



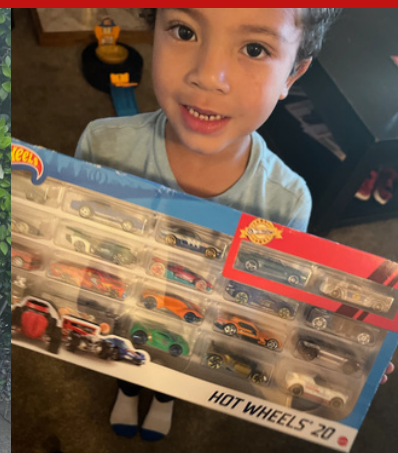
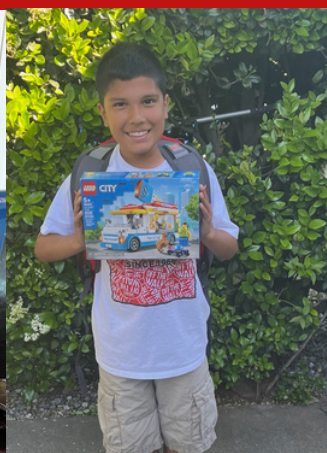
June 2022 | Vol. 3



# CCDBG TIMES



California Indian Manpower Consortium, Inc.  
Child Care and Development Block Grant Program



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## She·kú (Welcome greeting in the Oneida language)

We hope this newsletter finds you safe and healthy. This month's newsletter is filled with updates, resource information, and fun cooking activities that can be done with your children this summer!

## Do you need help with child care?

If you are working or attending school and are in need of child care services, please contact the CCDBG Program, as we have funds available to assist you with your child care costs. You must be a member or descendant of any tribe listed on the back page of this newsletter. Please call 800-593-5273 or 916-925-3582.



# RESOURCES



**CONDOR**  
SUCCESS AND CAREER ACADEMY



## Is your child in need of tutoring?

Tutoring is available for children of all ages through Grade Results. Students work at their own pace and all instruction is individualized. Through the CIMC Condor Success and Career Academy, student can complete school, earn a high school diploma, or complete a pathway certification program



Scan the QR Code or visit  
<http://www.cimcinc.org> to learn more



**CSBG**



## Community Services Block Grant Program

- Nutrition services for limited food resources
- Housing Assistance
- Utility Assistance
- Education Assistance
- Employment Assistance



SCAN ME

Scan the QR Code or visit  
<http://www.cimcinc.org> to learn more

## **FREE** Emergency & Disaster Preparedness Training

Includes a backpack full of emergency equipment valued at \$90 for **FREE**

**May 31, 2022 @ 10:00 am (approx. 1 hr.)**

**Interested in joining this training?**

To register and receive the training link, please contact  
Susan Morla [susanm@cimcinc.com](mailto:susanm@cimcinc.com) or Skyler Baltazar [skylerb@cimcinc.com](mailto:skylerb@cimcinc.com)  
You can also call 916-925-3582 / 800-593-5373



**CCDBG BEAR**



## FOR QUESTIONS ABOUT THE CCDBG PROGRAM

**Sarah M. King** - Program Coordinator [SarahK@cimcinc.com](mailto:SarahK@cimcinc.com)

**Susan Morla** - Program Specialist [SusanM@cimcinc.com](mailto:SusanM@cimcinc.com)

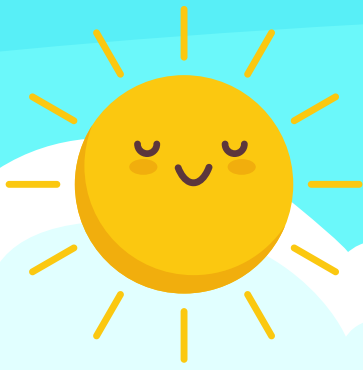
**Skyler Baltazar** - Secretary [SkylerB@cimcinc.com](mailto:SkylerB@cimcinc.com)

(800) 593-5273 | (916) 925-3582 | TTY: (800) 748-5259





# SUMMERTIME SAFETY TIPS



**PROTECT KIDS FROM THE SUN'S  
HARMFUL RAYS - WEAR  
SUNSCREEN AND SEEK SHADE**

**PRACTICE SAFETY AROUND  
WATER AT ALL TIMES AND  
NEVER LEAVE A CHILD  
UNSUPERVISED AROUND  
WATER**



**STAY HYDRATED! WHEN PLAYING  
IN THE SUN MAKE SURE KIDS  
DRINK LOTS OF WATER**

**WEAR APPROPRIATE ATTIRE AND  
SAFETY GEAR WHEN DOING  
OUTDOOR ACTIVITIES SUCH AS  
BIKE RIDING AND HIKING**



**For more information, visit [CDC.GOV](https://www.cdc.gov)**

# HEALTHY SUMMER SNACKS

## Frozen Fruit Pops

### INGREDIENTS

- 1 cup crushed pineapple
- 1 cup yogurt, low-fat fruit (8 ounces)
- 6 us fluid ounces orange juice, frozen concentrate (thawed)



### DIRECTIONS

- Mix the ingredients in a medium-size bowl.
- Divide into 4 paper cups • Freeze until slushy - about 60 minutes
- Insert a wooden stick half way through the center of each fruit pop
- Freeze until hard or at least 4 hours
- Peel away the paper cup before you eat the fruit pop.

