

CATHOLIC CHARITIES MAINE CHILD & ADULT CARE FOOD PROGRAM



August 2014



In accordance with Federal law and U.S. Department of Agriculture policy, this institution is prohibited from discriminating on the basis of race, color, national origin, sex, age, or disability.

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

2 zucchinis
1 egg white
1/4 cup milk
1/2 cup shredded Parmesan cheese
1/2 cup seasoned breadcrumbs
Vegetable cooking spray

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

1/2 cup margarine, softened	1 cup white sugar
1 cup grated zucchini	1 egg
2 cups all-purpose flour	1 teaspoon baking soda
1/2 teaspoon salt	
1 teaspoon ground cinnamon	
1/2 teaspoon ground cloves	
1 cup raisins	

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 reimburseable as a vegetable, not a grain.
- Ravioli – canned is not reimburseable 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 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

Member	Email	Office Extension or Blackberry
Chris Bagley	cbagley@ccmaine.org	712-4384
Sue Blais	sblais@ccmaine.org	2759
Sonja Carvalho	scarvalho@ccmaine.org	3964
Melissa Gagne	mgagne@ccmaine.org	712-4366
Jennifer Leach	jleach@ccmaine.org	232-7547
Rachel Lessard	rlessard@ccmaine.org	3967
Chris Wood	cwood@ccmaine.org	712-4377
Nimo Yonis	nyonis@ccmaine.org	522-2105

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=a07e9hfidpddec9ec6>

November 15 Standish Town Hall

175 Northeast Road [Route 35]

Standish, Maine 04084

Cumberland

Ashley Edmondson, Let's Go! Cumberland Coordinator

Ashley.Edmondson@opportunityalliance.org

<http://events.constantcontact.com/register/event?llr=7q9sdedab&oeidk=a07e9n7qnr888ecf6f7>