

Nutrition Updates

A Healthy Start for Life!

July 2023

Wishing you all a safe and relaxing 4th of July. CDA offices will be closed on July 4th and meals are not reimbursed.

Pandemic Updates:

Due to the end of the public health emergency, all government waivers expired on June 30th.

- Monitors will resume on-site home visits effective July 1st. Monitors will wear a mask if requested by you before entering your home. Visits can be conducted on your back patio if you prefer. Call the office if you will be away from your home during business hours and we will notify your Monitor.
- Call the Office Staff if you have questions. Your Monitors are now in traffic and not able to take your calls to assist. Their work day now has limited office time.
- Tier 1 & Tier 2 rates are back in effect. During the pandemic all Home Daycares received reimbursement at the higher Tier 1 rate. Nationally all Tier 2 providers will now receive a lower reimbursement rate set by the government. CDA is mailing all Tier 2 providers information for you to possibly qualify at the Tier 1 higher rate, so open CDA mail immediately and call CDA if you have questions.
- The federally funded program, "Keep Kids Fed Act" which last year gave all Homes an additional 10 cents per meal per child has not been continued federally.

Audit Update:

Your Monitor will be doing a training at your next visit to review CN label foods, recording a whole grain item daily and paper retention documents you keep for 3 years plus the current year. Of the 52 Homes selected for the virtual audit, overall, everyone did great.

General Updates:

- CDA has a new, easy to remember email address for you to use <u>nutrition@cdasd.org</u> for dropping children or changing your meal times. <u>cif@cdasd.org</u> email still works and emails will be redirected for the time being.
- Annual Enrollment Renewals start in July. If your last name starts with A-F, you will receive an email with instructions. If you claim on scanner forms, we will mail your Annual Renewal Report to you. All Renewals must be <u>mailed</u> to CDA Nutrition by July 15th for staff to enter the renewal info in Minute Menu.
- Tiering and Eligibility forms are being mailed out. Review the Income Eligibility Guidelines before completing the form. If you are not eligible, you do not need to return the forms to CDA Nutrition. If you have questions, call Cecy at the office.
- Thank you to Providers who took the CDA Customer Service Survey. Your input is important to the success of the program. We appreciate your feedback.
- CDA is hiring! If you want to create positive change by supporting children, families, and child care providers visit our website to learn about our job opportunities available in San Diego County.
- Wishing you all a safe and enjoyable summer.

Homemade Baked Chicken Nuggets

Real is

Ingredients

- 1 1/2 pound chicken thighs, boneless, skinless
- 1 cup cornflakes, crushed
- 1 tsp paprika
- 1/2 tsp Italian herb seasoning
- 1/4 tsp garlic power
- 1/4 tsp onion power

Directions

Remove skin and bone; cut thighs into bite-sized pieces. Place cornflakes in plastic bag and crush by using a rolling pin. Add remaining ingredients to crushed cornflakes. Close bag tightly and shake until blended. Add a few chicken pieces at a time to crumb mixture. Shake to coat evenly. Preheat oven to 400 degrees F. Lightly grease a cookie sheet so they are not touching. Bake until golden brown, about to 12 to 14 minutes.

