

Happy Labor Day from CDA! In addition to Labor Day, September is National Childhood Obesity Awareness Month! As Providers on the CACFP, you help prevent childhood obesity by serving fresh fruits and vegetables and encouraging children to eat healthy foods. Thank you so much for all you do to make a difference in the lives of the children in your care! In an effort to make an even bigger difference in children's health, the CACFP Meal Pattern has been updated and goes into effect starting next month on October 1st. Head over to our website to review all of the great training materials we have for you to ensure that you are ready for the New Meal Pattern!

### Reminders

» **Annual Renewals** are continuing this month. You must date and submit your report in the month that it is due. Do not hold onto renewals waiting for one or two signatures; submit them by the due date and send in missing children's renewals when they return to care. If your last name begins with the letter:

**A - F:** Your renewals were due July 15th.

**G - L:** Your renewals were due Aug. 15th. If you have not yet submitted your renewals, please do so ASAP.

**M - R:** Your renewals are due September 15th. Your information was mailed to you at the end of August.

**S - Z:** Due October 15th (will be mailed to you at the end of September).

» **Minute Menu** will be switching all provider accounts to KidKare effective October 1st. If you claim online and have not yet switched to KidKare, please do so now! With all of the Meal Pattern updates, you'll want to make sure you already know how to claim using KidKare. Minute Menu will be updating their scanner forms and KidKare to accommodate the new requirements. We will train you on this as soon as we have been trained.

» **Milk** is required at all major meals. Children 2 years old and up must be offered *only 1% or fat free* milk. Starting October 1st, children who are one year old must be offered *whole milk* at major meals in order for those meals to be claimed for reimbursement. Please make sure you have the correct milk on hand at all times. If a child in your care requires a milk alternate such as soy milk, call the office and speak to the Nutritionist in order to receive the required forms.

### Updates

» **CDA Provider Contest!** Do you love the CDA Nutrition Program? Tell us why in our upcoming video contest for a chance to **win an iPad Mini!** Details soon!

» **Meal visits** at which your monitor is unable to verify your normal attendance must be revisited by your monitor the following month. Monitors must be able to validate normal attendance for all meals and days claimed, including weekdays and daytime meals.

» **Eggs** and other meat/meat alternates like yogurt and cheese will be reimbursable in place of the entire grain component at breakfast up to 3 times per week starting October 1st! Here are some reimbursable breakfast ideas to get you started:

▽ Egg and cheese omelets, fresh melon, and milk

▽ Yogurt, fresh strawberries, and milk

▽ Scrambled eggs with black beans, and milk

▽ Cottage cheese with apples & cinnamon, and milk

▽ Eggs in bell peppers with tomatoes, fruit and milk

#### Ingredients:

- Eggs
- Bell peppers
- Tomatoes
- Salt & pepper

#### Directions:

Slice the bell pepper into 1/2 inch rounds and the tomato into 1/4 inch rounds. Place a large skillet on the stove on medium heat and spray with non-stick spray. Place bell pepper rounds on the pan first, then place a tomato slice inside each round. Let cook for 1-2 minutes, then crack one egg into each bell pepper round. When the whites begin to set, flip each round and continue to cook until the eggs are set. Serve with milk and 1/4 cup fruit.

