

Traditionally February is the month for all things heart related. February is American Heart Month and is celebrated by encouraging healthy eating habits, physical activity and health care check-ups. It's a perfect time to wear red t-shirts, draw hearts with the children, eat red foods and train the children on the benefits of a healthy heart. Your participation on the Nutrition Program and the healthy meals you serve daily to the children promotes healthy eating behaviors and gives the children a fundamental healthy start.

As CDA Staff, our hearts are saddened by the passing of Lorraine Bergendorf-Clark on January 7th. Lorraine was the Nutrition Program Manager for most of her 25 year career at CDA. We will always remember her laugh and her dedication to this program.

CDA offices will be **closed** on Monday, February 15th in observance of President's Day.

It's 2021 and we will have a virtual State Audit this year. As we work together to ensure a successful audit, please review the following reminders:

- have posted copies of your current Child Care License, Building for the Future poster, Meal Pattern and WIC information
- Your files should have your **copy** of each child's current enrollment (or the annual enrollment renewals) and days/hours of care should be current, non-participating child form (if applies), medical statements (if applies), and your Annual Training form.
- Your daily recordkeeping should include the required food components and accurate attendance of the children receiving that meal. Whole grain foods should be identified and offered daily, and the correct fat content milk should be offered.

It is very important to have the most accurate enrollment information for all your daycare children. Best practice is for all the children to be enrolled with the earliest time they may arrive to the latest time they may leave. CDA recommends that you send an updated enrollment for the children whose schedule has changed or additional days were added. This includes children who were previously before school or after school care only. We are just a phone call away if you have any questions and your Monitor is available to assist you as well.

Do you have parents struggling to feed their children during this pandemic? There is help out there for them...no child should suffer food insecurity. Parents can receive Grab N Go meals to feed their children at home. Call CDA to find out more about Grab N Go.

Parents can sign up for Cal Fresh (SNAP) by applying at www.getcalfresh.org.

The WIC Program is available for Women, Infants, and Children up to age 5 years. Encourage parents to visit the WIC website at www.myfamily.wic.ca.gov

Tax time will soon be here. There is tax guidance and help for Child Care Providers to understand the tax deductions you may be able to use. Tom Copeland is a well-known tax advisor who has info to share with you free of charge on topics like: "business use of your home, food and household expenses, common Family Child Care business deductions, and tips for 2021" to name a few. Visit www.tomcopelandblog.com/handouts to educate yourself on some of the deductions you may qualify for as a business, operating from your home.

Whole Wheat Pancakes

Ingredients

- 1 cup whole wheat flour (5oz by weight)
- 2 tsp sugar
- ½ tsp baking powder
- 1/4 tsp baking soda
- 1/4 tsp salt
- 1 cup buttermilk*
- 1 egg
- 2 tbsp. melted butter**
- Butter for greasing the griddle
- Fresh fruit



Directions

In a big bowl, whisk to combine the whole wheat flour, sugar, baking powder, baking soda and salt. In another bowl, whisk to combine the buttermilk, egg, and melted butter. Whisk the mixture into the dry ingredients, and stir the two together until just barely mixed. You want any visible loose flour to be stirred in, but there should still be plenty of lumps. If you stir out the lumps, the pancakes will likely be tough. Preheat a nonstick griddle to 375 degrees and grease the surface with butter. Add small scoops of pancake batter and cook for a few minutes, until you see little bubble forming on the surface. Flip the pancakes and cook for a couple minute on the other side. If you peek underneath, the bottom should be golden brown. Serve with butter, pure maple syrup, and sliced fruit. Enjoy!

Notes

*You may also use regular milk with 1tbsp of a good quality vinegar added to it, like white wine vinegar or apple cider vinegar. Additionally, almond or cashew milk generally work well as a dairy-free substitution.

**butter has better flavor, but if you need to make these dairy-free, coconut oil works too.