WE WISH YOU A BERRY GOOD MONTH!

July is National Berries Month! Blackberries, blueberries, strawberries and raspberries are all harvested during the summer months. They contain tons of vitamins and minerals and are a rich source of antioxidants which help increase our immune function and protect against cancer and heart disease.

Look for firm, plump, full-colored berries. Avoid buying bruised or oozing berries, and make sure you turn the container over to check berries at the bottom. Berries stay fresh in the refrigerator for up to one (1) week, but its’ best to eat them within three (3) days. Store them in a sealed container (except for blackberries which can remain uncovered). Before eating, rinse them in cold water. Enjoy!

Fun Facts!

The little yellow specks on the outside of strawberries aren’t actually seeds. In fact, they are called achene and are considered by botanists to be tiny little fruit.

The scientific study of blackberries is called batology. So, a batologist is someone who has a keen interest in blackberries … not bats!

Blueberries make a great natural food dye. If you are looking for a vibrant purple color, use it instead of a synthetic food dye the next time you bake.

Raspberries come in red, yellow, purple, gold, and black. You’ll find that the gold ones are the sweetest of them all.

Attendance must be recorded daily.

You must notify us in advance if your day care home will be closed or if there changes such as days that you provide care, types of meals served, etc.

Monthly claims and new Enrollment forms are due on the third (3rd) day of each month.

ANNUAL PROVIDERS TRAINING

WHEN:

AUGUST 18, 2018
SEPTEMBER 8, 2018
AUGUST 25, 2018
SEPTEMBER 15, 2018

WHERE:

Hillsborough Community College- Dale Mabry Campus
Learning Resources Center Building (DLRC) - 106
4001 W. Tampa Blvd, Tampa, FL 33614

More details to come!

WELCOME TO OUR NEWEST DAY CARE HOME PROVIDERS!

Maria Molina-Ortiz
Leticia Rodriguez-Ayo
Saray Solongo Dominguez
Whole Grain Strawberry Pancakes

Ingredients
- 1 1/2 cups whole wheat flour
- 3 tablespoons sugar
- 1 teaspoon baking powder
- 1/2 teaspoon baking soda
- 1/2 teaspoon salt
- 3 eggs
- 3/4 cup water
- 3 tablespoons canola oil
- 1 3/4 cups sliced fresh strawberries
- 1 container vanilla low-fat yogurt (6 oz)
- 1 container strawberry low-fat yogurt (6 oz)

Directions
1. Heat griddle to 375°F or heat 12-inch skillet over medium heat. Grease with canola oil if necessary (or spray with cooking spray before heating).
2. In large bowl, mix flour, sugar, baking powder, baking soda and salt; set aside.
3. In medium bowl, beat eggs, vanilla yogurt, water and oil with egg beater or wire whisk until well blended.
4. Pour egg mixture all at once into flour mixture; stir until moistened.
5. For each pancake, pour slightly less than 1/4 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.
6. Top each serving (2 pancakes) with 1/4 cup sliced strawberries and 1 to 2 tablespoons strawberry yogurt.

Source: http://whatscooking.fns.usda.gov

SERVE WHOLE GRAINS DAILY!

A 100% whole grain item must be served at least one serving per day, across all eating occasions. This is requirement. Starting in October 2018, meal disallowances may occur if this rule is not followed. Look here for some whole grain ideas!

100% Whole Wheat Bread & Buns
- 16 oz (1 lb) loaf or package only
- Allowed brands:
  - Arnold “Sliced Buns” and “Sliced Hot Dog Buns”
  - Bimbo
  - Nature’s Own “Sugar Free” and “with Honey”
  - Pepperidge Farm “Swirl,” “Light Style,” “Stone Ground” and “Very Thin”
  - Sara Lee
  - Wonder
  - Any store brand

100% Whole Wheat Pasta
- 16 oz (1 lb) size only
- ANY BRAND, ANY SHAPE
- 100% whole wheat pasta (macaroni product). “Whole wheat flour” and/or “whole durum wheat flour” must be the only flours listed in the ingredient list.
- No added vegetables, sugars, fats, oils, or salt (sodium).

Source: Florida WIC

3615 W. Waters Ave. Tampa, FL 33614 | 813-877-9303 | ccfp@lsfnet.org