

March is all about nutrition! We're celebrating National CACFP week March 17th—23rd. CACFP Week is a national education and information campaign sponsored annually the third week of March by the National CACFP Sponsors Association. The campaign is designed to raise awareness of how the USDA's Child and Adult Care Food Program works to combat hunger. The CACFP brings healthy foods to tables across the country for children in child care centers, homes, and afterschool programs. As a CACFP Provider, you are part of a network of incredible child care providers who collectively serve healthy meals and snacks to over 4 million children each day! As a small token of our gratitude for service you provide, we have a Certificate of Awesomeness available for you to print on our website.

Updates

The January Nutrition Update warned "Due to the Government shutdown, there may be a delay in your reimbursements." The federal government shutdown did not cause any delays, however, there was a delay in reimbursement due to the state's implementation of FISCAL, the new Financial Information System of California.

» **Claim reimbursements** may be paid up to 10 calendar days later due to additional administrative procedures related to FISCAL. Please plan ahead for this adjustment to your payment schedule.

» **March is National Nutrition Month®!** We can't think of a better way to complement National CACFP Week than having the entire month be devoted to nutrition education! The Academy of Nutrition and Dietetics created this annual nutrition education campaign, celebrated during the month of March each year, to focus attention on the importance of making informed food choices and developing sound eating and physical activity habits. To learn more about National Nutrition Month® and how you can get involved, visit www.eatright.org.

Reminders

» **Annual Trainings** are happening now! This is your chance to see us in person and talk to us face-to-face. Get your nutrition questions answered, spend some time with your fellow Providers, and take home some great nutrition resources. Call the office to get signed up for your training today!

San Bernardino/Riverside County - March 9th

Arlington Library (Riverside)

Imperial County - March 22nd and 23rd

Imperial County CalWORKS WTW Office

Orange County - April 6th

CHOC Children's Hospital \$6 parking fee

Los Angeles County - April 27th

Children's Hospital LA \$10 parking fee

San Diego County - June 15th

San Diego County Office of Education

On-Line Training - Available March 1st - July 31st

Visit our website at www.cdasd.org and click on the *Providers* tab, then *Nutrition Program* tab to find and complete your Annual Training. Your online training is not complete until you submit your signed/dated Annual Training Signature Page (printed from the CDA website) to the Nutrition Office. Please remember this important step!

Roasted Ranch Veggies

Ingredients:

- 2 cups diced potatoes
- 3 carrots, sliced into coins
- 1 yellow bell pepper, diced
- 2 cups broccoli florets
- 2 Tbsp oil
- 1 Tbsp dry ranch seasoning



Directions:

Preheat the oven to 400°F, then line a baking sheet with parchment paper (or spray with non-stick cooking spray). Arrange veggies on the baking sheet, sprinkle with ranch seasoning and oil, then toss to coat the veggies evenly. Spread the veggies out so they are mostly in a single layer. Place in the oven and roast for about 30 minutes, stirring once halfway through roasting time. The veggies are done when the potatoes and carrots can be easily pierced with a fork.