

November is a month with special days for us to observe. November 11th, Veteran's Day, gives us a special opportunity to thank and honor the men and women who serve or have served our country. November 25th is Thanksgiving Day, a day set aside once a year to reflect on what we are thankful for. These past 19 months have been times of adjustment, but also a time to reflect on what really matters in our lives and those we love. So this Thanksgiving season the Nutrition Team wishes you and your family good health, good food, and a time to make new memories together. Thank you for all you do!

## Reminders:

- CDA offices will be closed on Nov 11<sup>th</sup>, 25-26<sup>th</sup>. Please do not claim meals for reimbursement on Thanksgiving Day, the 25<sup>th</sup> since it is a major holiday. You may claim meals served on the 11<sup>th</sup> and the 26<sup>th</sup> as usual if children are present and receiving meals
- Do we have your current phone number, current email address and the most current copy of your Child Care License? If not, please send current info to the office.
- Emergency Funds update: California Sponsors are still waiting to receive the funds from Sacramento to distribute to Providers it pertains to. We will get the funds to you ASAP once received.
- The 2021-2022 California State Budget includes some reimbursement for Breakfast and Lunch meals you serve. You already received your July & August Federal reimbursement, so watch for the State reimbursement to arrive in the near future.

As we reflect back on the impact COVID-19 has had on the Child Care Business, we see many of you reopening and enrolling new children again. California recognizes you as essential workers and you play a vital role in the economy and with supporting families. Daily you provide stability, nutrition and routine to the children in your care. Thank you for the support you provide to families,

## Food Safety Tips for the Holiday Season

- Thaw a frozen turkey safely in the refrigerator allowing 3-4 days for thawing or approximately 1 day for every 5 pounds.
- Use a meat thermometer to determine if a turkey is fully cooked. The thermometer should register 165 degrees in the inner part of the thigh and breast.
- Leftovers are good in the refrigerator for up to 4 days. Pack in the freezer if not planning to use by the 4th day.
- Questions how to cook a turkey? Call 1-800-288-8372 (Butterball)

## Easy Turkey Leftover Recipes:

- BBQ turkey rolls: add BBQ sauce to shredded turkey and serve on dinner rolls. Heat until warm.
- Turkey sandwich: WG bread, sliced turkey, cranberry sauce, leaf of lettuce and mayo.
- Turkey/cheese quesadillas: shred turkey/ cheese, spread on ½ a flour tortilla, fold and lightly grill on both sides. Cut in wedges.
- Turkey wheels: spread the following on a flour tortilla, sliced turkey, slice of cheese, avocado, sweet pepper, roll and cut into wheels.

## Pumpkin Cookies



### Ingredients

- 2 cups whole grain flour
- 1/4 teaspoon nutmeg
- 1 teaspoon cinnamon
- 2 1/4 teaspoons baking powder
- 1/2 cup bran
- 3/4 cup olive oil
- 1/2 cup brown sugar
- 1 egg, beaten
- 1 1/3 cup mashed pumpkin
- 1/4 cup 1% milk
- 1 cup raisins (optional)

### Directions

Preheat oven to 350 degrees. Combine/mix well the first 6 ingredients. Blend in the remaining ingredients, Drop from a teaspoon onto prepared cookie sheet. Bake 350 degrees for 15-20 minutes.

This is a fun "cooking demonstration" for you to do in front of the children and give them the recipe to take home and bake with their parents.

Cookies can be reimbursed up to 2 times per week for snack. First ingredient must be enriched or WG.

