

# 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 June 2005

Vol. 4 No. 6

DATE	TIME	CLASS	LOCATION	PAYMENT
6/2/05 Thursday	6:30 PM – 9:00 PM	<b>First Aid for Child Care Providers</b> ☆ Please arrive on time because the door will be locked at 6:45.	<b>Child Care Health* Public Health-Seattle &amp; King Co.</b> 1916 Boren 2 <sup>nd</sup> floor Seattle 98101 For directions, please call (206) 296-2770 or visit our web site @ <a href="http://www.metrokc.gov/health/childcare">www.metrokc.gov/health/childcare</a>	\$16 Please make checks payable to: SKCDPH
6/07/05 Tuesday	7:00 PM – 9:00 PM	<b>HIV/AIDS/Bloodborne Pathogens</b>	<b>White Center Public Health Center</b> 10821 – 8 <sup>th</sup> Ave. SW Seattle, WA 98146 For directions, please call (206) 296-2770 or visit our web site @ <a href="http://www.metrokc.gov/health/childcare">www.metrokc.gov/health/childcare</a>	\$10 Please make checks payable to: SKCDPH
6/14/05 Tuesday	7:00 PM – 9:00 PM	<b>*2 STARS CREDITS*</b> <b>Recognizing and Reporting Child Abuse and Neglect</b>	<b>Grace Children's Center</b> 22975 – 24 <sup>th</sup> Ave. South Des Moines, WA 98198 For directions, please call (206) 296-2770 or visit our web site @ <a href="http://www.metrokc.gov/health/childcare">www.metrokc.gov/health/childcare</a>	\$16 Please make checks payable to: SKCDPH
6/22/05 Wednesday	6:30 PM – 8:30 PM	<b>*2 STARS CREDITS*</b> <b>Clean Greener: Maintaining a Healthy Environment for Children and Staff</b>	<b>Child Care Health* Public Health-Seattle &amp; King Co.</b> 1916 Boren 2 <sup>nd</sup> floor Seattle 98101 For directions, please call (206) 296-2770 or visit our web site @ <a href="http://www.metrokc.gov/health/childcare">www.metrokc.gov/health/childcare</a>	\$16 Please make checks payable to: SKCDPH

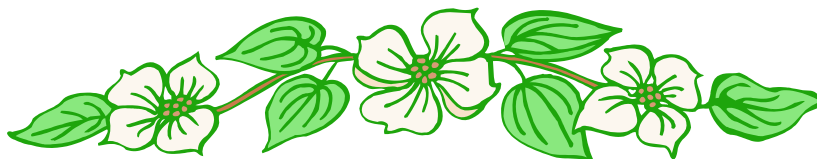
\*1916 Boren is next to Dollar Rent-A-Car between Stewart St. and Virginia St. (west of I-5 and a few blocks from REI). Parking is available in nearby lots for \$2 or on the street (meters are free after 6 PM).



DATE	TIME	CLASS	LOCATION	PAYMENT
6/23/05 Thursday	6:30 PM – 8:30 PM	<b>Food Safety in Child Care</b> 1.5 STARS Credit PLUS option of taking test to obtain your <b>Food Handler Card</b> . See class description on p. 4.	<b>Salvation Army Church</b> <b>9501 Greenwood Ave. North</b> <b>Seattle, WA 98103</b> For directions, please call (206) 296- 2770 or visit our web site @ <a href="http://www.metrokc.gov/health/childcare">www.metrokc.gov/health/childcare</a>	Please see p. 4 for cost and registration information
<b>6/23/05</b> <b>Thursday</b>	7:00 PM – 9:00 PM	<b>First Aid for Child Care Providers</b>	<b>Westminster Child Care and Preschool</b> <b>14550 Westminster Way North</b> <b>Shoreline, WA 98133</b> For directions, please call (206) 296- 2770 or visit our web site @ <a href="http://www.metrokc.gov/health/childcare">www.metrokc.gov/health/childcare</a>	<b>\$16</b> Please make checks payable to: <b>SKCDPH</b>
6/25/05 Saturday	9:00 AM – 2:30 PM	<b>*5 STARS CREDITS*</b> <b>Children and Their Environment</b> ➤ Please see blue flyer with registration information in this issue.	<b>The 2100 Building</b> <b>2100 – 24<sup>th</sup> Ave. South</b> <b>Seattle, WA 98144</b> For directions, please call (206) 296- 2770 or visit our web site @ <a href="http://www.metrokc.gov/health/childcare">www.metrokc.gov/health/childcare</a>	<b>\$25</b> Please make checks payable to: <b>SKCDPH</b>
<b>Registration is now open for this July class:</b>				
<b>July</b> <b>7/7/05</b> <b>Thursday</b>	6:30 PM – 9:00 PM	<b>First Aid for Child Care Providers</b> ☆ Please arrive on time because the door will be locked at 6:45.	<b>Child Care Health*</b> <b>Public Health-Seattle &amp; King Co.</b> <b>1916 Boren 2<sup>nd</sup> floor Seattle 98101</b> For directions, please call (206) 296- 2770 or visit our web site @ <a href="http://www.metrokc.gov/health/childcare">www.metrokc.gov/health/childcare</a>	<b>\$16</b> Please make checks payable to: <b>SKCDPH</b>

➤ **To register for a class, please use the registration form on page 5.**

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.



