

Field Trip Reminder!
REMEMBER: Please call our office to let us know when you are serving a meal away from your home. If your Monitor is planning to visit you that day, we can let her know so she doesn't make the trip all the way to your home for nothing!

SUMMERTIME HEAT

Wow! What a hot summer we are having this year. No matter how hot it is, kids love to play outside.



Here is an important reminder to keep kids healthy:

DRINK WATER!

We cannot understate how important it is for all of us to drink water when out in the heat!

Our bodies lose water through sweating. When we are hot, we sweat more. Thus, we lose water rapidly as our bodies try to cool down. The more we sweat, the more water we lose.



Make sure to give children plenty of water during the day to replenish the bodies supply. The following is a guideline produced by the Institute of Medicine to give you a reference for how much water we normally need.

How Much Water Should Children Be Offered to Drink?

Ages 1-3	35oz & up
Ages 4-8	46oz & up
Ages 9-13 (girls)	57oz & up
Ages 9-13 (boys)	65oz & up

To keep our kids healthy in the heat, provide them with water all throughout the day!

PICNICS

Summer is also perfect for taking the kids to the park for a picnic. A meal outdoors can be both fun and educational for the children. Aside from calling our office to let us know you won't be home, please keep this in mind:

If the food you will be serving needs to be kept cold, make sure to pack it in a cooler with enough ice to keep the food from spoiling along the way!



Picnic

PROVIDER TRAININGS NOTICE

VERY IMPORTANT!

We are down to the wire for finishing this year's trainings. The deadline for submission is September 1st. Hopefully you have completed them and already sent them in to our office.

If you have not yet completed 6 hours of training you have the following options available to you:

- ❖ **ON-LINE** – Go on-line to www.providerresources.org to easily complete the all 3 trainings for this year.
- ❖ **HOME STUDY** – If you need the paper version, please call your Monitor right away to receive them. There is only a few weeks left!

NOTE: Using the Minute Menu Web Kids program makes claiming much easier!
Call us today to find out how to switch to Web Kids for FREE!