

It's October and that means Pumpkin Season! Pumpkin is a very versatile squash and not just for carving. Pumpkin can be used in both sweet and savory ways- you can roast the seeds, make a pumpkin curry, or maybe some pumpkin spice muffins, and of course, there's always room for pumpkin pie! Aside from being such a versatile vegetable, pumpkin is also packed with nutrients like Vitamin A, which helps you maintain good eyesight and healthy skin, and Vitamin C, which has antioxidant properties to help boost your immune system. Keeping the immune system strong is especially important right now, and why not have some fun staying healthy by trying a new pumpkin recipe?! We've got a great one here to get you started!

Reminders

» **Virtual Monitoring Visits** are continuing this month. You can 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 visits completed, 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. If you claim online, we have emailed you with instructions. If you claim using scanner forms, we have mailed you your Annual Renewal Report and a letter of instructions. Carefully 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 are due in the office as follows:

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

S-Z: Due Oct. 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.

» **Eligibility**- If this applies to you, please return your forms if you have not done so already. If you have foster children, check the mail for your Foster forms.

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

Pumpkin-Feta Salad

Ingredients:

- 3 pounds peeled, seeded, diced sugar pie pumpkin
- 1 Tbsp oil
- Salt to taste
- 3 ounces crumbled feta cheese
- 3 Tbsp roasted sunflower seeds
- ¼ - ½ cup chopped fresh cilantro

Dressing:

- 3 Tbsp honey
- 2 Tbsp apple cider vinegar
- 1 Tbsp oil

To make the dressing, simply add the honey, apple cider vinegar, and oil to a small bowl, whisk to combine, and set aside.

Directions:

Toss diced pumpkin with salt and oil, place on baking sheet, and roast in a 450°F oven for 40 - 45 minutes, or until browned and tender, stirring every 15 minutes. Remove from the oven and allow to cool to room temperature. Once cooled, move to a large bowl and add the feta, sunflower seeds, and cilantro. Pour dressing over the salad and toss to combine. Enjoy warm or chilled.

