

February is Heart Healthy Month along with Black History Month. We are reminded to care for our health, values, and history. It is also the start of the Lunar Year celebrations and Chinese New Year, a time for new beginnings. CDA offices will be closed on Monday, February 20<sup>th</sup> in observance of President's Day.

### Successful Virtual Monitor Visits:

- Have your most current License, Meal Pattern and WIC information posted.
- Best practice is to post weekly menus so the child's parent can see what they are eating.
- Offer the children water throughout the day.
- Submit all new enrollments within the first 5 days of care. Remember to have the parent sign with the first day of care. Any new enrollments are in "pending" status until CDA receives the signed enrollment.
- Provider's claiming online are to use the "no school" button whenever school age children are present all day.
- Daily identify the Whole Grain (WG) item you are serving
- Claim meals during a child's enrolled hours. If their schedule has changed make sure to update their enrollment. Print the current enrollment, in red ink cross out old information, write in the updated information and have a parent sign/date the form. Make a copy for your own records and mail the updated copy to the CDA office.
- Paper retention includes having your copies of enrollments, medical statements, etc. available to be viewed. Keep electronic or paper copies of your Nutrition records for 3 years plus the current year.
- Be ready to show your Monitor the correct milk, breakfast cereals, low-sugar yogurt, WG items, and processed food labels.
- Review your Menu Letter for guidance.
- Submit your online claim the first day of each new month. Claim Readers start processing the claims once received.
- Visit our website for monthly resources at [www.cdasd.org/Provider/Nutrition/Resource Center](http://www.cdasd.org/Provider/Nutrition/ResourceCenter).

The California Child Care Resource & Referral Network with CDSS has launched the MyChildCarePlan.org Website to provide California families with helpful information to make child care choices. Providers can promote their services through this site.

### Meal time communication from many one year old children:

- Pointing to food doesn't mean they want it, they just want to know what it is
- Some 1 year olds are not selective eaters, they are just becoming aware of this new food item
- Many 1 year olds want to feed themselves so pushing food away when you offer it may not mean they don't want it
- Keep junk food out of sight and toddlers will not ask for it

Community Care Licensing is now offering live Family Child Care orientations for prospective providers with interpretation in Spanish, Mandarin and Cantonese. If you have a friend looking to become Child Care licensed, refer them to [www.cdss.ca.gov](http://www.cdss.ca.gov). PIN 23-02-CCP

## Whole Grain Strawberry Pancakes

### Ingredients

- 1 1/2 cups whole wheat flour
- 3 tablespoons sugar
- 1 teaspoon baking powder
- 1/2 teaspoon baking soda
- 3 eggs
- 1 container vanilla low -fat yogurt (6oz)
- 3/4 cup water
- 3 tablespoons canola oil
- 1 3/4 cups sliced fresh strawberries
- 1 container strawberry low-fat yogurt (6oz)
- Salt to taste



### Directions

Heat griddle to 375 or heat 12-inch skillet over medium heat. Grease with canola oil if necessary (or spray with cooking spray before heating). In large bowl, mix flour, sugar, baking powder, baking soda and salt; set aside. In medium bowl, beat eggs, vanilla yogurt, water and oil with egg beater or wire whisk until well blended. Pour egg mixture all at once into flour mixture; stir until moistened. For each pancake, pour slightly less than 1/4 cup batter from cup or pitcher onto hot griddle. Cook pancakes 1 to 2 minutes or until bubbly on top, puffed and dry around edges. Turn; cook other sides 1 to 2 minutes or until golden brown. Top each serving (2 pancakes) with 1/4 cup sliced strawberries and 1 to 2 tablespoons strawberry yogurt.