



Delaware Opportunities Inc.
Child Care Resource & Referral
35430 State Highway 10, Hamden, NY 13782
"Building Excellence in Child Care"

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Provider News

March 2017

• Family Pages

The March 2017 edition of the Family Pages newsletter is now available. Please feel free to share with families! Click [here](#) to find it on our website.

• Events

-The Faces of Child Care: Quality Care Matters Art Display

We are happy to announce that we have received artwork from several programs. WE WANT MORE! We invite you to join us in our efforts to share with the community the importance of high quality child care. Artwork is being collected until March 23rd. Contact a day care specialist for more information or [Click here for all the details including guidelines and where and when to send artwork.](#)

-The Great Outdoors 30 Day Challenge is underway! Family and Group Family Providers were invited to join the challenge which started March 1st. We have received photos every day! Remember the more photos you send in during the month the better chance you have at winning the 50.00 Walmart card. Once a week we will post 1 photo from each participating program on the Delaware Opportunities Inc. Facebook page. Photos have been posted! Check it out here: <https://www.facebook.com/Delaware-Opportunities-Inc-213679975489093/>

Family and Group Family providers...it's not too late to join the challenge! Click [here](#) for all the details or contact a day care specialist at 607-746-1620 or by email at daycare@delawareopportunities.org.

• Training

-Videoconference: Nutrition: Obesity Prevention, Picky Eaters and Food Allergy Management •

March 16, 2017 • Videoconference begins at 6:45pm • 2.5 hours of training and .25 CEU's •

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Register online at: <https://www.ecetp.pdp.albany.edu/videoconferencing.shtm>

-Engaging Environments with Kathleen Harland, Infant Toddler Specialist from the Capital District Child Care Council

March 23, 2017 • 6:30pm-8:30pm • Delaware Opportunities, 35430 State Highway 10, Hamden, NY 13782

In this training you will look at ways to develop spaces in your program that encourage engagement. This is a Make and Take Training. There is no cost. Registration is required. [Click here to register and for more info.](#)

-New E-Learning Course: Foundations in Health and Safety

Visit the [Early Childhood Education and Training Program](#) website to learn more!

• CACFP

-Changes to CACFP

USDA has updated CACFP meal patterns for the first time since the program's inception in 1968. The new meal patterns are more consistent with the Dietary Guidelines for Americans. With the new meal patterns, meals served will include a greater variety of vegetables and fruits, more whole grains and less added sugars and fats. The new meal pattern will take effect on October 1, 2017. More information will be coming soon. You can read the policy memo [here](#). Look for No. 191 and 191H.

- **Week of the Young Child April 23rd-28th**

The Week of the Young Child is an annual celebration hosted by the National Association for the Education of Young Children (NAEYC). NAEYC has made it easy to join in the celebration. Visit their website for celebration ideas for each day of that week: <http://www.naeyc.org/woyc>

- **Recipe**

Whole Grain Strawberry Pancakes *What's Cooking? USDA Mixing Bowl*

Whole Wheat flour adds a nutty flavor and texture to these great-tasting pancakes. Dish these up with berries and a glass of milk on the side for a wholesome start to the day.

Ingredients:

- 1 ½ cups whole wheat flour
- 3 tablespoons sugar
- 1 teaspoon baking powder
- ½ teaspoon baking soda
- ½ teaspoon salt
- 3 eggs
- 1 container vanilla low-fat yogurt (6 oz)
- ¾ cup water
- 3 tablespoons canola oil
- 1 ¾ cups sliced fresh strawberries
- 1 container strawberry low-fat yogurt (6 oz)

Makes 7 servings

Directions:

- Heat griddle to 375 degrees or heat 12-inch skillet over medium heat. Grease with canola oil if necessary.
- In large bowl, mix flour, sugar, baking powder, baking soda and salt; set aside
- In medium bowl, beat eggs, vanilla yogurt, water and oil with egg beater or wire whisk until well blended.
- Pour egg mixture all at once into flour mixture; stir until moistened.
- For each pancake, pour slightly less than ¼ cup batter from cup or pitcher onto hot griddle. Cook pancakes 1 to 2 minutes or until bubbly on top, puffed and dry around edges. Turn: cook other sides 1 to 2 minutes or until golden brown.
- Top each serving with ¼ cup sliced strawberries and 1 to 2 tablespoons strawberry yogurt.

- **Temporary Mosaic Art** www.mericherry.com

This is a fun, easy activity to do outside. You'll need some sidewalk chalk and some loose parts (colorful paper squares, beads, paint chip cards, rocks, different kinds of lids, popsicle sticks, pinecones, seashells etc.). Arrange the loose parts on trays or baskets.

Encourage the children to draw a shape or letter with the chalk and invite them to fill up their design with the loose materials. Little ones may draw a couple of lines and place the loose materials along the lines or next to it. There is really no right or wrong way to do this activity.

The artwork is temporary but it may be fun to take a photo of each child's creation and email it to their family.



- **Reminders**

Provider Data Base Intakes

Please complete and return your provider data base intake. We want to make sure we are sharing the most current information about your child care program with families seeking child care. Please feel free to contact me with any questions or to get an intake form emailed to you. If you would like to update your information by phone please contact Laurie at 607-746-1620.