

Nutrition Updates

A Healthy Start for Life!

June 2021

June is here and it's time for summer with warmer weather and longer days. Remember to keep yourself and the children hydrated throughout the day with lots of water. June is also National Fresh Fruits and Vegetables Month, so it's a great time to enjoy affordable fresh fruits and vegetables in season. It's a perfect time to get outside with the children and grow a small garden in pots, flower beds or deck planters. On June 20th we celebrate Father's Day and we wish a Happy Father's Day to Dads and Grandpas who play a special part in children's lives.

Important News and Updates:

- All California Food Program Sponsors have been notified that the State Controller's Office will not be processing payments for a brief period in June. We do not know whether this will affect you receiving your reimbursement timely, so please plan accordingly in case the funds don't arrive in the usual timeframe.
- On July 1st many State funded programs will be switched from being administered under CDE (California Department of Education) to CDSS (California Department of Social Services). Both CDA Nutrition Program and CDA Alternate Program are included in this State wide change. Child Care Providers **do not** need to apply for anything or make any changes.
- Tier 1 for ALL: USDA will be reimbursing meals at the higher Tier 1 rates for all Tier 2 Providers effective July 1, 2021 thru June 30, 2022. No need to qualify or apply. The adjustment will be made automatically by Minute Menu.
- CDA's 2021 Annual Mandatory Training info was emailed to you in May. Please call the office if you did not receive the email. The training is a new format with the presentation, quiz and certificate all in one place. We recommend you take the training before your summer gets busy.
- Enrollment Renewals: It is almost that time of the year again! Starting July, Enrollment Renewal Reports are due for providers whose last name start with A- F. Providers who claim online will receive an email with instructions and providers who claim on scanner forms will receive the instructions by mail.

- Eligibility Renewals start in July as well. If you claim your own children, guidance on eligibility renewal will be sent to you. The deadline to return the form is July 31, 2021. If you do not income qualify, you do not need to return the form.
- USDA Federal Emergency Funds will be calculated in June and after CDE approval we anticipate receiving the funds to support your Child Care business by October, 2021.
- It is important to identify the WG (whole grain) item you offer daily on your menu in KidKare or on scanner forms.

National Waivers Extended:

- Nationwide Waiver is extended to allow specific Meal Pattern Flexibility: it is expected that you meet the Meal Pattern to the best of your ability during Covid-19 and the flexibilities are used only if needed. Make every attempt to serve a whole grain daily, to serve the correct milk (Fat %) and ounce equivalency of grains.
- National Waiver is extended to continue Grab n Go meals for children not attending your daycare and you are preparing meals for parents to pick up.
- National Waiver is extended to the Meal Times flexibility to ensure the provision of meals are in a safe manner.
- National Waiver is extended for Non-Congregate Meals allowing meals to be served and eaten outside of group settings for safety purposes.
- National Waiver is extended to continue Virtual Monitoring visits until 30 days after the end of the national public health emergency. There is no set expiration date for this waiver at this time.

As always, thank you for the quality care and nutritious meals you offer to children. We appreciate all you do!

Homemade Mac & Cheese



Ingredients

- 16oz macaroni noodles
- 1 cup mild cheddar cheese, shredded
- 1/4 cup sharp cheddar cheese, shredded
- 1/4 cup Monterey Jack cheese, shredded
- 1/4 cup Colby cheese, shredded
- 2 large eggs
- 2 cups milk
- 1/2 stick butter
- Salt and Pepper

Directions

Preheat oven to 350°F. Fill a large pot with 6 cups of hot water, a tablespoon of salt and bring to a boil. Place macaroni into boiling water and cook for 12 minutes, remove and strain in a colander. Set aside. Return the empty pot to the stove. Crack two eggs in a small bowl and mix. Add eggs, butter, ½ cup mild cheddar cheese, ¼ cups of sharp cheddar cheese, Monterey Jack and Colby cheeses into the empty pasta pot and mix over medium heat until slightly melted. Wash hands with soap and water. Return the macaroni noodles to the same pot and mix well until cheese is fully melted. Pour the macaroni and cheese into a greased baking dish. Bake until the internal temperature reaches 165°F on a food thermometer. Then top with remaining shredded cheese and bake 5 minutes until the cheese is melted. Serve immediately.