TRY OTHER FRUITS OR JUICE CONCENTRATES FOR VARIETY.

### MyPlate Food Groups



- Fruits
- Dairy

1/2 cups  
1/4 cups

### Nutrition Information

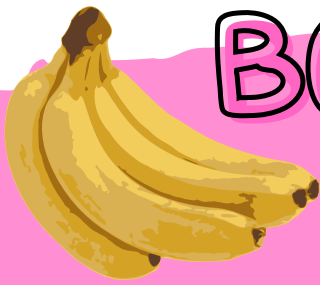
Serving Size: 1 fruit pop, 1/4 of recipe

[Show Full Display](#)

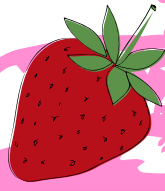
Nutrients	Amount
Total Calories	121
Total Fat	1 g
Saturated Fat	0 g
Cholesterol	2 mg
Sodium	38 mg
Carbohydrates	27 g
Dietary Fiber	1 g
Total Sugars	26 g
Added Sugars included	7 g
Protein	3 g
Vitamin D	0 mcg
Calcium	107 mg
Iron	0 mg
Potassium	285 mg

N/A - data is not available

# HEALTHY SUMMER SNACKS



## Berry



## Smoothie

### INGREDIENTS

- 1 banana (medium, very ripe, peeled)
- 3/4 cup pineapple juice
- 1/2 cup yogurt, low-fat vanilla
- 1/2 cup strawberries (remove stems and rinse)

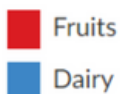


### DIRECTIONS

1. Blend banana with pineapple juice, yogurt and strawberries in a blender.
2. Blend until smooth.
3. Divide shake between 2 glasses and serve immediately.

TRY OTHER FRUITS OR JUICE CONCENTRATES FOR VARIETY.

### MyPlate Food Groups



1 cups  
1/4 cups

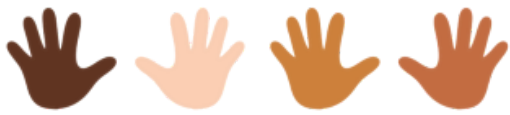
### Nutrition Information

Serving Size: 1/2 of recipe

[Show Full Display](#)

Nutrients	Amount
Total Calories	168
Total Fat	1 g
Saturated Fat	1 g
Cholesterol	3 mg
Sodium	43 mg
Carbohydrates	37 g
Dietary Fiber	3 g
Total Sugars	27 g
Added Sugars included	4 g
Protein	4 g
Vitamin D	0 mcg
Calcium	127 mg
Iron	1 mg
Potassium	531 mg

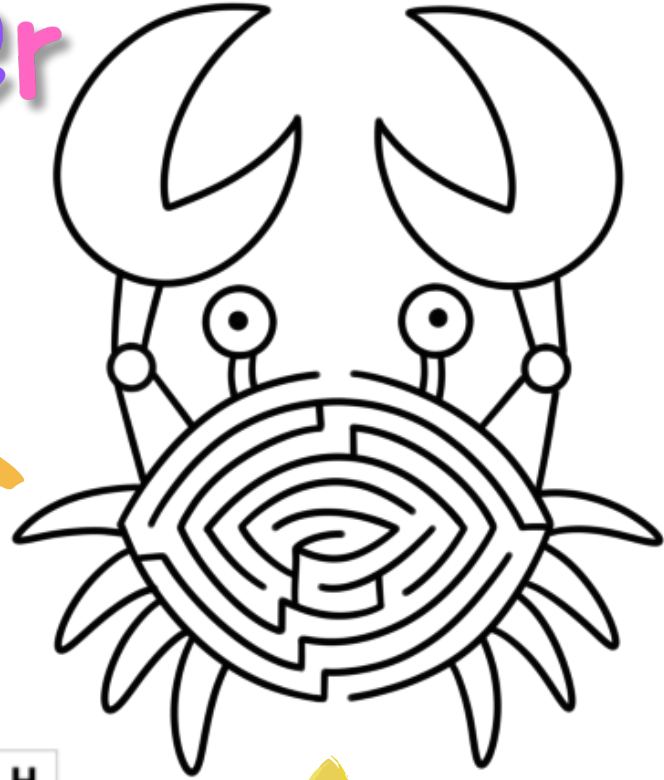
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# Kids Corner



