

Welcome October, pumpkin season, and slightly cooler weather! Whether you love all things pumpkin or not, the fall is a beautiful time of year to get outside and enjoy the changing season. National Child Health Day, which is held on the first Monday of October, is the perfect excuse to go outdoors. Child Health Day is for raising people's awareness of how they can protect and develop children's health. All you have to do to observe is take the children for a walk, to the park, or to participate in any activity to promote child health. Take pictures and #ChildHealthDay on social media.

### Reminders

» Be ready for your Monitor or a State auditor to visit you at any time. Keep your paperwork up to date, have your license and posters posted, and follow the Meal Pattern, which should be posted in your food prep area. Save copies of child enrollments for your records. You need to have all of your current children's enrollments easily accessible. All other enrollments and Nutrition Program documents should be kept for 3 years plus the current year for your required paper retention.

» Annual Renewals are coming to an end this month. You must date and submit your report in the month that it is due. Do not hold onto renewals waiting for one or two signatures; submit them by the due date and send in missing children's renewals when they return to care. Keep a copy of your Renewals as part of your required paper retention.

If your last name begins with the letter:

**A - F:** Your renewals were due July 15th.

**G - L:** Your renewals were due Aug. 15th.

**M - R:** Your renewals were due September 15th. If you have not yet submitted your renewals, the children in your care are not actively enrolled and cannot be claimed for reimbursement until your renewals are received.

**S - Z:** Your renewals are due October 15th. Your information was mailed to you at the end of September.

» Nutrition Program Fax Number has changed. The new fax number is **619-434-5110**. We recommend that you start using this number now to ensure we never miss an important communication from you.

### Reminders

» Next month on October 16th, the 3rd annual National CCFP Roundtable Provider Leadership Institute will be held at the Omni Rancho Las Palmas in Rancho Mirage near Palm Springs. This amazing education opportunity is only available to 50 lucky registrants and will include amazing guest speakers, tools to help you enrich your business, wonderful networking opportunities, lots of fun and a few surprises. Do not miss out on this! Register today by visiting <http://ccfprtconference.weebly.com/> and clicking on CACFP Family Child Care Provider Leadership Day!

» Friendly Food Tip: If you serve deli meats in your home, always check the ingredient label. Products containing any type of gums, starches, dry milk powder, or flours are not reimbursable. Make sure that the only ingredients are meat, broth or water, and seasonings like salt and herbs.

## Baked Pumpkin Fries

### Ingredients:

- 2 small pie pumpkins
- 1 Tbsp olive oil
- 1 tsp onion powder
- Salt to taste



### Directions:

Preheat the oven to 400°F. Peel and seed the pumpkin, then cut into 1/2 inch strips/fries and put them in a large bowl. Add oil and seasoning, toss to coat, then arrange them in a single layer on a parchment-lined cookie sheet. Roast for about 35 minutes, flipping the fries halfway through. Enjoy!