

Happy New Year. We welcome the arrival of 2021 with hope that we will emerge from the pandemic with a new understanding of how vital it is to instill healthy habits in our children. AS Covid-19 continues to spread, our thoughts are with you, the essential workers caring for children. In the past year 11,450 children received 4.4 million nutritious meals while participating on CDA's Nutrition Program. Thank you for all you do!

In January we remember Martin Luther King Jr, a passionate advocate for social justice. His unrelenting stand for equality inspired the nation and helped to guide us through the civil rights movement, encouraging us to someday realize his dream of social justice and equality. He was one of the greatest social activists the world has ever known. He remains an inspiration to all those who stand for equality. CDA will be closed **January 18th** in observance of Martin Luther King, Jr.'s birthday and all of his accomplishments.

Great News!

Congressional leaders released a COVID-19 relief package, providing relief to a coronavirus-battered economy. The bill includes \$13 billion which increased SNAP and Child Nutrition benefits to help relieve the COVID hunger crisis. For CACFP, support for Child Care Providers and Sponsors will come by **replacing 55 percent of the total reimbursement funding lost for each claiming month from April 2020 to June 2020 plus half of March 2020**. When we receive further guidance we will pass the info on to you. These funds will be available to Child Care Providers who claimed on the Nutrition Program during any of the months listed above.

Reminders & Updates

- Continue to call the office when closed or if no children are present for a meal times. Your Monitors are conducting virtual visits and it may be your month for a meal observation.
- To ensure reimbursement for a child's meals, their enrollment information should be current. If a child's days or hours of care change, please submit an updated enrollment with the effective date of the change.
- Continue to use "no school" in KidKare for the children it applies to. If you claim using scanner forms, document on the green CIF form the dates school age children are not attending school.
- Before submitting your claim, review it to ensure that you recorded correctly. 2021 is our audit year.
- Grab n Go meals are still in effect for you to prepare and send meals home with parents for enrolled children who are currently not attending your facility due to Covid-19.

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!

Covid-19 Affects Children

In 2020, our youth have spent an unprecedented amount of time out of school, which has caused social isolation, sedentary lifestyles, and increased anxiety. It is estimated that 79% of students have significantly reduced physical activity. Studies show that staying active helps kids reduce stress, because it releases endorphins, relieves tension, and promotes mindfulness. Part of a healthy lifestyle includes the balanced, nutritious meals you offer to the children. (according to Catchinfo.org)

Meal Service during Covid-19

The following is a list of practices designed to reduce the risk of COVID-19 transmission during CACFP meal service:

- Do not practice family-style meal service (FSMS), as serving utensils, bowls, and pitchers should not be handled by multiple children
- Hold meals outdoors, as weather and space allow
- Separate tables by at least six feet, if possible
- Separate children with separate tables, if possible
- When children must share a table, use name cards to ensure adequate spacing
- If there is not enough space for proper social distancing (at least six feet), take necessary measures to reduce risk (e.g., create smaller mealtime groups and stagger mealtimes to reduce occupancy)
- Ask staff, not children, to handle table and place settings, the distribution of meals and beverages, and keep food covered whenever possible to avoid contamination
- Ensure meals are provided in individual portions and are delivered by staff wearing face masks
- Enforce proper handwashing for staff and children before and after eating
- Use paper goods and disposable plastic utensils
- Do not allow children or staff to share or touch each other's food
- Immediately clean and disinfect dishes, trays, chairs, and tables after meals

Homemade Chicken Noodle Soup



Ingredients

- 1 1/2 lbs. boneless skinless chicken breasts
- 1 large onion, chopped
- 3 carrots, peeled and sliced into coins
- 2 stalks celery, sliced
- 4 tsp. sprigs fresh thyme
- 4 tsp. sprigs fresh rosemary
- 3 cloves garlic, minced
- 1 bay leaf

Ingredients cont...

- Kosher salt and freshly ground black pepper
- 10 c. low sodium chicken broth
- 8 oz. enriched noodles (cooked separately)

Directions

In a slow cooker, combine chicken, onion, carrots, celery, thyme, rosemary, garlic, and bay leaf and season with salt and pepper. Pour in broth. Cover and cook on low, 6 to 8 hours. Remove chicken from slow cooker and shred it with two forks. Discard herbs and bay leaf. Return chicken to slow cooker and add cooked noodles. Cook on low, covered, 20 to 30 minutes.