

November has arrived and its officially holiday Season! November 10th is Veteran's Day gives us a special chance to honor those men and women who serve or have served our country. Let a veteran in your life know how much you appreciate the sacrifices they make to help keep our country safe. CDA offices will be closed on Nov 10th, 23rd & 24th. **Please do not claim meals for reimbursement on Thanksgiving Day, Nov. 23rd** since it is a major holiday. We wish a Happy Thanksgiving filled with love and gratitude to each and every one of our dedicated Child Care Providers.

Monitor Visits: Now that the monitors are doing home visits it is very important that you call the office when you are not claiming a meal/day or when closed for vacation. Monitors are out on the busy roads and we want to prevent them from driving to your home if you will be away or closed. **Call the office** if any assistance is needed. Your monitor will not answer calls, when on the road.

Please help us in welcoming Mirella Cardenas to our CDA Nutrition Team. She will be serving Riverside County. She is excited about meeting all the providers and helping you serve nutritious meals.



School Break: 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

Breastmilk Storage

- Fresh breastmilk must be labeled with the date of expression (the day the mother collected it) and the infant's name. It must be stored in a refrigerator kept at 40°F for a maximum of 96 hours (4 days). After that time, the milk must be thrown out.
- Breastmilk can be stored in the freezer in air-tight containers (hard plastic bottles are recommended) for up to 6 months from the date it was expressed by the mother. The freezer temperature must remain at 0°F or below. Do not use after 12 months.
- Always rotate frozen breastmilk, using the oldest milk first. Once the breastmilk is removed from the freezer and thawed, refrigerate it at 40°F or below and use within 24 hours. **Do not refreeze it.**
- If the baby did not finish the bottle after feeding, do not use it after 2 hours.
- **Always check breastmilk for spoilage before serving it to the infant, regardless of the date.**

Food Safety Tips for the Holiday Season

- Thaw a frozen turkey safely in the refrigerator allowing 3-4 days for thawing or approximately 1 day for every 5 pounds.
- Use a meat thermometer to determine if a turkey is fully cooked. The thermometer should register 165 degrees in the inner part of the thigh and breast.
- Leftovers are good in the refrigerator for up to 4 days. Pack in the freezer if not planning to use by the 4th day.
- Questions how to cook a turkey? Call 1-800-288-8372 (Butterball)

Annual Enrollment Renewals: time has come to an end. All renewals should have been submitted to the Nutrition Office by the end of October. If you have not yet sent them in, please do so now to avoid any disruption in your reimbursements.

Fall Apple Pumpkin Oatmeal

Ingredients

- 1 cup quick cooking oats
- 1 1/2 cup water
- 2 cups applesauce
- 1 cup pumpkin puree
- 1 tsp cinnamon
- 1 tsp vanilla extract
- 4 bananas



Directions

Add all ingredients to a medium saucepan. Cook on medium-high heat until liquid is almost nearly absorbed by the oats. Serve 2/3 cup of oatmeal with 1/2 a banana, sliced to each participant immediately while still warm.

Breakfast Crediting for Ages 3-5

Total Time: 15 minutes

Serving Size: 2/3 cup oatmeal and 1/2 banana

Servings: 7

Components: Grains, Vegetable + Fruit

One serving provides 1/2 oz eq grains and 1/2 cup combined fruit and vegetable.

