



Happy Holidays from CDA!

May your season be merry and bright!



Reminders

» **The Nutrition Team** would like to welcome our newest member, Susana Limon! We're glad to have her with us!

CDA Offices will be closed December 25th & January 1st in observance of the holidays, please do not claim on these days, even if children are in care.

» **Claiming school-age children** over the holiday season is easy! Providers claiming online will simply check the *No School* box; providers claiming on scanner forms will write the vacation days and hours in care for each child on your *Green CIF*.

» **New child enrollment forms** need to be submitted to the Nutrition Office within the first 5 days of care.

Holiday Food Safety

When you are cooking for children, it is especially important to follow safe food handling practices to ensure that no child in your care gets food poisoning. Food poisoning is caused by food contaminated with harmful bacteria, viruses, parasites, or toxins.

While food poisoning can affect anyone, older adults, pregnant women, young children, and those with weakened immune systems are particularly vulnerable. These simple steps can help to reduce the risk of food poisoning to those you feed during the holiday season:

- Wash your hands often.
- Separate ready-to-eat foods from raw meat, poultry, seafood, and eggs.
- Cook each food to proper temperatures.
- Refrigerate food promptly at 40°F or below.
- Always reheat leftover foods to at least 165°F.

Visit www.foodsafety.gov for safe cooking temperatures

Important Claim Reminders

- At least one Whole Grain item must be offered each day at a reimbursable meal and identified as the whole grain item on your claim.
- Juice is only reimbursable one time per day; if you claim juice more than once per day, one of those meals will be disallowed.
- Meat/meat alternates (M/MA) may only be served at breakfast a maximum of 3 times per week **in place of the entire grain component**. If you claim a M/MA at breakfast **DO NOT** claim a grain component.

Cinnamon Ornaments

Ingredients:

- 1 cup all-purpose flour
- ½ cup salt
- ½ cup cinnamon
- ¾ cup very warm water
- Cookie cutters
- Rolling pin(s)



Directions:

Combine all ingredients in a bowl and mix well. Wash hands then finish kneading with clean, dry hands. If the dough is a little sticky, dust your hands with a bit of flour and knead. After a few minutes you will be left with amazing cinnamon ornament dough. Have children roll out the dough and then let them use cookie cutters to make their own cinnamon ornaments for the tree. Remember to poke a small hole in the top of the ornament for string to pass through before they dry. Ornaments will be completely dry in about 24 hours. Tip: roll out dough on wax or parchment paper to prevent sticking. **Remember, although they smell delicious, these ornaments are not edible!**