

CATHOLIC CHARITIES MAINE FAMILY CHILD CARE

February, 2013



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.

Screen Time includes TV, DVD, video games, computer use, and other electronic devices.

Why do we need to limit?

TV/DVD

- TV can disturb children's sleep and play even if in the background.
- TV viewing can include advertisements for unhealthy foods. Children can not tell the difference between programs and ads.

Video Games

- Research has shown that the more time children spend playing video games, the harder time they have concentrating in school.

Computer Use

- Computer games can impair children's sleep at night. Sleep is important for children's health.

All of these activities mean less time being spent physically active.

How much is too much?

- Under age 2 - No screen Time
- 2 years or older-30 minutes total per week of TV
- No more than 15 minute increments of computer screen time.

Guidelines

- Parents should be informed if screen media is used in the childcare program
- Screen time should be educational or assisting in physical activity programs
- All screen time should have no advertising.



POSTING MENUS AND RECORDING MEAL COUNTS DAILY: Please keep in mind that these are two of the most important federal requirements for providers when participating in the Child & Adult Care Food Program. Please remember that these are federal rules created by USDA and not by your CACFP Coordinator or the staff here at Catholic Charities. If your coordinator comes to visit, and you do not have these recorded, she has no choice but to declare the meals **nonreimbursable**. She does not have the option to ignore this as it is mandated by USDA as part of her job.

DID YOU KNOW?????

- ❖ March is National Nutrition Month® (NNM), a nutrition education and information campaign sponsored annually by the Academy of Nutrition and Dietetics.
- ❖ NNM is a campaign designed to focus attention on the importance of making informed food choices and developing sound eating and physical activity habits.
- ❖ The theme for National Nutrition Month® 2013 is “Eat Right, Your Way, Every Day.”
- ❖ National CACFP week is March 17–23, 2013!
- ❖ On a small plate, portion sizes appear larger and on a large plate they appear smaller. Serve children small portions and teach them that they can ask for more or leave food on their plate.

Sources: Academy of Nutrition and Dietetics, CACFP Sponsors Association

Please remember that checks are not guaranteed by a certain date and that we will post on our website www.ccmaine.org/cacfp the date (once we are notified by the state) that checks will be issued. When they are late, we usually don't get updated info until after the 15th of the month or even later. We will also send a message through Minute Menu each month.

Office Closings:

Monday, February 18th in observance of President's Day
Friday, March 29th: Closing at noon in observance of Good Friday

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
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*****Our agency now employs a second Rachel Lessard. When contacting our Rachel, please make sure to enter her extension number (3967) when prompted. If you use the keypad agency directory, you may be transferred to the other Rachel that works for a different program.**





Chicken Kabobs with Peanut Sauce

Chicken kabobs make for an easy, healthy snack or meal, and food on skewers is fun! Kids will love the yummy peanut sauce.

For the Chicken:

- 12 ounces boneless, skinless chicken breast (about 1 large)
 - 2 tablespoons canola oil
- 2 tablespoons lower-sodium soy sauce

For the Peanut Sauce:

- 3 tablespoons creamy peanut butter
- 2 tablespoons lower-sodium soy sauce
 - 2 tablespoons fresh lime juice
 - 1 tablespoon honey
- 1 tablespoon chopped scallion greens
 - 1/8 teaspoon garlic powder

For the chicken: Cut the chicken into 1/4-inch strips across the grain. Lay the strips on a cutting board and gently flatten by pounding; they will be a variety of shapes and sizes. If some slices are very long (more than three bites), you may need to cut them in two. Place the chicken in a bowl with the oil and soy sauce and turn the chicken in the sauce to coat. Let the chicken marinate at room temperature for at least 20 minutes, or refrigerate overnight.

For the peanut sauce: Combine the peanut butter, soy sauce, lime juice, honey, scallions, garlic powder, and red pepper flakes in a bowl and whisk together.

Preheat a flat griddle over medium heat. Remove chicken from marinade, pat dry, and thread onto skewers; discard the marinade. Place the chicken on the hot griddle so that the skewers are positioned away from the direct heat and cook the chicken until golden brown, 2 to 3 minutes per side. Serve the skewers with peanut sauce for dipping.

Nutrition Information (per serving): Calories 126, Carbs 4g, Fiber 0g, Protein 12, Total Fat 7g, Saturated Fat 1g

Kitchen Tip: Peanut sauce will keep for up to a week in a refrigerated airtight container. But remember to take the sauce out of the fridge about 30 minutes before serving to let it come to room temperature: know how stubborn peanut butter can be.

Resources: www.parenting.com and Allison Fishman's [You Can Trust a Skinny Cook](#)