



YOUTH & FAMILY
SERVICES

Family Child
Care

April 2011

Youth & Family Services supports children and their families in being **Capable, Caring** and **Contributing** members of the community.

In Crisis?

Dial 211 for help
24-hours-a-day
Seven-days-a-week
All calls confidential



**YFS Family
Child Care Nutrition**

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Youth & Family Services is an equal opportunity provider and employer.

www.youthandfamilyservices.org

Family Child Care Matters

Provider Insider

Provider News

We would like to welcome Ashley Cortney of Edgemont, and Quanita Marrufo of Porcupine to the YFS Family Child Care Nutrition Program. We look forward to working with both of you.

Points to Remember

- Cycle 2 menus (May-August) were due in our office March 4. You can not claim meals until your menus are approved. Corrections must be submitted before your menus are considered approved.

Annual Meetings

Annual training is a requirement of the Child and Adult Care Food Program. To meet this requirement we offer five different meetings, choose the one that fits your schedule best. These sessions are a great time to meet fellow providers, pick up forms for the next year and get any of your questions answered. Mark your calendar and plan to attend one of the following sessions:

- June 14, 6:30 - 8:30 p.m. @ LaCreek Electric, E highway 18, Martin
- June 18, 9 - 11 a.m. @ Youth & Family Services, 120 E. Adams St., Rapid City
- June 20, 6:30 - 8:30 p.m. @ Youth & Family Services, 120 E. Adams St., Rapid City
- June 23, 6:30 - 8:30 p.m. @ Meade County Extension Office, 1029 5th St., Sturgis
- June 28, 6:30 - 8:30 p.m. @ Youth & Family Services, 120 E. Adams St., Rapid City

Please note: This training is mandatory for the individual signed up for the Nutrition Program. As space is limited, no staff, spouses or children may attend.

YOUTH & FAMILY SERVICES
16TH ANNUAL
KIDS FAIR
APRIL 15, 16 & 17
RUSHMORE PLAZA CIVIC CENTER
YOUTH & FAMILY SERVICES

Family Child Care Matters

Week of the Young Child

April 10-16 is the Week of the Young Child and the theme is Early Years are Learning Years. The purpose of the Week of the Young Child is to focus attention on the needs of young children and their families and to recognize the early childhood programs and services that meet those needs.

April is National Child Abuse Prevention Month

Let's be advocates for the children in our community. If you suspect a child has been abused or neglected you are required to make a report with Child Protection Services or local law enforcement. If you are unsure whether the incident is considered abuse or neglect err on the side of protecting the child and report it.

National Child Care Provider Appreciation Day

Friday, May 6 is National Child Care Provider Appreciation day. We would love to meet you for supper, of course everyone is responsible for paying for their own meal. We will be at Colonial House Restaurant, 2501 Mt. Rushmore Road, Rapid City May 2 at 6 p.m. RSVP by 4 p.m. on April 29. We look forward to seeing you.

Seven Easy Veggies to Grow this Summer

- Green Beans- Beans come in a variety of types and colors, yellow, green and purple.
- Leaf Lettuce- You can harvest the amount of lettuce you need for a meal - one leaf for a sandwich or a bunch for a salad.
- Peas- Make your own teepee out of 5 sticks tied together at the top. Help the plants grow up the sticks. Peas are fun to pick and eat.
- Peppers- Plant sweet green, red, and yellow peppers.
- Spinach - Spinach grows fast and easy. It likes the cool temperature of spring or fall. Harvest the amount you want to eat for a meal, and let the plants continue to grow.
- Tomatoes- Try grape tomatoes or cherry tomatoes- they're fun to eat! Tomatoes are easy to grow in a large pot.
- Cucumbers- plant a bush cucumber. It will grow into a compact plant and not spread out like other cucumbers.

Eat your veggies for meals and snacks. It's fun to eat what you have grown!

Just for Giggles

What do you get when you put three ducks in a box?

A box of quackers

Breakfast Ideas

Monday	Tuesday	Wednesday	Thursday	Friday
cereal cantaloupe milk	pancake strawberries milk	tortilla hash browns milk	bagel pineapple milk	croissant clementine milk