

February is American Heart Month. According to the Centers for Disease Control and Prevention (CDC), heart disease is the leading cause of death for women in the United States, so make a date with your heart! Valentine's Day is a great time to start taking steps to be heart-healthy. Avoiding alcohol, smoking and second-hand smoke are easy steps you can take to prevent and control high blood pressure, high cholesterol and diabetes, all risk factors for heart disease. You can also reduce your risk by making it a priority to eat healthy, be physically active and maintain a healthy weight. Make a healthy meal for Valentine's Day. Serve food lower in salt and fat, provide more fruits and vegetables, and make less sugary treats for an overall healthy Valentine's Day. For more information on women and heart disease, visit <http://www.cdc.gov/family/valentine/index.htm>.

Updates

→ We want to extend a hearty **Congratulations** to CDA Providers Catherine Scott and Katie Patrick! Catherine has been recognized by the CACFP Roundtable for her participation in the 2015 FDC Provider Leadership Conference in Los Angeles. Katie is the winner of a brand new iPad from Minute Menu! Way to go, Ladies! Visit www.kidkare.com and subscribe to their newsletter to receive exclusive updates, sneak peaks, and special offers from Minute Menu!

→ **National CACFP Week** is coming up next month, March 13th - 19th! CACFP Week is a campaign designed to raise awareness of how the USDA's Child and Adult Care Food Program works to combat hunger and bring healthy foods to the table for children in child care homes, centers, and in afterschool and summer feeding programs across the country. Visit <https://www.cacfp.org/news-events-conferences/national-cacfp-week/> for more information.

→ Providers, do you have a great recipe that meets the CACFP meal pattern guidelines and that the children in your care love to eat? Send us your recipe for a chance to be featured in our monthly updates!

→ Do you have a friend who is a family child care provider, but not currently on a food program? Share your success on the CDA Nutrition Program with your friend and help them receive extra money for the meals they serve in their home! Have them give us a call toll free at 1 (800) 698-9798.

→ The National Association for Family Child Care (NAFCC) is holding its national conference in San Diego July 6th - 9th at the Town and Country Resort and Convention Center. For more information on this conference, visit www.nafcc.org.

→ Please continue to do your paperwork daily and ask your monitor about the same day entry feature in Minute Menu!

Heart-Healthy Recipes

Warm Lentil Salad

Ingredients:

- 1 can lentils, drained and rinsed
- 1/2 Tbsp vinegar
- 2 carrots, chopped
- 1 Tbsp mustard (optional)
- 1/2 onion, chopped
- 1 tsp dried thyme or Italian herbs
- 2 cloves garlic, minced
- 1 Tbsp olive oil
- Salt and pepper to taste

Directions:

Heat oil over medium heat in a sauté pan. Add carrots, onion and a pinch of salt and pepper. Cook until soft, 5-8 minutes. Add garlic and herbs (optional), cook for one minute, then add lentils, vinegar and mustard (optional). Cook until lentils are warm, about 3 minutes, and serve.



Broccoli Crunch Salad

Ingredients:

- 4 cups broccoli florets, chopped
- 1/2 cup red onion, thinly sliced
- 1/2 cup raisins or dried cranberries
- 1/2 cup cashews, chopped
- 3/4 cup non-fat Greek yogurt
- 1 Tbsp mustard
- 2 Tbsp apple cider vinegar
- Salt and pepper to taste

Directions:

Place the first 4 ingredients, broccoli through cashews, in a large bowl. In a small bowl, whisk together the yogurt, mustard, apple cider vinegar, and salt and pepper. Pour dressing over broccoli mixture and toss to combine. Chill for at least 1 hour before serving, allowing flavors to combine.

