

**Company's Name**

**DAYCARE SERVICES**

Services:

- ✦ Write here
- ✦ Write Here
- ✦ Write Here
- ✦ Write Here

**CONTACT INFORMATION**

Address:

Tel:

E-mail:

Other contact info:

www.Pinterest.com/Templates.net



**January 2016**

**Happy New Year!**

[www.communitybridges.org](http://www.communitybridges.org)

## How to Grow your business in 2016!

Make this year the best year for your business. Below are some tips to help grow your day care and create a steady stream of clients while maintaining current ones.

### Create a marketing plan

- Encouraging word-of-mouth recommendations are a great way to gain the trust of new clients.
- Host an information session and invite potential clients to visit and ask questions about your day care.

### Mark and distribute marketing materials

- Tips for creating eye-catching marketing materials for your day care:
  - ◆ Find a message that is specific and special to your day-care.
  - ◆ Know what parents are looking for in day care.
  - ◆ Include information on your flyer such as your hours of operation, ages of children served and contact information.

### Maintain a professional setting and relationship with your clients

- Keep your day care clean and organized so parents know their children are in a safe and healthy place.
- Ask your current clients for feedback so you can continue to improve your business.



Source: CCFP Roundtable Nutrition Ed #43

## Program Reminders/ Updates

### Meal Times:

- Please remember to keep your meal times up to date. If any changes need to be made, contact your program consultant.

### Saturday Care:

- Claiming Saturdays? If you plan to claim Saturdays send us a note with the Saturdays you plan to work. This will help avoid visits being conducted when you are not working/home.  
**Remember**, if you regularly claim Saturdays and we come to visit you and find you are closed without notifying us in advance, you will no longer be able to claim Saturdays.

### Child Nutrition Labels:

- Foods such as fish sticks, chicken nuggets, and corn dogs need to have the CN label on the box or bag in order to be reimbursable. If you have not yet provided one to your consultant make sure you do so. Also, if a product that had a CN label no longer has it, then it is no longer reimbursable. CN labels will be verified during home visits.

## Menu Ideas – Meatless Mondays

### Breakfast

WG Waffles	Millet w. cinnamon	Raisin Toast	Oatmeal	WW Toast
Pears	Apples	Banana Slices	Mandarin	Avocado
Milk 1 %	Milk 1 %	Milk 1 %	Milk 1 %	Milk 1 %

### Lunch or Dinner

Black Bean Soup	*Jambayala Chicken	Hummus (1/2 cup)	Cheddar Cheese	Baked Salmon
WG Roll	Brown rice	WW Pita	Bow Tie WW Pasta	Couscous
Mixed salad	Tomatoes & celery	Tomato & Cucumber	Broccoli & Carrots	Roasted Cauliflower
Green beans	Persimmons	Spinach Salad	Pears	Mixed Fruit
Milk 1 %	Milk 1 %	Milk 1 %	Milk 1 %	Milk 1 %

### Snack Am or Pm

Almonds	Cottage Cheese	Peanut Butter	Triscuits	HB Egg
Mandarin	Pears	Pretzels	Apple Sauce	Broccoli

### Jammin' Jambalaya \*\*



#### Ingredients:

- |                                     |                  |
|-------------------------------------|------------------|
| 1 lb. chicken breast                | 1 Celery Stalk   |
| ½ small bunch green onions          | ½ Chopped Onion  |
| 1 med. Green bell pepper            | 1 Cup brown rice |
| ½ of 14.5 oz. can of diced tomatoes | 3 Cups Water     |
| 1 cube chicken bouillon             | ½ Bay leaf       |
| 1 ¼ tsp. Cayenne pepper             | Cooking Spray    |

#### Instructions:

1. Wash and pat dry chicken. Cut into 1” chunks.
2. Spray a medium-size pan with non-stick cooking spray. Brown chicken over medium heat and remove from pan.
3. Add celery, onion, green onion, pepper and tomatoes to same pot and cook over medium heat for 10 minutes.
4. Return chicken to the pan. Add rice, water, bouillon, bay leaf and cayenne pepper. Bring to a boil
5. Cover, reduce heat, and let simmer for about 50 minutes. (Instant brown rice will require a different cook time.) Stir in parsley and serve warm.

Yield: 7 servings for 3-5 year olds

Meets requirement: grain, fruit/vegetable, and meat/meat alternate at lunch or dinner

Source: CACFP menu planning guide, Wisconsin & Team Nutrition

### Activity Corner

#### ---Color Walk---

Have your children gather sheets of construction paper or a stack of mismatched hand towels and lay them down in a path all through the house. (To keep them from slipping, tape them down with painter's or masking tape, which won't ruin your floors.) They must keep the colors separate, so there won't be sheets of the same color in a row. Once they are done, the challenge is on! They take turns picking the color they can step on and see who is able to make it across the house or room. (<http://www.parenting.com/gallery/18-fun-active-indoor-activities?page=3>)



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