

November is a month with special days for us to observe. November 11th, Veteran's Day, gives us a special opportunity to honor the men and women who serve or have served our country. November 24th is Thanksgiving Day, a day set aside once a year to reflect on what we are thankful for. This Thanksgiving Season the Nutrition Team wishes you and your family good health, good food, and a time to make new memories together. Thank you for all you do!

REMINDERS:

- CDA will be closed on November 11th, 24th and 25th in honor of Veteran's Day, and Thanksgiving. Meals claimed on Thanksgiving Day will be disallowed due to it being a major holiday. You may claim meals on the 11th and 25th as usual if children are present and receiving meals.
- When claiming school age children for AM snack or lunch while they're on school break, click the "no school" button so those meals can be reimbursed.
- New enrollments must be completed on or before the child's first day of care, even if they are on a "trial period" or drop-in only. New enrollments must be submitted to CDA within the first five days of care. We are unable to reimburse for "pending" status children.
- Our new fiscal year started October 1st, and this fiscal year is our audit year. Please always be ready for a Monitor or Auditor virtual visit. Remember to call the office when you are not providing and or claiming a meal.

RESOURCES: Below is a list of websites that can provide helpful information for your daycare.

- www.fns.usda.gov/tn/discover-myplate-look-and-cook-recipes
- www.choosemyplate.gov (menu planner for families)
- www.teamnutrition.usda.gov
- www.MyChildCarePlan.org (is a new statewide website that help providers promote their services to families and help parents make informed child care choices)

FOOD RECALL: USDA has recalled Bob Evans Farms Food, Inc., Italian pork sausage products which may be contaminated with extraneous materials. Lot code XEN3663466 and USE/FREEZE BY 11/26/22. Dispose of this product if you purchased it. Notify the store of your purchase.

CREATE FUN FOOD: Use Pumpkin cookie cutters to cut fruit, cheese, bread/toast into pumpkin shapes.

GET COLORFUL: During the Fall season, serve foods in colors of the season (red/orange/yellow/green vegetables and fruit). Talk to the children about Fall colors or read a story about Fall.

DECORATE TOGETHER: Involve the children in decorating the table with zucchini, squash, beets and sweet potatoes. Each day for a week remove one of the centerpiece items and cook it for lunch for the children to taste a new food.

TODDLER EATING: Offer toddler sized portions on smaller bowls and plates. This helps the child learn to pay attention to whether they feel hungry or full. Let the Toddler practice serving himself. Do not force them to eat everything on their plate. Refer to your Meal Pattern to see recommended portion sizes for children of all ages.

HOLIDAY FOOD SAFETY TIPS:

- Keep all perishable foods chilled until serving time. These include sandwiches, cheese platters, cut fruit, tossed salads, cold pasta dishes with meat, poultry, or seafood. Cold temperatures keep most bacteria from multiplying.
- To keep store-bought party trays cold, fill lids with ice and place trays on top. Keep salads and other perishable items in bowls cold by nesting them in larger bowls of ice.
- Refrigerate platters of food until it is time to serve.
- To be safe, perishable foods should be kept at room temperature no longer than 2 hours.
- When purchasing a turkey, plan on 1 pound of turkey per person.
- When defrosting a frozen turkey, thawing in the refrigerator for several days is the safest method because the turkey will defrost at a consistent, safe temperature. Allow one day for every four pounds of turkey. Thawing in cold water is safe if you submerge the bird in its original wrapper in cold tap water, changing the water every 30 minutes.

Baked Sweet Potato



Ingredients

- 4 sweet potatoes
- Butter, Salt and Pepper

Directions

Preheat oven to 425 degrees. Scrub clean the sweet potatoes. On a baking sheet lined with foil, prick the sweet potatoes all over with a fork. Bake until tender, about 45-50 minutes. Let cool, then split the tops open with a knife and top with butter. Season with salt and pepper before serving.

Sweet potatoes are a good source of vitamin C and fiber.