

Have you heard of Global Child Nutrition Month? It's observed annually in April to heighten awareness of childhood hunger. The goals and ideals of Global Child Nutrition Month are to acknowledge that global hunger can be overcome by combining the will and resources of individuals and organizations. Freeing children from hunger allows them to become self-supporting and contributing citizens and is a step toward building a stable and peaceful world. Global Child Nutrition Month provides a unique opportunity to demonstrate social responsibility and help increase awareness of global child hunger issues through GCNF's Change Our World campaign. Visit [www.gcnf.org](http://www.gcnf.org) for more information. Don't forget about Earth Day on April 22nd! Visit [www.earthday.org](http://www.earthday.org) to find out what special Earth Day events are happening in your area!

### Reminders

Annual Trainings are in full swing. We still have a handful of live trainings and we'd love to see you there, so be sure to save the date for the training in your area!

#### Orange County - April 23rd

CHOC Children's Hospital (**\$7 parking fee**)

Saturday 10:00 AM - English

#### Los Angeles County - May 14th

Children's Hospital LA (**\$7 parking fee**)

Saturday 10:00 AM - Spanish

Saturday 1:00 PM - English

#### San Diego County - July 16th

San Diego County Office of Education

Saturday 9:30 AM - English

Saturday 1:00 PM - Spanish

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

Go to [www.cdanutrition.org](http://www.cdanutrition.org) and click on the *Resources* tab at the bottom of the page to find the 2016 training.

*Space is limited* for our live trainings, so call the office at 619-427-4922 or toll-free at 1-800-698-9798 and get signed up today! You can access our Annual Training Flyer through our website or ask your monitor for details and address of each training.

» 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!

» If you claim online, ask your monitor about *Same Day Entry!* Save yourself from ever becoming seriously deficient due to being behind on your paperwork.

### Reminders

» 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. You can choose from a variety of training workshops and hear from amazing keynote speakers. For more information on this conference, visit [www.nafcc.org](http://www.nafcc.org).

» 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 and the opportunity they have to receive extra money for the meals they serve in their home! Have them give us a call today!

» Per CACFP regulations, remember to follow your Meal Pattern when planning and serving meals in your child care facility. Always serve the correct milkfat percentage per age group at major meals and serve all required foods at the same time. You can offer milk and water at major meals as long as water is served in a separate cup alongside the milk.

### Lentil and Tomato Salad

#### Ingredients

- 15 oz. can lentils
- 1 1/2 cups cherry tomatoes
- 1/4 cup white wine vinegar
- 1/8 cup chives (optional)
- Salt to taste

#### Directions

Rinse and drain lentils. Halve/quarter cherry tomatoes. Slice chives. Add all ingredients to a small bowl and toss to combine. Salt to taste, and adjust vinegar if necessary. Serve immediately or refrigerate in a covered container to let flavors develop.

