

Happy New Year! New is the year, the hopes, the resolutions and our warm wishes just for you. The Nutrition Team wishes you a healthy, happy and fulfilling New Year! **January 17th** is observed as Martin Luther King Jr. Day, a day to remember all of his accomplishments. He was a passionate advocate for social justice, had an unrelenting stand for equality and he helped to guide us through the civil rights movement. CDA offices will be closed on the 17th in observance of this holiday. Meals are reimbursable on the 17th if children are present and served meals.

Updates/Reminders:

- Monitor visits will continue to be conducted virtually. Please notify CDA when you're not claiming a normally scheduled meal.
- The 2022 Payment Schedule is now posted on our website. [Forms | Child Development Associates \(cdasd.org\)](#)
- You can receive your monthly reimbursement through Direct Deposit. Call the office for instructions if you are not already using this feature. It's faster and safer than receiving your funds in the mail.
- Reminder there is to be at least a minimum of 2 hours between a snack and a major meal or a minimum of 3 hours between 2 major meals if a snack is not served. Please update your meal times or the child's enrollment hours if you are not meeting the regulated time frames.
- Licensing has extended PIN 21-24 Covid-19 Waiver with a new expiration date of March 31, 2022.

Did you know:

- Receiving nutritious meals early in life establishes lifelong healthy eating habits for children
- Regular healthy meals and sit-down snacks offers structure and security to kids of all ages
- Children's confidence increases when adults and peers support them trying new foods or serving themselves
- Foods labeled "all natural" may contain refined grains, added sugars and salt which are all natural. This term has no legal definition and no relation to the healthfulness of the product (Tufts Health & Nutrition Letter 12-21)
- "Multigrain" does not mean whole grain. It's common for their products to be made with multiple refined grains. (Tufts Health & Nutrition Letter 12-21)
- "Plant based burgers" are meatless products and are highly-processed. They are not a reimbursable item

Teach Safe & Good Eating Habits:

- Role model by sitting and eating with the children at meals and snacks
- Remind children to take small bites of food and to chew the food completely before swallowing
- Allow plenty of time for the children to eat and enjoy the table time together
- When serving infants, do not prop the bottle up on a pillow...this is a choking hazard
- When preparing foods for toddlers, cut tube-shaped foods such as carrots and string cheese into short strips rather than round pieces
- Hot dogs can be a choking hazard and are not recommended for toddlers
- Grapes, cherry tomatoes and melon balls are common causes of choking. Slice these items in half lengthwise, then slice again

Chicken Noodle Soup

Ingredients

- 1 tbsp. olive oil
- 1 small yellow onion, chopped
- 2 ribs of celery, chopped
- 2 large carrots, peeled, sliced
- 1 zucchini, sliced
- 2 cloves garlic, minced
- 2 bay leaves
- 8 cups of chicken stock
- 3 cups of cooked shredded chicken
- 8 oz noodle of your choice
- 1 tbsp. parsley flakes
- Salt and pepper to taste



Directions

In a large soup pot, heat olive oil over medium heat. Add onion, celery, carrots and zucchini and cook 5 minutes. Add garlic and cook 1 additional minute. Add the chicken stock and bay leaves. Bring to a boil over high heat. Reduce heat to medium and cook 10 minutes. Add the chicken, noodles, parsley, salt and pepper. Bring to heavy simmer. Place a lid on the pot to keep the liquid from evaporating. Cook for 10 minutes until the noodles are tender and the chicken is warmed.

