com/register/event?llr=7q9sdedab&oeidk=a07e9hfidpddc9ec6

November 15  Standish Town Hall
175 Northeast Road [Route 35]
Standish, Maine 04084   Cumberland  Ashley Edmondson, Let’ Go! Cumberland Coordinator
Ashley.Edmondson@opportunityalliance.org
http://events.constantcontact.com/register/event?llr=7q9sdedab&oeidk=a07e9n7qnr888ecf6f7