

Happy New Year! The holiday season has come to an end, but the 2020 Annual Training season is about to begin! One of our favorite parts of traveling to each county we serve is seeing our providers and being able to connect face-to-face. We look forward to seeing many of you in person and will be sharing dates and locations for upcoming trainings with you soon! This month we celebrate Dr. Martin Luther King, Jr. who took a profound and compelling stand for racial equality during the American Civil Rights Movement. Through his conviction and courage, he led us to one of the most significant moments in our nation's history, propelling us forward on a path toward creating an America where racial equality could become more than just a dream. CDA will be closed in honor of his achievements on Monday, January 20th.

Reminders

» **Meat/Meat Alternates** should only be claimed up to three times per week at breakfast. To ensure that you are reimbursed for each breakfast you offer, remember to claim a serving of grains for breakfast at least two times per week. Consider offering your daily serving of whole grains at breakfast so that you are sure to meet the requirement.

» **Direct Deposit** is the safest and most efficient way to receive your reimbursements each month. A few benefits of direct deposit include receiving your payments earlier than with paper checks, no longer worrying about checks being misplaced or lost in the mail, and not having to make extra trips to the bank. If you are not signed up for direct deposit, call the office or ask your Monitor to sign you up.

» **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 signed 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.

» **Use "no school" button** over the holiday season for school age children who are in your care over their holiday break from school. To find the "no school" button, click on the 3 horizontal lines to the right of the child's name where you add them as present for a meal.

» **Call the office** to let us know when you will be closed, away at a mealtime, or not claiming a meal for any reason so that we don't visit you at that time.

Red Lentil Stew

Ingredients:

- 1½ cup dry red lentils, rinsed well
- 1 Tbsp olive oil
- 1 yellow onion, diced
- 6 cloves garlic, minced
- 2 carrots, chopped
- 1 (14 oz) can diced fire roasted tomatoes
- 2 red bell peppers, chopped
- 2 leaves bay
- 1 Tbsp smoked paprika
- 3 cups spinach or kale
- 6 cups vegetable stock
- 8 sprigs thyme
- 2 cups golden potatoes, cut into half-inch cubes
- 1 tsp salt



Directions:

Heat a large pot over medium heat. Add olive oil, onion, carrots, and salt. Cook while stirring until the onion is translucent, about 5 minutes. Add the bay leaves, thyme, and garlic, stir to combine, then mix in the lentils, bell peppers, paprika, tomatoes, and stock. Bring the stew to a simmer and add the potatoes, give it a stir, and cover. Cook for 15-20 mins, until the lentils and potatoes are cooked through. Remove the bay leaves and thyme stalks from the stew and stir in the spinach. Season to taste with additional salt and serve with whole grain toast or brown rice.