

As we slide into November and the holiday season, we also slide right into our second month using the new Meal Pattern. We know there are a lot of changes to get used to and we are proud to say that our CDA Providers have done an amazing job with the transition so far! Keep up the great work and remember, we are all in this together! One more special thing to remember: the 11th of November is Veteran's Day. Take a moment to honor those men and women who serve our country and let the ones close to you know how much their service means to you. We'll keep the gratitude going for the rest of the month as we think of all the things that we're thankful for leading up to Thanksgiving on the 23rd. CDA is thankful for every wonderful Provider on our program. Happy Thanksgiving to you!

Reminders

» When infants begin eating the same food as older children, you will continue to use the infant food numbers to claim them. For example, if you offer sliced turkey breast and whole wheat bread as part of a lunch to a 10 month old, you would claim "Infant Turkey (215)" and "Infant Bread (206)" for that child. If you offered Zwieback crackers as part of a snack, you would use "Infant Crackers (207)" for the 10 month old and the regular number for the older children.

» At least one serving of grains offered in your home each day must be a whole grain or whole grain rich food. A few simple suggestions of whole grain foods are Cheerios, whole wheat bread, brown rice, oatmeal, and Triscuits. Whole Grain Goldfish crackers also meet the requirement!

» For those of you claiming online, when you claim a whole grain food such as brown rice, you will notice that the "Is this whole grain-rich?" button will already say "Yes." Do not click the button again or you will be changing it to "No" and you will not get credit for that food as your whole grain-rich item for the day.

» If you claim a meat/meat alternate *and* a whole grain item at breakfast, that whole grain item will not count toward the whole grain-rich requirement because the meat overrides the grain component. You must still offer a whole grain-rich food at another meal for credit.

» If you claim using the scanner forms, you will continue to use your current forms through December. Your new forms will be mailed to you in January, or your Monitor will bring them to you at your next visit.

» CDA will be closed November 23rd & 24th for the holiday.

Turkey Salad Apple Slices

Ingredients

- 2 cups cooked turkey, chopped
- 1/2 cup dried cranberries
- 1/3 cup roasted pecans, chopped
- 1/3 cup celery, diced
- 1/3 cup light mayonnaise
- 1/3 cup non-fat Greek yogurt
- 1 Tbsp freshly squeezed lemon juice
- 1/2 tsp curry powder
- Salt & pepper to taste
- 2-3 medium apples, sliced into thin rounds



Directions

In a mixing bowl, combine the chicken, dried cranberries, pecans and celery. In another small bowl, whisk together the mayonnaise, Greek yogurt, lemon juice & curry powder. Add salt and pepper to taste. Pour over the chicken mixture and stir to combine. Place 2-3 tablespoons of the turkey salad on each apple slice and serve.

Food Safety Tips for Thanksgiving

- Make sure to wash your hands thoroughly before preparing food, after handling any raw poultry or meat, and before eating.
- Keep your food preparation surfaces and utensils clean and sanitized to reduce the risk of salmonella poisoning.
- Use separate cutting boards - one for meat, poultry and fish and one for cooked foods, vegetables and fruits. Sanitize the cutting board after each use.
- Wash all vegetables and fruits before you prepare them.
- Thaw a frozen turkey safely in the refrigerator allowing 3-4 days for thawing or approximately one day for every five pounds.

Need more turkey help? Call 1-888-674-6854