

The holiday season begins this month and we're kicking off this season with gratitude on November 11th. Veteran's Day gives us a special chance to honor those men and women who serve or have served our country. Let a veteran in your life know how much you appreciate the sacrifices they make to help keep our country safe or take a moment of silence to remember those lost in the line of service. Thanksgiving is a little late this year on the 28th, but better late than never! We wish a Happy Thanksgiving filled with love and gratitude to each and every one of our dedicated Child Care Providers.

Reminders

» **Children Must be Enrolled** by the first day of care. Signed enrollment forms are due in the office within 5 days. You will not be reimbursed for pending children if we have not received enrollment documentation by the time we submit that month's claim to the state. To ensure you receive your full reimbursement, submit all documents on time.

» **The Nutrition Office** will be closed On Monday Nov. 11th for Veteran's Day and for Thanksgiving Nov. 28th and 29th. Please do not claim meals on the 28th as they will not be eligible for reimbursement. You may claim meals offered on the 11th and 29th as usual.

» **Annual Renewal** time has come to an end. All renewals should have been submitted to the Nutrition Office by the end of October. If you have not yet sent them in, please do so now to avoid any disruption in your reimbursements.

Five Holiday Meal Food Safety Tips from the USDA

1. Don't Wash That Turkey! Washing raw meat and poultry can cause bacteria to spread up to three feet away. Cooking meat and poultry to the right temperature kills any bacteria that may be present, so washing is not necessary.
2. There are the three safe ways to defrost a turkey. Thawing in the refrigerator is the safest method because the turkey will defrost at a consistent, safe temperature. Thawing in cold water is safe if you submerge the bird in its original wrapper in cold tap water, changing the water every 30 minutes. Microwave defrosting is the last option and you should refer to your microwave's owner's manual for instructions if choosing this method.
3. Use a meat thermometer to determine if a turkey (or any meat, poultry or seafood) is fully cooked. A whole turkey should be checked in three locations: the innermost part of the thigh, the innermost part of the wing, and the thickest part of the breast. Your thermometer should register 165°F in all three of these places. This is the best way to ensure your turkey is cooked, but not overdone.
4. Don't store food outside, even if it's cold. This is not food safe for two reasons. First, animals can get into food stored outside and consuming or contaminating it. Second, temperature variation can occur and raise the temperature just enough to put your food into the danger zone (above 40°F).
5. Leftovers are good in the refrigerator for up to four days. Cut turkey off the bone and refrigerate within 2 hours of the turkey coming out of the oven. If you know you won't be using food within four days, package and place in the freezer.

Turkey Day Wrap

Ingredients:

- 6 whole wheat tortillas
- 3 ounces cream cheese
- 6 ounces cranberry sauce, relish or chutney
- 3 cups fresh arugula, spinach or lettuce
- 9 ounces cooked turkey
- Optional: add extra veggies, like red onion, tomato, or cooked & mashed yams, or serve with a side of roasted veggies



Directions:

Lay out 6 tortillas on a clean, dry surface. Spread 1 Tbsp of cream cheese on each tortilla, then 2 Tbsp of cranberry sauce/relish or chutney on each tortilla. Next, add 1/2 cup of arugula/spinach or lettuce to each tortilla and top with 1½ ounces of turkey. Fold opposite sides of each tortilla about ¼ way over the fillings toward each other, then rotate the tortilla ¼-turn while holding the folded ends in place and roll the tortilla starting from one open end until you get to the other side. Cut in half and serve.