

Over the past month & a half we all have had to adjust our lives to a new “normal.” This has been challenging for everyone and as CDA staff, we are thinking of you often. Most Child Care Homes have remained open during this time and we thank you for the nutritious meals you provide to your children and the support you provide to your parents. As your Nutrition Program Sponsor, we are here to support you during these challenging days. CDA began working remotely from our homes on Monday, March 23<sup>rd</sup> and while there are no Monitoring visits being done at this time, all CDA staff are still working and available via emails and cell phone calls to assist you. Claim processing and payments are on regular schedule and proceeding as normal. Like you, we look forward to brighter days ahead. Thank you for all you do! –Deborah Zaragoza, CDA Nutrition Program Manager

## Reminders

» **Annual Trainings**— In light of the unprecedented and widespread effects of the COVID-19 virus, all live trainings have been cancelled for the time being. The Annual Training is still available online and **must be completed** in order to remain in compliance.

### Online Training - March 1st - July 31st

To access the online training visit the nutrition website (above), click on the Training tab at the top of the page, and follow the instructions from there. You will need to complete the quiz and send your signed/dated Annual Training Cover Page to the Nutrition Office by July 31st in order for your training to be complete.

» **School-Age Children**— if you have school-age children in your care due to school closures, please remember to mark them as “No School” when claiming them for meals during the week.

» **Licensing guidelines** are being adjusted to help ensure that families have access to care and providers are able to care for those families in need throughout the COVID-19 crisis. Visit the Licensing website at [www.cclcd.ca.gov](http://www.cclcd.ca.gov) to stay up to date on current licensing requirements and COVID-19 information. If you receive waivers from licensing, please submit a copy of your waiver to us.

» **Grab and Go Meals**— You have the option to offer meals to the children currently enrolled in your Food Program for reimbursement even if they are not attending due to the quarantine. You make the meals and the parents can pick them up from you. Meals must be documented and parents must sign for the meals on the Meal Pick-up Verification form which can be found in the Nutrition

Provider Resource Center on the CDA website. Click on “Important Waiver Information” for information and the Meal-Pick-up Verification form. This will need to be turned in to us at the end of each month with your claim.

» **Please Submit Your Claim**, even if you only have a few meals or a few days claimed. We want to reimburse you for everything and anything we can during this time.

» **Your safety** and the safety of the children and families you serve is of the utmost importance. Sanitizing toys, washing hands, and wearing a face mask are great ways to help reduce the risk of contracting or spreading most viruses, including COVID-19. Please visit our website, the Licensing website, and the CDC website at [www.cdc.gov](http://www.cdc.gov) for safety information and updates regarding COVID-19.

**Stay Safe and Take Care!**

### *Quick & Easy Fajitas*

#### Ingredients:

- 6 mini bell peppers (any color)
- ¾ cup frozen corn
- 12 oz chicken breast tenderloins
- 1 Tbsp oil
- ½ Tbsp reduced-sodium taco seasoning
- 4 small whole wheat tortillas
- ¾ cup shredded cheese
- ¼ cup mild salsa
- ¼ cup sour cream



#### Directions:

Cut stems off of the peppers, then cut them in half lengthwise and remove the seeds. Cut the peppers into thin slices. Place the peppers and corn in a bowl and set aside. Slice the chicken into small strips and place in a medium low, then toss with taco seasoning. Heat a large sauté pan over medium heat, add oil. When the oil is hot, add the chicken. Sauté for 2-3 minutes, then add peppers and continue to sauté until the chicken and veggies are cooked through, about 5-7 minutes. Place tortillas on separate plates, spoon equal amounts of the fajita mix onto each tortilla. Allow children to top their own fajitas with cheese, salsa, and sour cream.

