

**Happy Fourth of July**, a historic day that celebrates the adoption of the Declaration of Independence. Today, festivities range from backyard barbecues and family time together, to watching fireworks at the end of the day. CDA offices will be closed on Monday the 4th in observance of Independence Day. Enjoy a safe and relaxing long weekend.

**Reminders:**

- **Enrollment Renewals:** Starting in July, Enrollment Renewal Reports are due for providers whose last name start with A to F. Providers who claim online will receive an email with video instructions on how to print and process the report. Providers who claim on scanner forms will receive the report and instructions on how to process it by mail. The renewals are due in the office by July 15<sup>th</sup> to avoid meals being disallowed.
- **Eligibility Renewal** starts in July. If your OWN children under the age of 13 are enrolled, you will receive a Meal Benefit Form (MBF) to renew. Completed forms are due in the office on July 31<sup>st</sup>. Please review the Income eligibility guidelines before completing the form. If you are not eligible, you do not need to return the forms to CDA. If you have any questions concerning eligibility, please call Cecy at 619-427-4922. A new Bill, [Keep Kids Fed Act of 2022](#) was signed into law last week. The new law ensures children continue to be fed in child care by providing important funding. The following provisions go into effect on July 1, 2022: A one-year extension of the area eligibility waiver for family child care providers which means all family child care will receive the **Tier 1** reimbursement for meals A one-year temporary **additional reimbursement of 10 cents** for each meal and snack served
- A **Whole Grain (WG)** must be offered and identified daily for at least 1 reimbursable meal.
- 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 age** children in your care for the summer or attending “virtual school”, click on “No School” in Kid Kare when claiming their AM snack and lunch. Providers using scanner forms, document on the green CIF include the dates/times school age kids are in care.
- Updated **Meal Patterns (MP)** and resource pages were available in your Annual Training this year. Please post the new MP in your kitchen to reference portion amounts. Visit the CDA website at

[www.cdasd.org](http://www.cdasd.org) and visit the Resource page to print your copy.

**Red, White and Berries!** July is berry season with fresh and reasonably priced choices. Berries are full of flavor, vitamins and minerals. They are packed with Vitamin C, potassium, magnesium, and natural fiber. There are 25 different types of berries around the world and more than 400 different species of varying colors, sizes, flavors and nutrient value.

Berries should be eaten while still fresh. If they begin to over-ripen freeze them for later use.

Ways to enjoy fresh berries:

- Fresh fruit salad with plain yogurt
  - Add berries to a green salad
  - Add berries to plain yogurt
  - Serve in a bowl as a snack
  - Puree fruit and freeze as fruitcicles
- (Tufts Health & Nutrition July 2022)

## *Red, White and Blue Salad*

**Ingredients**

- 1 cup watermelon, cubed
- 1 cup strawberries, rinsed and sliced
- 1 cup jicama, cubed
- 1 cup blueberries, rinsed
- 2 Tbsp. lime juice
- 2 Tbsp. honey
- 1/4 cup feta cheese, crumbled



**Directions**

Mix watermelon, strawberries, jicama and blueberries in a large bowl. Mix the lime juice and honey in a small bowl and pour over the fruit mixture. Add the feta and toss to combine. Chill for 30 minutes before serving.