

THE CHILD CARE HEALTH CONNECTION

Health, Safety and Nutrition News
from the Child Care Health Program



A Program of Public Health - Seattle & King County

CLASS SCHEDULE August 2005

Vol. 4 No. 8

DATE	TIME	CLASS	LOCATION	PAYMENT
8/3/05 Wednesday	6:30 PM – 8:30 PM	<u>*2 STARS CREDITS*</u> Clean Greener in Child Care ☆ Please arrive on time because the door will be locked at 6:45.	Child Care Health* Public Health-Seattle & King Co. 1916 Boren 2nd floor Seattle 98101 For directions, please call (206) 296-2770 or visit our web site @ www.metrokc.gov/health/childcare	\$16 Please make checks payable to: SKCDPH
8/4/05 Thursday	6:30 PM – 9:00 PM	First Aid for Child Care Providers ☆ Please arrive on time because the door will be locked at 6:45.	Child Care Health* Public Health-Seattle & King Co. 1916 Boren 2nd floor Seattle 98101 For directions, please call (206) 296-2770 or visit our web site @ www.metrokc.gov/health/childcare	\$16 Please make checks payable to: SKCDPH
8/8/05 Monday	7:00 PM – 9:00 PM	Bloodborne Pathogens/HIV/AIDS	White Center Public Health Center 10821 – 8th Ave. SW Seattle 98146 For directions, please call (206) 296-2770 or visit our web site @ www.metrokc.gov/health/childcare	\$10 Please make checks payable to: SKCDPH
8/17/05 Wednesday	7:00 PM – 9:00 PM	Bloodborne Pathogens/HIV/AIDS	Eastgate Public Health Center 14350 SE Eastgate Way Bellevue 98007 For directions, please call (206) 296-2770 or visit our web site @ www.metrokc.gov/health/childcare	\$10 Please make checks payable to: SKCDPH

*1916 Boren is next to Dollar Rent-A-Car between Stewart St. and Virginia St. (west of I-5 and a few blocks from REI). Parking is available in nearby lots for \$2 or on the street (meters are free after 6 PM).



DATE	TIME	CLASS	LOCATION	PAYMENT
Announcing the first of a series of 3 classes for child care cooks and others involved in food planning and preparation! Please see August 20 class below, and page 5 for information about future classes.				
August 8/20/05	9 am – 12 Noon	*3 STARS CREDITS* Back to Basics and Menu Planning A class for child care cooks and others involved in food planning and preparation	Eastgate Public Health Center 14350 SE Eastgate Way Bellevue 98007 For directions, please call (206) 296- 2770 or visit our web site @ www.metrokc.gov/health/childcare	\$24 Please make checks payable to: SKCDPH
Registration is now open for this August class:				
September 9/1/05 Thursday	6:30 PM – 9:00 PM	First Aid for Child Care Providers ☆ Please arrive on time because the door will be locked at 6:45.	Child Care Health* Public Health-Seattle & King Co. 1916 Boren 2nd floor Seattle 98101 For directions, please call (206) 296- 2770 or visit our web site @ www.metrokc.gov/health/childcare	\$16 Please make checks payable to: SKCDPH

➤ **To register for a class, please use the registration form on page 7.**

Pre-registration is required for all classes. Classes fill quickly so please send in the registration form and payment as soon as possible. If a class fills before we receive your registration, your check will be returned to you. If a money order or cashier's check is used as payment, we will issue a refund. Please see the back page of the newsletter for more information about registering for classes. To avoid disrupting the class, and to receive full credit, please try to arrive on time. We also request that you make other child care arrangements so that your attention can be focused on the class.

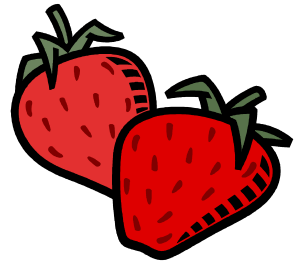
STARS Scholarships Are Available!



Do you know that scholarships are available to child care providers to cover the cost of your STARS classes?

- ☆ When you take STARS classes you can submit a “Reimbursement Application” and receive a scholarship to cover your classes. **Please note that the Child Care Health Program does not accept STARS vouchers for classes.**
- ☆ Up to \$100 per child care provider is available.
- ☆ Please visit www.waeyc.org and click on “WA STARS” for more information.





