

Happy New Year from CDA! We are looking forward to a new year with all of our dedicated Providers. Each of you help make a difference in the lives of the children and families that you care for and we appreciate all of your efforts.

CDA will be closed on Monday, January 15th in honor of Dr. Martin Luther King, Jr.

Please join us in congratulating Susana Limon in her new position with the Supplemental Rate Program! We will definitely miss her in the Nutrition Department but are excited for her to start her new journey.

Please help us in welcoming Jessica Arredondo to our CDA Nutrition Team as a Field Service Representative. She will be serving Orange County and SD County. She is excited about meeting all the providers and helping you serve nutritious meals.

The 2024 Payment Schedule will be posted on our website in February.

Updates & Reminders

Please make note that our Nutrition Update will now be sent out quarterly instead of monthly.

Enrollments for new children must be signed by the first day of care and mailed to the office within the first 5 days. Please be sure to send in any new en-rollments before submitting your claim for the month.

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. We want to respect your free time as well as your monitor's time.

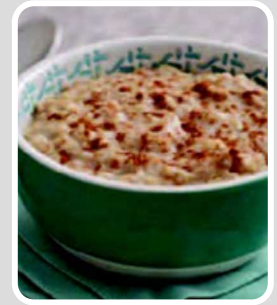
Annual Training

The Nutrition 2024 Annual Mandatory Training will start in May this year. The training will be available May & June for providers to complete.

Spiced Oatmeal

Ingredients

- 2 1/4 cup Milk, low fat (1%)
- 2 1/4 cup Water
- 1 tbsp, 1 tsp, or 1 oz Margarine, trans-fat free
- 2 Tbsp Agave nector
- 1/4 tsp Vanilla extract
- 1/8 tsp Ground cinnamon
- 1/8 tsp ground nutmeg
- 1/4 tsp salt
- 2 1/2 or 7 1/2 oz Oats, rolled dry



Preparation Time: 4 Minutes

Cooking Time: 8 Minutes

Makes: 6 servings

Directions

1. Bring milk and water to boil.
2. Add margarine, agave, vanilla, cinnamon, nutmeg, and salt, stirring constantly.
3. Add oats. Reduce heat to medium. Stir constantly for 5 to 8 minutes until oatmeal slightly thickens.
4. Critical Control Point: Heat to 140°F or higher for at least 15 seconds.
5. Reduce heat to low to prevent burning.
6. Serve immediately. Prolonged cooking will dry out oatmeal and affect volume.
7. Critical Control Point: Hold at 140°F or higher until served.
8. Serve 3/4 cup (portion with 1/2 cup and 1/4 cup measuring cups).

Notes:

If oatmeal sits longer than 10 minutes, it will become very thick. Add additional water as needed.