

Happy New Year and Welcome 2017! The New Year brings new opportunities and exciting updates to the Nutrition Program. After 6 years of deliberation and much anticipation, the new CACFP Meal Pattern will go into effect this year. This marks the first update to the Meal Pattern since its creation in 1968! Your 2017 Annual Nutrition Training will focus on preparing you for the changes to come so that you are knowledgeable and confident by the time we switch to the new Meal Pattern. Be on the lookout for Annual Training dates in your county and plan to come out and see us in person for this very important training, fun resources, and lots of great prizes!

Updates

» With the help of all **1,277 Child Care Providers** participating on CDA's Nutrition Program, we served over **6,291,264 meals** to over **13,181 children** in 2016! Each one of you are making a difference in children's health every day and the collective impact is incredible. Keep up the amazing work and *Thank You* for all you do!

» The new claiming system from Minute Menu is now available for you to use. Simply go to www.kidkare.com, enter your current login and password information, and start claiming! KidKare is compatible with any device, PC or Mac, whether you are using your smartphone, tablet, or laptop, and whichever web browser you use. You will be able to complete your daily paperwork, enroll new children, view reports, and even submit your claim from any device connected to wifi/internet.

Reminders

» Food Program regulations require that providers call the office when closing for any reason. For those providers who claim online, please *do not add days closed to your calendar*. Call the office, let us know which dates you will be closed, then the office staff will enter those days in your calendar and notify your monitor.

» When a child in your care needs to be withdrawn, please email cif@cdasandiego.com to request that the child is withdrawn. Include the full name of the child and the last day of care so that the office staff can remove that child from your roster.

» Stay prepared for monitor and/or auditor visits by following the Meal Pattern, completing your claim each day, having your license and Building for the Future posted, your enrollments organized, and your paperwork (3 years plus the current year) available.

Sweet Potato and Black Bear Chili

Ingredients:

- 1½ Tbsp extra virgin olive oil
- 1 medium sweet potato, peeled and diced
- 1 large onion, diced
- 4 cloves garlic, minced
- 2 Tbsp chili powder
- 4 tsp cumin
- ¼ tsp salt
- 2½ cups water
- 2 15-ounce cans black beans, rinsed
- 1 14-ounce can diced tomatoes
- 4 tsp lime juice
- ½ cup chopped fresh cilantro



Directions:

Heat oil in a large pot over medium-high heat. Add sweet potato and onion; cook, stirring often, until the onion begins to soften, about 4 minutes. Add garlic, chili powder, cumin and salt, and cook, stirring constantly for 30 seconds. Add water and bring to a simmer. Cover and reduce heat to keep a gentle simmer for 10 - 12 minutes or until the sweet potato is tender. Add beans, tomatoes, and lime juice. Increase heat to high to return to a simmer, stirring often, then reduce heat and simmer for another 5 minutes. Remove from heat, stir in cilantro, and serve.