

February is American Heart Month and it's a great time to be healthier than ever! Children can assist with menu ideas and help with food washing and preparation at snack time. You can make food fun by using heart shaped cookie cutters to cut sandwiches, pancakes and French toast. You can be physically active with the children this month by incorporating walks to the park and by including outdoor activities in your daily routine. You can find heart healthy tips at [www.healthfinder.gov](http://www.healthfinder.gov)

GREAT JOB! Many of you have transitioned smoothly to the new Meal Pattern. Our Annual Training this year will give additional guidance on identifying whole grains, purchasing the correct yogurts, cereals, crackers, milk and much more. It's all about the food! Child Care Providers who attend the training in person will receive the newest Potter the Otter Kit as a thank you for attending. We look forward to seeing you there!

**2018 Annual Training Dates** are all confirmed. Please **call the office to register** for the training that works best for you.

**Vietnamese Training- February 24<sup>th</sup>**

CDA Training Room  
Saturday 9:00 AM Vietnamese

**Riverside/San Bernardino County Trainings- March 10<sup>th</sup>**

Arlington Library (this is a new location)  
Saturday 10:30 AM English  
Saturday 1:30 PM Spanish

**Imperial County- March 23<sup>rd</sup>, 24<sup>th</sup>**

CalWORKS Office  
Friday 23<sup>rd</sup> 6:30 PM English  
Saturday 24<sup>th</sup> 10:00 AM Spanish

**Orange County – May 5<sup>th</sup>**

CHOC Children's Hospital OC **\$6 parking fee**  
Saturday 10:00 AM English

**Los Angeles County – May 19<sup>th</sup>**

Children's Hospital LA **\$10 parking fee**  
Saturday 10:00 AM Spanish  
Saturday 1:00 PM English

**San Diego County – June 2<sup>nd</sup>**

San Diego County Office of Education  
Saturday 9:30 AM English  
Saturday 1:00 PM Spanish

**On-Line Training – March 1-July 31<sup>st</sup>**

**Updates and Reminders:**

- CDA offices will be closed on February 19<sup>th</sup> in observation of President's Day. If you are open and have school age children in care, please document their hours on the "green CIF" for scanner claims or use "school out" button for online claims.
- If you have created meal templates, please review and update them to match the foods on the current food chart. Some old templates are still being used and the food numbers are no longer valid.
- **Attention Scanner claiming Providers:** Everyone should be using the new Minute Menu scanner forms now. We will no longer be scanning the old menu forms.

**FRUIT & YOGURT PARFAIT**

**Ingredients:**

- 6 oz. plain yogurt
- 4 to 6 sliced strawberries
- 1/4 cup of blueberries
- 1/4 cups chopped pecans

**Directions:**

- Layer 2 oz. yogurt, 2-3 sliced strawberries, 1/8 cup blueberries and 1/8 cup chopped pecans in parfait glass
- Repeat layers. Top with remaining yogurt

Garnish with a few chopped pecans and/or a strawberry if desired.

