

Spring is in the air! Days are getting longer, the sun is getting warmer, and flowers are blooming. In April we celebrate Earth Day, an annual event on April 22 to demonstrate support for environmental protection. Many communities hold special events. The official theme for 2023 is **Invest In Our Planet**.

## UPDATES & REMINDERS:

- ◆ Many schools are currently on spring break. Call CDA if you are closed or not serving your normal meal times. Be sure to click on **"No School"** for school age children who are in your care and receiving meals during their spring break.
- ◆ **The 2023 Annual Training will be sent to you via email.** A notification of the training and instructions will be emailed to you on how to log in along with a password. There is new information in the training this year. Resources and a certificate are yours to print at the end of the training.
- ◆ Any time you receive a new Day Care License, send a copy to CDA for our files.
- ◆ Child attendance for meals cannot be recorded before the meal is served in Kid Kare.
- ◆ You now have some additional options for your processed food purchases of chicken tenders, fish sticks and corn dogs. While at the store, purchase these products with the **CN label** on the package, and keep the packing (or photo or photocopy) to show to your Monitor at their visit. We still do not credit processed foods such as frozen pizza, frozen burritos, and frozen mixed meals. Your annual training has updated CN label guidance.
- ◆ Successful claiming starts with you. Your Monitor could do a virtual visit at any time during business hours, so it's important you are following the Meal Pattern, serve the correct milk, have water available throughout the day, offer a whole grain daily, are within your license capacity, etc.

## IMPORTANT:

All waivers to the Covid-19 Public Health Emergency are set to expire on June 30, 2023. That means pandemic rules will apply.

- The **Tier 1 & Tier 2** reimbursement rates will be in effect. The new rates will be published by USDA in the Federal Register in July.
- The 1 year national "Keep Kids Fed Act", adding an additional **ten cents per meal will expire**. Currently a

Bill is introduced to the House of Representatives asking to extend the additional ten cent reimbursement.

- **Virtual Monitoring will expire** and will resume in-person on **July 1st**. There is discussion that possibly monitoring will be hybrid with at least 1-2 visits remaining virtual. This is still being negotiated and we will keep you informed as we learn more.

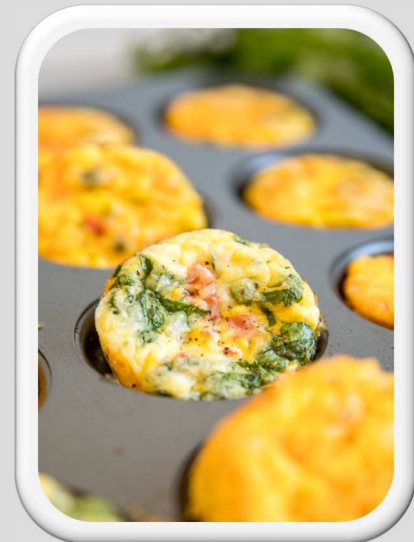
## MEALTIME BEHAVIOR FOR CHILDREN:

- Encourage children to chew foods slowly and thoroughly before swallowing
- Have children sit at the table while eating.
- Serve foods only at the table.
- Always stay in the room with the children.
- Keep mealtimes calm and quiet.
- While serving infants, do not prop the bottle for the baby to feed themselves.

## *Baked Egg Muffins*

### Ingredients:

- 10 eggs
- ¼ cup milk
- Salt & pepper
- Chopped spinach
- Diced cooked ham off the bone
- Grated cheese



### Instructions:

Preheat oven to 350 degrees. Whisk eggs, milk, salt & pepper. Add chopped spinach, ham and cheese. Spray a 12 count muffin pan with cooking spray. Pour the egg mixture into each cup, about ¾ full. Bake in the preheated oven for 20 minutes. Serve when cooled slightly.