



# Nutrition Edition

**December 2008**

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## House Keeping Issues

We have a new feature in WebKids called *Broadcast Messages*. This feature allows us to send a message to multiple providers, which you receive when you log in to WebKids. *We will now use this feature to remind you of outstanding enrollments.* We will send you a message instead, of calling, which you will receive the next time you log in to WebKids.

## Posted Menus and Components

Please post your menu in a place easily seen by the parents of the children in your care. If you keep your menu in your notebook or on your clipboard, it is for your information; only if it is posted on a bulletin board by the door, it is easily accessible to the parents.

*Please make sure there is enough of each component claimed at each meal for every child in your care every day.* For example, a canned soup may not be claimed as chicken breast, as there is not one and a half ounces of chicken per child available. One banana will not feed six children, so have four to six available. If you do not have enough, offer additional food and change the menu. Thanks for your help!

## Important Reminders

- \* Child care Resources is **open from 8-12 on December 24, 2008** and **closed on December 25, 2008** for the Christmas holiday.
- \* Ravalli drop boxes will be picked up and all reimbursement claims must be received by **January 2, 2009.**
- \* Checks will be mailed on **January 14** and direct deposit will be available on **January 15, 2009.**
- \* CACFP elective course, **Feeding with Love and Good Sense**, will be held on **January 13, 2009**, from 7:00 to 9:00 p.m. at Child Care Resources in our training room—don't forget to pre-register, it's free!
- \* Child Care Resources will be closed on **January 19, 2009** for Martin Luther King Jr.'s birthday.

## Happy Holidays



## Gingerbread Garland

1/2 cup shortening	1/2 cup molasses
1/2 cup sugar	1 egg
1 teaspoon baking powder	1 tablespoon vinegar
1 teaspoon ground ginger	2 1/2 cups all purpose flour
1/2 teaspoon baking soda	Decorative icing in colors desired
1/2 teaspoon ground cinnamon	Miniature candies (optional)
1/2 teaspoon cloves	

In a mixing bowl, beat shortening with an electric mixer on medium to high speed for 30 seconds. Add sugar, baking powder, ginger, baking soda, cinnamon, and cloves. Beat until combined, scraping bowl. Beat in the molasses, egg and vinegar until combined. Beat in as much of the flour as you can with mixer. Stir in remaining flour. Divide dough in half. Cover and chill for 3 hours or until easy to handle.

Grease cookie sheet and set aside. On a lightly floured surface, roll half of the dough at a time and cut into desired shapes with cookie cutter. Place cookies one inch apart on the cookie sheet, adding a hole in the hands with a straw. Bake at 375 degrees for five to six minutes, or until edges are lightly browned. Cool on cookie sheet one minute. Transfer to wire rack to cool. Makes 36 to 48 cookies, two cookies meets the requirement for bread/grain at snack, but if you string cookies together with red ribbon to make garland, you can send it home as a wonderful treat.



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