

February has arrived! Our Annual Trainings will begin at the end of this month, so mark your calendar for the date in your area! As always, Providers are welcome to attend any of our CDA trainings, so if a date for a training outside of your geographical area works better for you, call us! We will be happy to sign you up for whichever date works best for you. Come see us in person to receive important New Meal Pattern trainings, get amazing resource materials, and network with your fellow providers.

Updates

» **2017 Annual Training Dates** are all confirmed! We are looking forward to seeing everyone in person. Please call the office to sign up for the training that works best for you.

Vietnamese Training - February 25th

CDA Training Room

Saturday 9 AM - Vietnamese

San Bernardino/Riverside County - March 4th

Ontario Ovitt Community Library

Saturday 10:30 AM - English

Saturday 1:30 PM - Spanish

Imperial County - March 17th and 18th

Imperial County CalWORKS WTW Office

Friday 6:30 PM - English

Saturday 10 AM - Spanish

Los Angeles County - April 1st

Children's Hospital LA **\$10 parking fee**

Saturday 10:00 AM - Spanish

Saturday 1:00 PM - English

Orange County - April 8th

CHOC Children's Hospital **\$6 parking fee**

Saturday 10:00 AM - English

San Diego County - May 13th

San Diego County Office of Education

Saturday 9:30 AM - English

Saturday 1:00 PM - Spanish

On-Line Training - Available March 1st - July 31st

Go to www.cdanutrition.org and click on the *Training* tab at the top of the page to find the 2017 training. You must complete the quiz and print, sign, and return your Annual Training Cover Sheet in order for you to get credit.

Did You Know?

February is American Heart Month. Heart disease is the leading cause of death for both men and women in the United States, accounting for 1 in 4 deaths each year, but you can make healthy changes to lower your risk of developing heart disease. Controlling and preventing risk factors is also important for people who already have heart disease. To lower your risk:

- Maintain a healthy weight.
- Eat a balanced diet rich in fruits and vegetables.
- Control your cholesterol and blood pressure.
- Incorporate physical activities in your daily routine.

Greek Lemon-Egg Soup

Ingredients:

- 6 cups low-sodium chicken broth
- 3/4 cup brown rice
- 2 cooked boneless, skinless chicken breasts, shredded
- 2 large eggs at room temperature
- 1/3 cup fresh lemon juice
- 1 lemon, thinly sliced



Directions:

Place the broth and the rice in a large saucepan and bring to a boil. Reduce to a simmer, cover, and cook for 30-40 minutes, or until the rice is tender. Add the shredded chicken, then remove the soup from heat and cover. In a medium bowl, whisk together the eggs and lemon juice until frothy. Slowly add about 1 cup of the hot chicken broth to the egg and lemon mixture, whisking continually, then slowly stir the warmed egg mixture into the soup. Ladle soup into bowls and serve with a slice of lemon.