



CACFP Nutrition News

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Staff Corner:

QCS has some changes in staff occurring in January. Jennifer's last day will be January 7th. While we are sad to see her leave, we wish her well on her new adventure! Heather Spence will be joining our team on January 4, 2022

Note from Jennifer:

Wishing each of you a very happy and healthy new year. I am sad to be leaving such a wonderful group of providers! I cherish each of the relationships I have made during my time as QCS Staff. I wish everyone the BEST! -Jennifer

Note from Heather:

I live in El Dorado with my 2 wonderful kiddos: Madison-8 and Hunter 12, 1 grand bunny and a grand dragon. I have worked customer service for 14 years. The last 5 years I have owned my own licensed home daycare, while working with Quality Care. In my spare time I am a Mary Kay Consultant. I am looking forward to meeting each of you. I am excited to be a part of the Quality Care Team. - Heather

- ◆ **Home visits:** We are doing virtual home visits until further notice. Virtual visit does not mean we will not show up at the door and ask for paperwork to review in our car for our visit. We may still do this option of a visit in addition to a online virtual visit through zoom, facetime, google duo, or google meet.
- ◆ **Mealtimes:** Changes to mealtimes need to be made before a home visit not at the time of it. If you have changes to your meal time you must let the office know. If a visit is conducted at meal times that we have on file and you have already served that meal it will result in an unsuccessful visit with the loss of the meal. Virtual visits are **difficult** for all persons involved so please answer the door, phone or virtual platform to assist with these visits being more time friendly for all involved.

**January 2022
Volume 34 Issue 3**

**Welcome New
Providers & Centers**

Jessica Tabor
Sara Booth



Claims are Due:
Several claims are continuously late please get them in on time so we can meet our deadlines!
All claims are **due** by the **5th** of the month. They are **considered late** by the **10th** any claims "**late**" may result in delayed payments. At the end of the month— be sure to **sign each page** of your claim!

Winter Training Sessions

**Our first face to face training on Dec 4th was a total success!
It was great to see your smiling faces again.**

Knife Skills and Food Safety \$50 worth of Knives/Tools

When you attend each training session, you will receive tools/resources for your facility— 1 set per site.

- Topeka Public Library— Saturday Jan 15, @ 10:00am—12:00am
515 SW 10th Ave, Topeka, KS 66604 - Marvin Auditorium

Virtual visits are scheduled below:

- Wednesday February 2, 2022 @ 6:30pm-8:30pm Zoom
- Tuesday February 15, 2022 @ 6:30pm-8:30pm Zoom

Your tools/resources will either be mailed or delivered at a later date.

REMINDER

**School-Age Excep-
tions:**
School Age Exceptions expire 2 weeks after school is out and begin 2 weeks before school starts.

**Preschool Exceptions:
Expired when school
ended for the year.**

If you have questions please contact the office prior to use.

This institution is an equal opportunity provider.

JANUARY



Learn It

While it is important to consume enough protein, we must also ensure that it is lean, low in saturated fats and cholesterol, and that we choose complete proteins over incomplete. A complete protein has all 9 essential amino acids, which are the units that make a protein. You can find complete proteins in animal products such as chicken, eggs, dairy and seafood along with quinoa, buckwheat and soy. As a provider, we can focus on teaching what proteins do for our bodies: fuel the building blocks of our bodies which are made of protein, improve our immune system, produce hemoglobin, build and repair tissues and help to both fill and fuel our bodies at the same time.

Laugh About It

Why are cars faster than bicycles?
Because bicycles are always two tired!



Play It And They're Off!

Using construction paper, tape different colors around the room or yard. You will begin by calling out a color and the children will run to that color. Once they all get to that color, call out another color. You can add in actions by saying, "Skip to the color red." "Bear crawl to the color blue."

Eat It Speedy Split Pea Soup

1 lb dried split peas, sorted and rinsed
8 cups water or substitute chicken broth
1 onion, diced
1 cup celery, diced
1 ½ cups carrots, sliced
Seasoning



Cook onions, carrots and celery until tender. Add split peas and water and heat to a boil. Lower the heat and cook until peas fall apart. Makes 10 one-cup servings.

Sing It Little Race Cars

1 little, 2 little, 3 little race cars.
4 little, 5 little, 6 little race cars.
7 little, 8 little, 9 little race cars.
10 little race cars ZOOM!



Read It



Meat Pies by Celenia Chévere & Patricia M. Herbert,
Illustrated by Donna Perrone

Sopa de Frijoles/Bean Soup by Jorge Argueta

Race Car Dreams by Sharon Chriscoe & Dave Mottram Aunti



Create It Drawing with Cars

Using toy race cars, tape markers where they will touch the paper as the child moves the car. Set up large sheets of paper for the kids to drive the race car and create a drawing at the same time.

