

Nutrition Updates

A Healthy Start for Life!

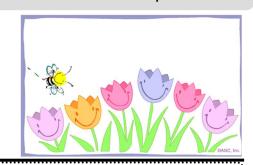
April-June 2024

Spring has arrived and we are looking forward to some sunny weather!

Dates to remember during this quarterly update:

CDA offices will be closed on the following holidays:

- Monday, April 1st in observance of Cesar Chavez Day
- Monday, May 27th in observance of Memorial Day
- Wednesday, June 19th in observance of Juneteenth



Updates:

- Important Food List Updates:
 - To avoid errors in claiming, effective 4/1/2024, we will be removing chicken nuggets, corndogs, and corn dog wraps from our food list in KidKare.

 Please look out for an email from us with more information about CN labels and a great homemade Chicken nugget recipe.
- Please help us in welcoming Amy Hernandez to our CDA Nutrition Team. She is the friendly voice that you will hear when calling our office. She is excited to join our team and to help you with any questions you may have.

Reminders:

- Remember to look at your emails frequently, we don't want you to miss important communication about the program!
- Please remember we are required to conduct visits during your different meal times, this includes evening snacks and Saturdays.
- Don't forget to call the CDA office if you will be closed, away at a mealtime, or not claiming a meal for any reason.
- Remember to record "No School" when children are in your care, receiving meals and not attending school.
- Submit your claim the first day of each month. A late claim submission delays your reimbursement date.
- Do you have a new License due to name, address or capacity change? Please send a copy of your new license to CDA for our files.

Upcoming Eligibility & Training

- The 2024 Annual Training will be available May 1st. A
 notification of the training and instructions will be
 emailed to you on how to access along with a password.
 June 30th is the deadline to complete the mandatory
 Annual Training. Resources and a certificate are yours
 to print at the end of the training. No need to mail anything to us.
- Meal Benefit Eligibility forms will be mailed out June 1, 2024 to Tier II providers and providers claiming own children. Complete and submit forms by June 30, 2024 to possibly qualify or re-qualify at the Tier 1 higher rate. Please review the Income Eligibility Guidelines before completing the form. If you have questions, call the office and ask for Cecy.

Waffle Fruit Pizza

Ingredients

- 5 WGR waffles (1 oz eq. each)
- 2/3 cup low-fat cream cheese, softened
- 1 tsp vanilla extract
- 5 cups your choice of fruits (kiwi, strawberries, blueberries, raspberries, banana, pineapple, etc.)
- 2 tbsp maple syrup (optional)

Total Time: 10 minutes

Serving Size: 1/2 waffle and 1/2 cup of fruit for children ages 3

to 5.

Servings: 10 Directions

In a bowl, whisk together the cream cheese, syrup and vanilla. Spread two tablespoons evenly on top of each waffle. Cut each waffle into 4 equal pieces that look like pizza slices. Serve 2 waffle slices and 1/2 cup if mixed fruit on a plate. Have children add their own fruit top-ping to their fruit pizza!