➤ Do You Have Questions about Food Safety?

➤ Need a Food Handler Card?

➤ Need Some STARS Credits?

We are offering a class on Food Safety in Child Care which includes the option to take the test to get your Food Handler Card.

When: **Thursday, July 21, 2005** 6:30 PM – 8:30 PM

Where: Smart Start Day Care, 29928 Pacific Highway S., Federal Way 98003

Designed for people working in child care programs, this class will cover food safety concerns in a child care setting. The training will also include all the essential components required to take the Food Handler Card test. The Food Handler Card test is offered at the end of class.

We are offering 3 different options for this class (please make checks payable to SKCDPH):

Option 1 To receive 1.5 STARS Credits and a Food Handler Card:

Plan to stay until 8:30 and send us a **registration payment of \$18.**

Option 2 To receive a Food Handler Card only:

Plan to stay until 8:30 and send us a **registration payment of \$10.**

Option 3 To receive 1.5 STARS credits only:

Plan to stay until 8:00 (you will not have to take the food handler test) and send us a **registration payment of \$8.**

If you have questions or need more information, please call us at (206) 296-2770.



Pack Facts: Summer Sack Lunch Safety

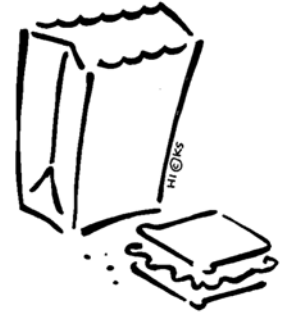
Foods that must be kept cold in a packed lunch

Anything you take out of the refrigerator and put into your lunch must be kept cold:

- Meat sandwich
- Tuna or egg salad sandwich
- Milk, cheese, or yogurt
- Canned fruit that has been **opened**
- Fresh vegetables

Foods that don't need to be kept cold in a packed lunch

- Peanut butter sandwich
- Cookies, crackers, chips
- Fresh fruit (in the peel)
- **Unopened cans** of fruit, pudding



Tip: Freeze sandwiches to keep them safe.

They will thaw by lunch but will stay cold enough to be safe.

Lettuce and other greens don't freeze well. Pack these separately and add to your sandwich before you eat.

Types of freezer packs

When refrigeration isn't possible, there are ways to keep a lunch cold. You can:

- Buy a commercial gel pack. There are several types and sizes available.
- Freeze water in a rigid, leakproof plastic freezer container. Be sure to leave room for the water to expand as it freezes.
- Put ice cubes in a leakproof freezer container.
- Freeze a juice box. It will keep the lunch cold and be thawed to drink at lunchtime.

More packed lunch tips...

- Make sure that cold foods are thoroughly chilled before packing with a freezer pack.
- Pack cold and frozen foods together. This keeps the food colder longer.
- Add a freezer pack to keep "cold food cold" until lunch.
- Pack a handwashing wipe with the lunch in case soap and water aren't available.
- Always prepare foods with clean hands, clean equipment and in a clean work area.
- Pack the lunch in a clean container. Wash out lunch boxes with warm water and soap after every use. Use only clean paper bags.

Adapted from *Pack Facts*, developed by Operation RISK, Michigan State University.





Announcing...

A series of three classes for child care cooks and others involved in menu planning and food preparation!

Saturday, August 20

Back to Basics and Menu Planning

This class will include basics such as menu requirements and figuring how much food to prepare. Preparation of breakfast foods will also be covered.

Saturday, Sept. 10

Food Safety and Sanitation: Cleaning Products in the Kitchen

This class will include food safety, cleaning and sanitizing. The second half of the class will focus on strategies to incorporate special needs requirements into the menu. Preparation of snacks will also be covered.

Saturday, Oct. 1

A Workable Kitchen in the Real World of Child Care

This class will include information on effective and efficient use of the space and equipment you already have in your program. "Lunches on the go" will be the food preparation topic for this class.

Each class will offer 3 STARS credits and will be from 9:00 am to 12 noon. All classes will be held at:

Eastgate Public Health Center
14350 SE Eastgate Way
Bellevue 98007

Payment for each class is \$24. If you register and pay for all three classes before the first class (August 20), payment for the three classes is \$60 (a savings of \$12). However, If you are unable to attend one (or more) of the three and a refund or credit is made, you will be charged the \$24 rate for the classes you do attend.



