

This holiday season, as CDA Staff we express our gratitude and continued amazement at the incredible work you have done during this unpredictable year. Child Care Provider's have fed millions of nutritious meals to children across this nation. Together we are making a difference for children and families. We wish you and your family a happy and healthy Holiday Season .

Reminders

- Call the office if you will be closed/taking time off during the holidays
- During Covid, we ask that you preplate the meals for the children and not serve family style meals. No utensils or plates should be passed or shared
- If children are receiving Grab n Go meals, please have parents sign the form at the end of the month and send the form to CDA immediately
- Monitors are required by USDA Regulations to conduct 3 virtual visits this new fiscal year. If you claim dinners, evening snacks or Saturdays, Monitors will be doing virtual visits at those times/days as well. At least 50% of the children normally claimed should be present the day the Monitor is conducting a virtual visit.
- You are doing a great job adjusting to virtual visits. Your Monitor will ask to "see" the children and the foods they are eating, the correct milk, the whole grain item for that day, your posted license, Meal Pattern and Building for the Future poster.
- **CDA offices will be closed** on the following dates:
December 25th and January 1st.

Holiday Food Activities to do with the Children

At snack time, create pita bread trees using whole wheat pita bread cut into triangles and topped with cilantro hummus or herbed Greek yogurt and decorated with finely diced red bell pepper.



You can make a trunk for your tree by pushing a pretzel stick into the bottom of the pita bread triangle!



Use cookie cutters to make pancakes into fun holiday shapes.

Contest

Email to cif@cdasd.org some cooking activities you do with the children, or a favorite recipe the children enjoy. If your recipe is picked and featured in a future CDA Nutrition Update, you win a CDA apron!!!

December Recipe: Creamy Turkey and Rice

Ingredients

| | |
|-------------------------|------------------------------|
| 2 tablespoons butter | 2 cups chicken broth |
| 1/2 cup onion diced | 1 cup of 1% milk |
| 2 cloves garlic, minced | 18 oz cooked turkey chopped |
| 1/4 cup flour | 2 1/4 cups dry enriched rice |
| 1/2 teaspoon salt | 1 cup frozen corn kernels |
| 1/4 teaspoon pepper | 1 cup frozen peas |

Yields 9 cups

Toddler 1/2 cup
Preschooler 3/4 cup
School age 1 cup
(credits as Meat and grain at lunch or dinner)

Directions

1. Saute onion and garlic in butter for 2-3 minutes. Add: flour, salt, pepper and continue to cook, stirring for 1 minute. Slowly stir in the milk and chicken broth.
2. Add: turkey and rice and bring to a boil over medium heat. Stir, reduce the heat to low, and cover with a lid. Simmer for 15-20 minutes or until the rice is tender. Stir in the corn and peas and heat thorough.

