

February may be the shortest month of the year, but there are many important days to acknowledge. We celebrate President's Day, as well as American Heart and Black History Month which reminds us to care for one another- our health, values, and history. It is the start of the Lunar Year celebrations and Chinese New Year, a time for new beginnings. We see heart shapes and beautiful pink and red colors everywhere in honor of Valentine's Day. This month gives a lot of opportunity to share cultures, history, and love with the children in your care. CDA offices will be closed on February 21st in observance of President's Day.

Successful claiming reminders:

- Call the office if not claiming a meal/day(s)
- Call the office if you are in need of a medical statement for a day care child
- Mail in enrollments within the first 5 days a new child is in attendance
- Online claimers use "no school" when school age children are present all day
- Daily identify the Whole Grain (WG) item you are serving
- Juice is credited only once daily for children 1 year and older
- Claim meals during a child's enrolled hours or update their enrollment hours

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 resource information 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". Visit

www.tomcopelandblog.com/handouts to educate yourself on some of the deductions you may qualify for as a business, operating from your home.

You have heard, "breakfast is the most important meal of the day". You are reimbursed for meat/meat alternate up to 3 times per week for breakfast in the place of a grain. This allows for increased variety in your menu planning. Children will enjoy a healthy breakfast and find more favorites to enjoy in the morning. Studies show that children learn better when they are fueled with a healthy breakfast. Children who eat breakfast have fewer morning tummy aches and headaches.

Sample Breakfast Menus:

- Monday: Potatoes, scrambled eggs, 1% milk
- Tuesday: Melon, WG bagel, 1% milk
- Wednesday: Strawberries, yogurt, 1% milk
- Thursday: Banana, oatmeal, 1% milk
- Friday: Grapes, Cheerios, 1% milk

Strawberry Smoothie Bowl



Ingredients

- 3 cups Low-fat Greek Yogurt
- 6 cups Frozen Strawberries
- 1 1/2 tsp Vanilla extract

Directions

Place the yogurt in a large bowl, Set aside. Pour strawberries into a high speed blender. Puree strawberries on medium speed until strawberries have a smooth consistency. Do not overmix. Pour strawberry puree over yogurt. Stir well. Add vanilla extract. Stir well. Pour smoothie mixture into a serving bowl and serve.

