

November is here and the holiday season has officially begun. Veterans Day, on Nov. 11th, gives us the opportunity to honor those who've served and sacrificed in the military, allowing us to enjoy all our civil liberties. About two weeks after that, Turkey Day! Thanksgiving is a wonderful time to reflect on happy moments experienced throughout the year, the generous service you provide for the children in your care each day, and all of the people you appreciate in your life. Thank you for all you do! Happy Thanksgiving from the CDA Nutrition Team.

Reminders

» Another year of re-enrollments has come to an end. Thank you for working with us to make this process as smooth as possible.

» Please continue to enroll new children by their first day of care, submit a signed copy of the enrollment to CDA within five days, and keep a copy for your records.

» For those of you claiming online, please double-check the meals and children you are claiming throughout the day before saving to ensure your claim is as accurate as possible.

» For those of you claiming on scanner forms, double-check the back of your green CIF to ensure that the hours of care for schoolage children who are present when on vacation/sick are entered. Please also write in the time children arrive on minimum days.

» Please check your personal email periodically for messages from CDA with "Message From CDA" in the subject line. Keep in mind that we never send junk mail; if you receive mail or email from us, it contains important information that may affect your participation on our program.

» CDA, with the help of many of our providers, participated in the CACFP *Take Action Challenge* over the past year. We are proud to announce that with your help we were winners of a Gold Level award for our participation!

» Continue to be ready for a successful monitor or auditor visit. They can come at any time!

» CDA will be closed November 24th - 25th for the holiday.

BBQ Turkey Sandwich

Ingredients:

- 1 cup shredded turkey
- ½ cup shredded carrot
- 3 Tbsp barbeque sauce
- 1 Tbsp ranch dressing
- 8 whole wheat buns
- 8 romaine lettuce leaves



Directions:

Combine the shredded turkey, carrots, barbecue sauce, and ranch dressing in a medium-size bowl and set aside. Lay whole wheat buns out and place one piece of lettuce on each bun bottom, then evenly distribute the turkey mixture between buns, put on the top bun and serve.

Did You Know?

November is Diabetes Awareness Month. Diabetes is one of the leading causes of disability and death in the United States. One in 12 Americans has diabetes – that's more than 25 million people. And another 79 million adults in the United States are at high risk of developing type 2 diabetes.

This is just one of the many reasons your job as a home child care provider on the CDA food program is so important. You have an amazing opportunity to help educate young children about the importance of eating healthy foods, limiting sugars, and using whole grains. Take advantage of that and help raise a generation of people less likely to get type 2 diabetes later in life. To learn more about diabetes, visit www.healthfinder.gov.

Need Turkey help? 1-888-6854