

May 2009

Nutrition Edition

From CCR's CACFP

Nutrition Notes

Training

Child Care Resources' new online training site (www.childcaretraining.org) has over 15 new courses, including CACFP trainings. The site is user friendly and provides a wonderful training option if you have not completed your licensing or nutrition training for the year.

The CACFP at Child Care Resources completes our last classroom training for this fiscal year on **May 14, 2009**.

Everyone should have the red required training folder turned in by now (hint, hint). If you have not yet completed your two hour elective course, log on to www.childcaretraining.org today. First set up a user account, then choose a course, you can call Lacey at Child Care Resources and she will enroll you in the CACFP course for free.

Tiering Time Again!

In June, you will receive your tiering letters and information. All income information must be received back to Child Care Resources by **July 1, 2009**.

406.728.6446 * Judy ext. 244 * Jennifer ext. 240



Photo Courtesy of Mike Williams Photography.

Serving a family-style lunch at Organic Sprouts in Missoula.

Important Reminders

- We will pick up from the Ravalli drop boxes on **June 2, 2009**.
- All reimbursement claims must be received by **June 2, 2009**.
- Checks will be mailed on **June 11th** and direct deposit will be available on **June 12, 2009**.
- Look for your tiering letters in the mail by mid-June. All paperwork is due back to Child Care Resources by **July 1, 2009**.



127 E. Main, Suite 314 * Missoula, MT 59804 * www.childcareresources.org

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Child Care
Resources

40
Years
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From the CACFP's Kitchen to Yours

Recipe: *No-Knead, Honey, Whole Wheat Bread*

Ingredients:

- 3 cups warm water, 110-120 degrees Fahrenheit
- 2 packets instant dry yeast
- 1/4 cup honey
- 4 cups whole wheat flour
- 2 cups all purpose flour
- 2 teaspoons salt

Directions:

1. Grease two 8.5 x 4.5 x 2.5 inch loaf pans or two 1.5 quart oven proof bowls.
2. Combine warm water, yeast and honey. Stir to dissolve yeast.
3. In a large bowl, mix together dry ingredients. Pour liquid into dry ingredients and mix thoroughly, dough will be sticky.
4. Divide dough equally between two pans. Let dough stand in warm place for 20 minutes, until slightly risen.
5. Bake at 400 degrees Fahrenheit for 40 minutes. The bottom of the loaves will sound hollow when tapped.
6. Turn out of pans and cool on a rack. Cut each loaf into 16 slices; one slice is the grain component for any meal for children age 3-5 years.

