

April brings us the start of spring, and what better way to celebrate the beauty of spring than by getting outside to enjoy some sun on Earth Day! The very first Earth Day happened on April 22nd, 1970, when millions of people took to the streets to protest the negative impact that 150 years of industrial development was having on our environment. In July of that same year, President Nixon and the US Congress created the Environmental Protection Agency, and many important environmental laws such as the Clean Water Act and the Endangered Species Act to help us protect our planet. Visit www.earthday.org to find out what special Earth Day events are happening in your area.

Reminders

» **Annual Trainings** are in full swing. We would love to see you in person, so come to one of our live trainings! Ask us all of your Food Program questions, get some great resources, and have a chance to receive some great prizes! Call the office to get signed up today.

Orange County - April 6th

CHOC Children’s Hospital \$6 parking fee

Saturday 10:00 AM - English

Los Angeles County - April 27th

Children’s Hospital LA \$10 parking fee

Saturday 10:00 AM - Spanish

Saturday 1:00 PM - English

San Diego County - June 15th

Saturday 9:30 AM - English

Saturday 1:00 PM - Spanish

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

You can visit our website at www.cdasd.org and click on the *Providers* tab, then *Nutrition Program* tab to find and complete your Annual Training. Read through the training, take the quiz, print, sign, date and submit your Annual Training Signature Page (please print from CDA website) to the Nutrition Office in order to complete your 2019 Annual Training.

Reminders

» **CDA Monitors or a State auditor** could visit at any time. Check for their picture ID badge and have all of your Food Program documents together in one place so they can be accessed quickly. This includes menus, child enrollments (signed/dated), your copy of monitor reviews, and soymilk request or medical forms if required. Additionally, please be sure to:

- Serve the correct milk - unflavored only. Whole milk for children 1 year old; 1% or fat-free for those 2 & older.
- Offer water throughout the day.
- Save labels for frequently used products, especially grain products, breakfast cereals, yogurt, and any CN labeled products.
- Have your License and Building for the Future poster posted visibly, and have your Meal Pattern posted in your meal prep area.
- 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.

Tofu Tacos

Ingredients:

- 1 small onion, chopped
- 1 Tbsp vegetable oil
- 1-2 cloves garlic, minced
- 1 (14) oz package Extra Firm Tofu, crumbled
- 1 tsp each chili powder & cumin
- 1/2 tsp each paprika & Mexican oregano
- 1 (6) oz can tomato paste
- 1/4 cup salsa
- Salt and pepper



Directions:

Heat oil in a large sauté pan over medium-high heat. Add the chopped onion and cook, stirring frequently, until translucent, then add the minced garlic and cook for about 30 more seconds. Now add the crumbled tofu and continue to cook and stir for 5 - 10 minutes, until you see the tofu starting to brown a bit. Add the chili powder, cumin, paprika, tomato paste, salsa, salt and pepper. Stir to combine thoroughly and continue to cook and stir for 3 - 5 more minutes. Serve with fresh corn tortillas or taco shells, thinly sliced cabbage or lettuce, tomatoes, cilantro, shredded cheese, avocado, fresh lime wedges, and anything else you love on a taco!