



Nutrition Program

A healthy start for life!



December 2023

Happy Holidays

From the CDA Nutrition Team!

Wishing you and yours a joyous holiday season!

CDA Offices will be closed December 25th & January 1st in observance of the holidays, please do not claim on these days, even if children are in care.

Call the Office when you'll be away at a meal time, if you're taking a meal out, or if you'll be closed and/or not claiming a meal for any reason so that we know not to visit you at that time.

Claiming school-age children over the holiday season is easy! Providers claiming online will simply check the "No School" box; providers claiming on scanner forms will write the vacation days and hours in care for each child on your *Green CIF*.

Enrollments for new children must be signed by the first day of care and mailed to the office within the first 5 days. Be sure to send in any new enrollments before submitting your claim for the month to ensure full reimbursement. *Make sure to submit original enrollment forms only, no copies.*

INTERESTED IN A JOB WITH OUR PROGRAM: VISIT OUR WEBSITE www.cdasd.org for more info!

WALDORF SALAD

Makes 6 Servings

Ingredients:

- ¼ Cup walnuts (chopped)
- 2 Apples (cored and diced)
- 1 Cup celery (diced)
- ½ Cup Raisins
- ¼ Cup plain yogurt, non-fat
- ½ Teaspoon sugar
- 1 Teaspoon of lemon juice

Directions:

1. Wash Hands
2. Preheat Oven to 350 degrees
3. Place chopped walnuts on a baking sheet and bake for 12-15 minutes
4. Stir occasionally until they are evenly toasted
5. Combine apples, celery, nuts and raisins
6. Stir together yogurt, sugar and lemon juice. Pour over apple mixture and toss lightly
7. Refrigerate leftovers within 2 hours



For nutrition information, please visit Waldorf Salad at USDA's MyPlate Kitchen

180 Otay Lakes Road, Suite 300
Bonita, CA 91902
Phone: (619) 427-4922
cdasd.org

This institution is an equal opportunity provider.