IMPORTANT RECALL INFORMATION

There have been several recalls this past month that involve products relating to children. We are listing the products below and strongly encourage you to stop using them and visit the CPSC web site at www.cpsc.gov and click on "Recalls/news," or call the CPSC hotline at 1-800-638-2772 for detailed information on these recalls.

Information on recalled car seats and booster seats is posted on the website of the Safety Restraint Coalition, Washington's Child Passenger Safety Program: please visit www.800BUCKLUP.org.

- **Fun Frog Soft Gyms** manufactured by Infantino LLC, distributed by Wal-Mart Stores, Inc. and sold at Wal-Mart stores from October 2004 through May 2005 for about \$20.
- **Bright Starts Jammin' Jumpers** doorway baby jumpers, distributed by Kids II Inc., manufactured in China and sold at mass merchandise and juvenile specialty stores nationwide from December 2003 through May 2005 for about \$30.
- **Children's Fishing Poles** distributed by Shakespeare Fishing Tackle Division, manufactured in China and sold at discount department, sporting good and toy stores nationwide from August 2001 through June 2005 for between \$9 and \$13.
- **Spinning Water Teethers** manufactured by Prestige Toy Corp. in China and sold at Carter's Stores from March 2005 through April 2005 for about \$5.
- **Cameron Toy Chest** manufactured by Pottery Barn Kids, made in China and sold at the Pottery Barn Kids' Web site, catalog and retail stores from December 2003 through April 2005.



Information in this newsletter is available in alternate formats upon request by people with disabilities. Reasonable accommodations at workshops and trainings are available upon request by people with disabilities. For information call (206) 296-2770.





CHILD CARE HEALTH PROGRAM CLASS REGISTRATION FORM



Class Name & Date: _____

Name: _____ Phone (work): _____ (home): _____

Your Address: _____ (zip code) _____

STARS ID Number: _____

Name of the child care program where you work: _____

Is this a center? _____ or a family child care home? _____ Program's phone #: _____

Program's e-mail address: _____

Is your program in Seattle? Yes No

Number of children enrolled: _____

**Please Register Early! Enclose your payment & return this registration form to:
Child Care Health Program – Class Registration – 1916 Boren Ave, Suite 200 Seattle, WA 98101**

✂ Please cut here

**Have You Visited the Child Care Health Program Website?
www.metrokc.gov/health/childcare**

Go to www.metrokc.gov/health/childcare for information and materials on child care health including:

- ☆ Schedule of available STARS classes and conferences as well as registration information and forms.
- ☆ Model health policies (health, pesticides, medication, etc.) Model policies can be downloaded and adapted to meet your child care program's needs. Forms, including the parent consent forms (HIPAA) are also available.
- ☆ Education handouts and flyers on a variety of topics ranging from biting to cleaning toys to bicycle helmets to nutrition information. These handouts are useful to both staff and parents.
- ☆ Information on ordering the Child Care Health Handbook (provides health and safety guidelines for child care providers and staff).
- ☆ Links to other useful websites.



Child Care Health Program
1916 Boren Ave., Suite 200
Seattle, WA 98101-1467

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CHANGE SERVICE REQUESTED



Class Registration Information

Pre-registration is required. To register, please mail the registration form on page 7. **Classes fill quickly so send in the registration form and payment as soon as possible.** Please make your check payable to: SKCDPH (Seattle – King County Department of Public Health) & return the attached registration form along with your payment to:

Child Care Health Program – Class Registration

1916 Boren Ave, Suite #200, Seattle, WA 98101. If you have any questions, please call (206) 296-2770. Space is limited. Register early or call us at (206) 296-2770 to check for class openings. **Please check out our web site at <http://www.metrokc.gov/health/childcare>**

Child Care Health Program 1916 Boren Avenue, Suite 200 Seattle, WA 98101 (206) 296-2770

Our office is in Seattle at 1916 Boren (between Stewart and Virginia) on the second floor.

The entrance is located on the southeast side of the building.

Our Class Cancellation Policy

- ☆ If we cancel a class (due to low enrollment, snow, or other reason) you may choose between receiving a refund or a credit toward another class.
- ☆ Remember, our classes fill quickly. If you register for a class and find you cannot attend, please notify us at (206) 296-2770 as soon as possible, so another child care provider can attend. You may be eligible for a credit toward another class.

