

May is a busy month celebrating many special people! The festivities begin with Cinco De Mayo, which is a celebration of the victory of Mexico over France at the Batalla de Puebla in 1862 (not to be confused as a celebration of Mexican Independence, which was won on September 16<sup>th</sup>, 1810). May 6<sup>th</sup> is National Provider Appreciation Day and we appreciate all that you do! Visit our website to print your special certificate. Mothers Day is Sunday, May 8<sup>th</sup>. As child care providers, you are a second mommy to so many children, so we celebrate you this year on Mother's Day, too! Memorial Day is also celebrated this month on May 30<sup>th</sup>. Take a moment on the 30<sup>th</sup> to honor those who have given their lives in service of the United States of America.

### Updates

- » We want to officially welcome our newest member, *Kaethanya Majeed*, to the Nutrition Office Team!
- » Enrollments left in "pending status" (meaning we have not yet received the child's signed enrollment) will now be deleted after 3 months. If you wish to claim the child after he/she has been withdrawn, you will need to call the office and request to re-activate the child's enrollment. After it is re-activated, it will show up in *pending status*. You will need to print that child's enrollment, have the parent sign and date it, and send it to the office in order to have it activated. Providers are notified of pending enrollments each month in the menu letters we send. **Reading your menu letters is important so that you know what meals were disallowed and if you have any pending enrollments.**

### Reminders

We are continuing with your Annual Trainings this month. Come see us at one of the last two live trainings for the year and meet fellow child care providers, learn something new, and win great prizes!

#### Los Angeles County - May 14<sup>th</sup>

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

*Saturday 10:00 AM - Spanish*

*Saturday 1:00 PM - English*

#### San Diego County - July 16<sup>th</sup>

San Diego County Office of Education

*Saturday 9:30 AM - English*

*Saturday 1:00 PM - Spanish*

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

Go to [www.cdanutrition.org](http://www.cdanutrition.org) and click on the *Training* tab at the top 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 addresses.

» **Important!** Completing the Annual Training is mandatory per USDA regulation for providers participating on the CACFP. We encourage you to complete your training with us in person at either the LA training on May 14<sup>th</sup> or the San Diego training on July 16<sup>th</sup>. Providers from all counties we serve are welcome at either training. If you choose to do your training online, please complete your training now. The training will only be available online until July 31<sup>st</sup> and if you have not completed it by then, you go directly into *Serious Deficiency*. We don't want that for you and we are sure you don't want it either. Get the training out of the way now so you don't have to worry about it later!

### Healthy Tuna-Stuffed Avocado

#### Ingredients:

- 4 avocados, halved and seeded
- 3 (4.5oz) cans tuna, drained
- 1 red bell pepper
- 1 small tomato, diced
- 1 cup cilantro leaves, chopped
- 1 lime, juiced
- salt & pepper



#### Directions:

Scoop out a little bit of avocado from each half to widen the "bowl" area and put the scooped avocado into a medium-sized bowl. Mash it with a fork, then add the tuna, red bell pepper, tomato, and cilantro. Pour lime juice over the top and mix until well combined. Equally divide the tuna mixture between the 8 avocado halves. Serve with a side of fruit, whole wheat toast or pita bread, and 1% or fat-free milk for a delicious lunch!