

Happy Labor Day! Observed the first Monday in September, Labor Day is an annual celebration of the social and economic achievements of American workers. This federal holiday recognizes the contribution workers have made to America's strength, prosperity, and well-being. CDA offices will be closed on Monday, September 5<sup>th</sup>.

**New Reimbursement Rates:** The new rates will be effective from July 1, 2022 through June 30, 2023. In addition to the increase in the Federal and State rates, the President has also authorized an additional increase for this fiscal year under the "Keep Kids Fed Act".

Rates:

- Breakfast \$1.76
- Lunch \$3.14
- Dinner \$3.04
- Snacks \$0.97

### Enrollment Renewals:

Enrollment Renewal Reports are due by September 15<sup>th</sup> for Providers whose last name start with M to R. July (A to F) and August (G to L) Renewals are past due if not submitted already. Late submission could affect your claim. ALL renewal pages must be signed by the Provider at the top right corner.

**Direct Deposit:** Sign up for Direct Deposit at no cost to you. Your reimbursement is deposited in your bank account quickly and problem free.

**Are you still on scanner forms?** Consider switching to recording your daily attendance/menus online. It's easy, convenient and just takes a few minutes a day. The data is already there, and you just need to click on the child's name and foods. Talk to your Monitor about getting switched to online claiming.

### Hand, Foot, and Mouth Disease:

Hand, foot, and mouth disease is common in infants and children younger than 5 years old. Most children have mild symptoms of a skin rash and fever for 7 to 10 days. Visit CDC's website for more info. <https://www.cdc.gov/hand-foot-mouth/about/signs-symptoms.html>

### September is National Childhood Obesity Month:

Thank you Child Care Providers for offering healthy food choices to the children in your care.

### Nutrition Tips to prevent childhood obesity:

- Choose a variety of foods from all food groups
- Plan your menu ahead and create a grocery shopping list
- Include lots of green vegetables in your meals
- Choose fresh foods instead of processed foods
- Eat plenty of whole grains
- Introduce one new food at a time to the children

**September 22<sup>nd</sup> is the first day of fall:** It's a great time to visit an apple orchard or a pumpkin patch and have a teaching moment with the children about nature, gardening and where our food comes from.

## Baked Apples



### Ingredients

- 6 medium apples
- 1/4 cup brown sugar
- 1 teaspoon cinnamon
- 1/4 cup chopped pecan, optional
- 1/4 cup chopped raisins
- 1 tablespoon butter
- 3/4 cup boiling water

### Directions

Preheat your oven to 375°F. Rinse and dry the apples. Using a sharp paring knife or an apple corer, cut out the cores, leaving the bottom 1/2 inch of the apples intact. Combine brown sugar, cinnamon, chopped raisins, and chopped pecans in a small bowl and stir. Put the apples in a baking dish and stuff each apple with the above mixture. Place a dot of butter on top. Pour the boiling water into the bottom of the baking dish. Bake at 375°F (190°C) for 30 to 45 minutes, until the apples are cooked through and tender, but not overcooked and mushy. When done, remove the apples from the oven and baste them with the juices from the pan.