Summer  
Fun



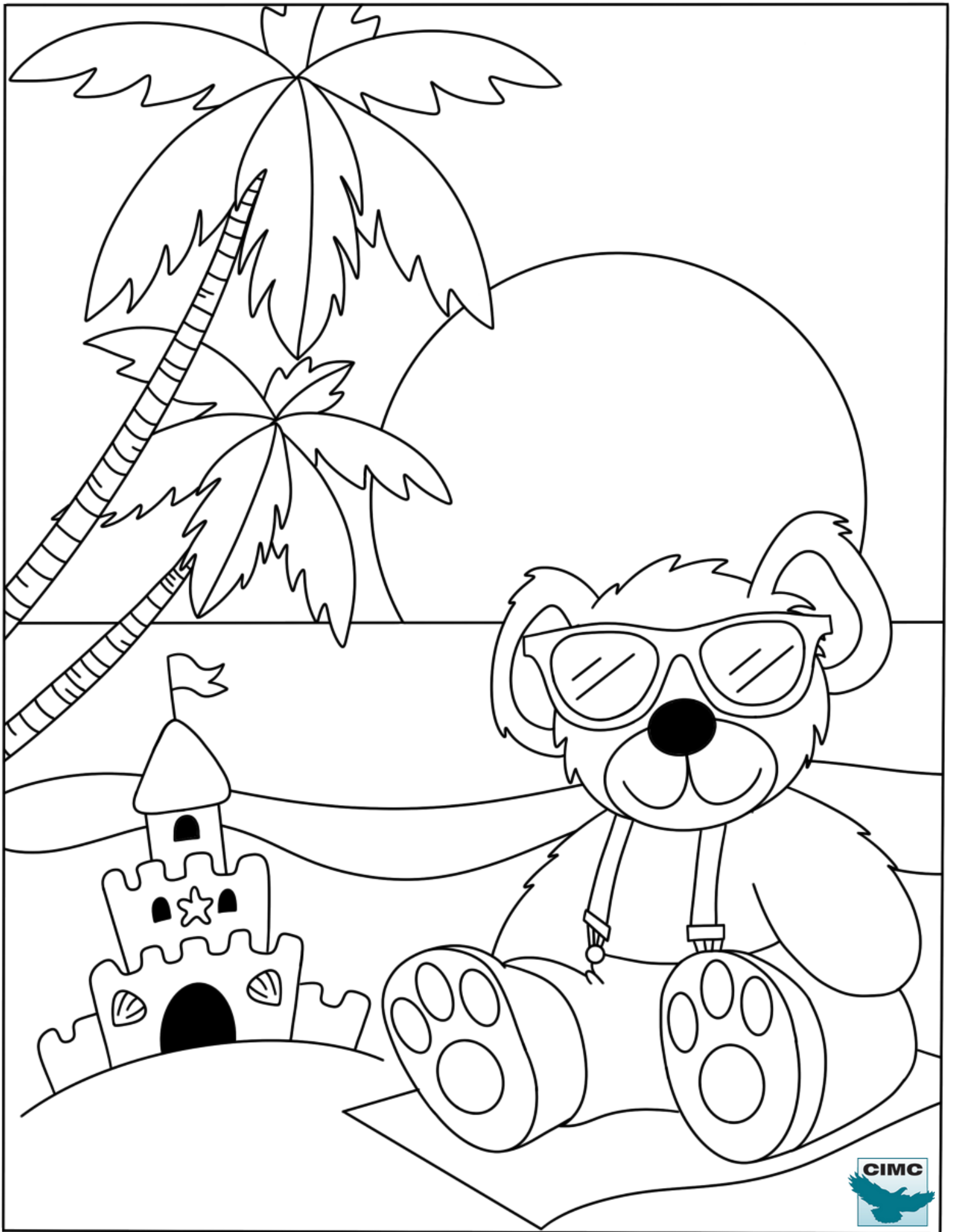
S	A	G	O	E	S	E	E	G	I	S	A	F	H
E	E	N	E	C	N	N	L	L	E	S	A	U	N
N	O	M	U	E	E	U	A	E	A	V	S	N	A
P	U	S	N	I	D	A	J	N	P	T	E	E	P
P	B	E	A	C	H	O	D	P	U	N	S	S	N
I	C	S	U	N	S	H	I	N	E	S	E	I	E
T	S	G	L	S	E	G	N	I	M	M	I	W	S
S	I	O	V	I	S	S	U	M	M	E	R	N	L
V	O	N	H	T	A	L	S	P	B	S	S	I	L
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I	O	E	L	C	I	S	P	O	P	O	U	I	S

## Word Bank:

Summer  
Vacation  
Sunshine  
Sand  
Sunscreen  
Swimming  
Beach  
Popsicle  
Fun  
Pool  
Sunglasses  
June









# **CIMC CCDBG Program**

**Do you need help paying for  
your child care?**

**CIMC CCDBG Program may be able  
to help you.**

**You must be from one of the  
following tribes:**

**Cahuilla, Cortina, Coyote Valley,  
Fort Independence, Lone Pine,  
Mesa Grande, Morongo, Pala,  
San Pasqual, Santa Rosa Reservation,  
Santa Ynez, Santa Ysabel, Sherwood  
Valley, Tuolumne, Upper Lake**

**Staff can mail or email an  
application to you.**

**Please feel free to contact the CIMC  
CCDBG Program at (916) 925-3582 or  
(800) 593-5273 with any questions.**

**Scan the QR Code to be directed to our website,  
or go to CIMC.ORG to learn more.**



**SCAN ME**