

**May** is a month for appreciating so many people who selflessly devote their time to caring for others, starting with National Provider Appreciation Day on May 10<sup>th</sup>. We can't express our gratitude enough for all that you do! Next, we'll be celebrating Mother's Day on Sunday, May 12<sup>th</sup>. Thank you to all of the mothers out there who helped us grow and thrive! Last, but not least, we celebrate Memorial Day on May 27<sup>th</sup> and we honor those who have given their lives in service of the United States of America such that we are able to live better lives. We salute you!

**Updates**

» **Updated Processed Foods List!** We have updated our list of approved processed foods and made it available to you on the CDA website. Please review the list so that you are sure to offer only products that meet CACFP requirements. You have several new options for chicken nuggets. The following options are the only chicken nuggets that CDA will reimburse for:

- Yummy Dino Buddies **Alphabet-Shaped** Chicken Breast Nuggets
- Tyson Naturals 100% Whole Grain Chicken Breast Chunks
- Tyson Naturals Gluten Free Chicken Breast Nuggets

You will still need to offer a grain component when serving any of these chicken nuggets as there is not enough breading to meet the Meal Pattern requirements. Additionally, the whole grain breading will not count toward meeting your whole grain-rich requirement for the day. You will need to offer a separate whole grain item to meet the requirements.

*Easy Corn Salad*

**Ingredients:**

- 1 (14oz) bag frozen corn, thawed
- ½ cup plain yogurt
- 8 ounces crumbled feta cheese
- ½ cup cilantro, chopped
- 1 lime, juiced
- ½ tsp salt
- Pepper, just a pinch



**Directions:**

In a large bowl, combine yogurt, feta cheese, cilantro, lime juice, salt and pepper. Stir well, then add the corn and mix well. Add additional seasoning to taste and serve right away, or refrigerate until ready to serve.

**Reminders**

» **Annual Trainings** have been going great this year and we are down to our last few live trainings! Be sure to get signed up for your training by calling the office today.

**San Diego County - June 15<sup>th</sup>**

Saturday 9:30 AM - English

Saturday 1:00 PM - Spanish

**On-Line Training - Available March 1<sup>st</sup> - July 31<sup>st</sup>**

You can visit our website at [www.cdasd.org](http://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.

» **Be Prepared for Monitor Visits.** 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 previous 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, including whole grain products, breakfast cereals, and yogurt.
- Have your License/Building for the Future posted visibly in your facility, and the Meal Pattern posted in your food prep area.
- Offer at least one Whole Grain item each day at a reimbursable meal and identify it as the whole grain item on your claim.
- Claim juice no more than once per day per facility.
- Label breastmilk with the name of the child and date of expression on each bottle.