

September is host to a few special observances. One is Labor Day, a day to honor the American labor movement, which we do on the first Monday of the month by enjoying a day off! September is also National Childhood Obesity Awareness Month. As Providers on the CACFP, you already do so much to help prevent childhood obesity by serving fresh fruits and vegetables, lean proteins, and whole grains with your healthy home cooked meals. Now more than ever, with so many families experiencing financial and food insecurities, this is so incredibly important. We want to thank you for all you do for the families in your care and acknowledge you for the impact you have on their lives.

Reminders

» **Virtual Monitoring Visits** will begin this month. You should expect to be contacted by a CDA monitor who will be conducting a virtual visit with you using Zoom and/or other video chat services in lieu of an in-home visit. CDA monitors are helping each other to get all visits completed on time, so it may not be your usual monitor who contacts you. We will work with you to use the video chat service that you are most familiar with in order to make this as easy as possible.

» **Annual Renewals** continue this month. Enrollments for each child in your care must be updated annually per regulation. If you claim online, we will be emailing with instructions. If you claim using scanner forms, we will mail you your Annual Renewal Report along with a letter of instructions. In order to accurately process your Enrollment Renewal Report, please Review each child's information and make necessary changes in red ink (new hours, days of care, new school hours, etc.). Enroll all children with **the earliest time they can arrive to the latest time the parent can pick them up** & with all possible days they may be in your childcare.

Renewal Reports will be sent to you at the end of **September** if your last name starts with the letter:

S–Z: Due October 15th

A–F: Due July 15th - Please return as soon as possible

G – L: Due Aug. 15th - Please return as soon as possible

M–R: Due Sept. 15th - Please return as soon as possible

It is important that your Annual Renewal Report is dated and submitted in the month that it is due, not before or after that date.

» **New Enrollments** need to include the school district for all school-age children.

» **School-Age Children**— CDA is aware that due to COVID-19 each district is planning to start the new school year in the safest way possible. Please continue using the “No School” button if you claim online for all school-age children when they attend your childcare during the week. It is *extremely important* this year while many school-age children will be in your home all day when they would have normally been at school. If you claim on *Scanner Forms*, you will document on the Green CIF:

- the names of the school-age children and
- the dates/times they will be in your care.

» **New Rates!** Reimbursement rates have finally increased and we are so excited for our providers!

Tier 1:

- Breakfast—\$1.39
- Lunch/Dinner—\$2.61
- Snacks—\$.78

Tier 2:

- Breakfast—\$.50
- Lunch/Dinner—\$1.58
- Snacks—\$.21

Stuffed Avocados

Ingredients

- 4 avocados, halved and seeded
- 1 (15oz) can chickpeas, drained
- 1-2 green onions, finely chopped
- 1 small tomato, diced
- 1/2 cup parsley leaves, chopped
- 1 lime, juiced
- Salt & pepper



Directions:

Scoop out a little bit of avocado from each half to widen the “bowl” area and put the scooped avocado into a medium-sized bowl with the chickpeas. Mash together with a fork, then add the green onions, tomato, parsley, and lime juice and mix until well combined. Add salt and pepper to taste. Equally divide the mixture between the 8 avocado halves and serve.