

Nutrition Updates

A Healthy Start for Life!

March 2023

March is National Nutrition Month, an annual campaign created 50 years ago by the Academy of Nutrition and Dietetics. During the month of March, everyone is invited to learn about making informed food choices and developing healthful eating and physical activity habits. USDA has excellent nutrition education materials in English and Spanish available free to all CACFP providers. Visit <https://www.fns.usda.gov/tn/child-care-organization>. Cesar Chavez Day, is March 31, 2023. CDA offices will be closed on this date.

March 12-18 is Child and Adult Care Food Program (CACFP) Week, a time to spread awareness to combat hunger and bring healthy foods to the table for children in child care. We honor all of you amazing Providers for your dedication to feeding children healthy meals. Visit CDA's website at www.cdasd.org to print your CACFP certificate and several resource materials.

CACFP Ideas:

- Try a new fruit/vegetable weekly during National Nutrition Month
- Involve the family in meal planning and food preparation
- Eat more meals together and limit screen time during meals
- Try a few meatless meals: beans, lentils, tofu, eggs

Reminders/Updates:

- Schools will be on Spring Break soon. Call CDA if you are closed, on a field trip, or not serving a meal. Your Monitor is still doing virtual visits. Their email confirmation is your record of the visit.
- Remember to record "No School" when children are in your care, receiving meals and not attending school.
- Always serve the correct age appropriate milk. One year olds receive whole milk, two years and older receive 1% or fat free milk. All milk must be unflavored.
- Submit your claim the first day of each month. A late claim submission delays your reimbursement date.
- Do you have a new License due to name, address or capacity change? Send a copy of your new license to CDA for our files.
- Best practice: Have a refrigerator thermometer that records an ideal temp of 40 degrees Fahrenheit and a freezer thermometer with an ideal temp of zero degrees Fahrenheit or below. This ensures food safety.
- **New Building for the Future posters** are available on CDA's website.

Tax time: Visit <https://www.caleitc4me.org/> for information about the different credits available, a screening calculator, and how to file taxes for free.

Processed Foods: To provide you with some additional options for processed food choices, look for fish sticks, chicken tenders and corn dogs that have a CN Label on the package. These will now be reimbursable items to serve. Keep a copy of the package with the CN label. Your Monitor will ask to see the packaging. We still do not credit processed foods that have a CN label on burritos, mixed meals, frozen pizza, etc.

2023 Annual Training:

CDA's 2023 Annual Training will be available on the website this month. We will email you instructions and a password once it's ready. There will be a quiz at the end of each chapter and a certificate for you at the end of the training. The training can be completed mid-March thru June 30, 2023.

Shredded Zucchini and Pasta

Ingredients

- 1 1/4 cups farfalle (bow-tie) pasta, whole-wheat, uncooked
- 3 cups water
- 1 tsp vegetable oil
- 1 1/2 garlic, clove, minced
- 3 1/2 cups zucchini, fresh, unpeeled, shredded
- 1/4 tsp salt
- 1/8 tsp black pepper, ground
- 2 tsp parmesan cheese, grated



Directions

Wash hands with soap and water for at least 20 seconds. Gently wash the zucchini under running water and then shred. In a medium pot, bring water to a boil on medium-high heat. Add pasta. Cook for 8 minutes or until al dente. Drain water from pasta. Rinse well with cold water. Heat oil in a medium nonstick sauté pan on medium heat. Add garlic. Cook for 15-20 seconds. Stir constantly. Increase heat to medium-high. Add zucchini, salt and pepper. Cook for 10 more minutes. Stir frequently. Cook until temperature reaches 140 F. Add cooked pasta to pan. Cook for about 2 minutes. Heat to 140F or higher for at least 15 seconds. Remove from heat. Sprinkle with parmesan cheese. Serve 2/3 cup. Serve immediately, or keep warm at 140F or higher.

