

June celebrates the arrival of summer. June 21st is the longest day of the year with the most daylight hours in the Northern Hemisphere. It is also the middle of the year and the midpoint of the growing season between planting and harvesting. June is 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. Father's Day is celebrated June 19th, a day to honor fatherhood and paternal bonds.

The 2022 Annual Mandatory Training is available until the **June 30, 2022 deadline**. Here is the link to take the training:

<https://nutritiontraining.teachable.com/>

A certificate is available at the end of the training along with re-source handouts.

Great Monitoring news! USDA has extended **Monitors Virtual visits** for another year, thru June 30, 2023. If you will be away during normal meal times, please notify the office or your Monitor in case they have a Zoom visit or Facetime planned.

School's out for summer! Let us know when children are on school vacation and attending your childcare. If you claim *Online*, you can let us know by clicking the "**No School**" box when claiming meals. If you claim on *Scanner Forms*, you will document on the **Green CIF**.

Infant formula shortage: If you are experiencing difficulty obtaining infant formula, have the parents reach out to the child's pediatrician for guidance on appropriate feeding alternatives for the infant. An alternate type of creditable infant formula should be suggested and will be reimbursable meals.

You will be receiving an electronic copy of the **New Meal Pattern (MP)** in June. It also will be posted on the CDA website resources page. USDA has a slight

increase in grains/ounce equivalency offered and this is reflected in the new MP.

On May 31st we recognized and congratulated **Thu Ho**, on 22 years of Monitoring service with CDA. She will be missed. We wish her all the best as she relocates to Arizona for retirement. We will notify the Providers who will have a different Monitor assigned to them.

Children with food allergies: In the USA, 1 in 13 children has a food allergy. A Medical Statement should be on file with CDA and for your own records which provides information about which food the child is allergic to and a list of substitute foods recommended. The Pediatrician should also have a plan of what to do if an allergic reaction occurs. Learn how to read ingredient lists on food labels for allergens. If a label reads "may contain" or "produced in a plant that uses", do not give those foods with these labels to children with food allergies.

Summer Recipes:

Easy Strawberry Spinach Salad

- 1 pound washed baby spinach
- 1 pint washed strawberries, halved
- ¼ cup feta cheese
- ½ cup raspberry vinaigrette

Combine all ingredients and toss. Add grilled chicken if desired.

Whole Wheat Summer Pasta

Ingredients

- 3 cups WG pasta, cooked and drained
- 2 orange peppers diced
- 1 cup yellow squash, diced
- 1 cup tomato diced
- ¼ cup black olives sliced
- 3 Tbsp lemon juice
- ½ tsp salt

- ¼ tsp each of black pepper and garlic power.

Directions

Cook pasta according to package directions, drain and set aside. Wash and prepare peppers, squash, tomato, and olives. Mix all ingredients in a large bowl. Serve immediately or cover and refrigerate.