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.

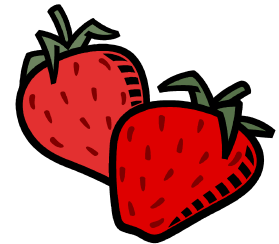


## Food for Special Occasions

### An alphabetical array of nutritious choices for birthdays and special occasions celebrated at child care

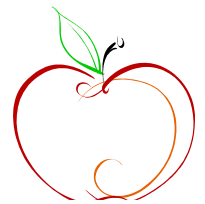
(Remember that food brought from home is limited to store purchased uncut fruit and vegetables or foods packaged in original manufacturer's containers. Parents can provide recipes and ask the child care cook if they are willing to prepare the special food.)

- A** Apples—sliced, whole or in applesauce cups.
- B** Berries (or bananas)—fresh or frozen. Have a smoothie party at school!
- C** Cherries—a special treat when they are in season in June. Watch those pits!! Children under 3 can eat cantaloupe!
- D** Dried fruit—Try dried mango. It is wonderful and so sweet!
- E** Egg cream—Pour ¼ C. skim milk in a glass. Add 2 T. chocolate syrup and stir. Slowly pour in ¾ C. club soda and stir quickly. Makes a delicious and festive drink.
- F** Fruit-filled muffin—Try pumpkin apple streusel muffins or lemon blueberry muffins.
- G** Go-gurt—an easy and nutritious item. Can be served frozen too.
- H** Hummous—a great Middle Eastern dip served with pita bread or raw vegetables.
- I** Ice cream sandwiches—Look for ones made with reduced fat ice cream.
- J** Juice popsicles—100% juice popsicles are great on a hot day.
- K** Kiwi fruit—slice in half and eat with a spoon.
- L** Low fat frozen yogurt—serve in cones for special occasions. Tastes like ice cream!
- M** Melon—try cantaloupe, honeydew or watermelon skewered on straws.
- N** Nachos—have a south-of-the-border fiesta with tortilla chips and melted cheese. Serve with salsa and guacamole.
- O** Orange smoothies—blend 2 ice cubes, ¾ C. orange juice, 1 C. flavored yogurt and ½ banana per child for a delicious smoothie.
- P** Popcorn—a fun party item that is also a whole grain! Children under age 3 can eat soft pretzels.
- Q** Quick cooking oats—make oatmeal cookies with raisins for added nutritional value.
- R** Raisins---small boxes are fun to eat. Children under age 3 can eat raspberry yogurt.



Continued on Page 4...

- S** Strawberries—sweet and juicy in season! Serve with a yogurt dip.
- T** Trail mix—combine Chex and Cheerio cereals, pretzels, raisins, dried fruit, seeds for a healthy snack.
- U** Unusual or exotic fruits---try longans, papaya or Asian pear apples.
- V** Vegetable tray—try colorful items such as bell peppers, carrots, snap peas and jicama. Serve with a dip.
- W** Waffles—serve with fruit toppings for a party or special event.
- X** eXperiment with theme parties—for Memorial Day or the 4<sup>th</sup> of July serve red (strawberries), white (peeled bananas) and blue fruits (blueberries) served in the shape of a flag.
- Y** Yogurt and fruit parfaits—layer vanilla yogurt and berries. Top with granola. Children often enjoy making their own fruit parfait.
- Z** Zucchini bread—or other fruit breads such as banana or applesauce.



➤**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, June 23, 2005 6:30 PM – 8:30 PM  
Where: Salvation Army Church, 9501 Greenwood Ave. North, Seattle 98103

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.





# 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 .....

## 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](http://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](http://www.800BUCKLUP.org).**

- **Children's Fishing Poles** distributed by Zebco, made in China and sold at discount department, sporting good and toy stores from August 2001 to March 2005 for \$9 - \$13.
- **Karaoke Cassette Player/Recorders** manufactured by Nu-tronix and sold at Wal-Mart stores nationwide from June 2003 through March 2005 for about \$20.
- **My First Crayon-Balls™ and My First Crayon-Ball™ Activity Sets** manufactured by Baja Products Inc. and sold at discount and toy stores nationwide from June 2004 through March 2005 for between \$2 and \$5.
- **Carter's™ Brand Children's Overalls Styles 435-646 and 435-092** manufactured by Carter's™ and sold at retail stores from July 2004 through March 2005 for \$26 - \$28.
- **Children's Folding Chairs** distributed by Atico International USA Inc., made in China and sold at hardware, discount department, toy, grocery and drug stores nationwide from September 2002 through April 2005 for about \$10 individually and for about \$30 for a set.



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

**PRSR STD**  
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Seattle, WA  
Permit No. 1810

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## 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.

