

December 2009

Nutrition Edition

From CCR's CACFP



Nutrition Notes

This season, help your children create a fragrant and beautiful gift for a loved one. Pomanders are easy to make and are a great way to keep little hands busy during this exciting time of year.

You will need a piece of fruit as a base, one for each child. Oranges are the typical choice, but apples or other citrus fruits can also be used. You will also need cloves and ribbon.

The children simply push the cloves into their piece of fruit in any design they wish. If they plan on keeping the pomander indefinitely, they need to cover the entire skin of the fruit. When all cloves are used, the fruit can be allowed to dry naturally or cured by baking in a low heat oven for an hour.

Crisscross the ribbon to form a sling around the fruit. Then give as a gift to be used as a decoration, or in a closet as a freshener.

Upcoming Training

The last four-hour CACFP classroom workshop for the current Federal Fiscal year will be held on Saturday, January 9, 2010 from 8:30 am-12:30 pm.

If you did not attend the CACFP class in November, please plan on attending this workshop. Get all of your Food Program training done in one day, and receive four hours of training towards your child care registration.

If you are unable to attend in January, you will be required to attend the two-hour CACFP class on Wednesday, February 10, 2010 from 7-9 pm, and complete a distance learning course or an activity kit.

Register for the workshop online today at www.childcareresources.org/registration/

406.728.6446 * Judy ext. 244 * Maureen ext. 228



The CACFP wishes you a wonderful holiday season!

Important Reminders

- We will pick up from the Ravalli drop boxes on **January 2, 2010.**
- All reimbursement claims must be received by **January 2, 2010.**
- Checks will be mailed and direct deposited on **January 15, 2010.**
- Child Care Resources' office will be closed on the following dates:
 - At noon on December 24, 2009 for Christmas Eve.
 - December 25, 2009 for Christmas Day.
 - January 1, 2010 for New Years Day.
- Are you are winner this month? Find the PV# hidden in this *Nutrition Edition!*



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**Child Care
Resources**



From the CACFP's Kitchen to Yours

Mini Bagel Wreaths

These bite-size wreaths are meant to deck your plate, not your front door!

Ingredients:

- Mini bagels, sliced in half
- Cream cheese, enough for a thin layer on each bagel

For a savory bagel:

- Chopped red and green bell peppers

For a sweeter bagel:

- Chopped strawberries and kiwi

Directions:

Toast bagels, if desired. Have children spread cream cheese on bagel with a dull knife.

Children can then choose which toppings to sprinkle on their "wreath" to decorate it!

Serve one whole mini bagel and half cup fruit or veggies for a nutritious and fun snack for a three- to five-year-old child.

***Happy Holidays from
Child Care Resources!***

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