

Happy Fourth of July! In Southern California, with our beautifully warm weather, it's common practice to spend Independence Day outdoors. Whether you go to the beach, out to your local park, or to a back yard barbeque, be sure to drink lots of water to stay hydrated. Water is easy to forget when having a good time, especially for little ones. Ask children if they need water throughout the day and have it readily available. You can also serve hydrating snacks like cool watermelon, cucumbers, celery and carrot sticks, grapes or oranges. Whatever you do, have fun and keep cool!

Reminders

» **2016 Annual Training** will close at the end of July. The last live training will be held this month:

San Diego County - July 16th

San Diego County Office of Education

Saturday 9:30 AM - English

Saturday 1:00 PM - Spanish

If you are unable to make it, you must complete the online training by July 31st. Failure to do so will result in Serious Deficiency. Do your annual training now at www.cdanutrition.org so you can relax all summer!

» **Annual Renewals** have begun. If you claim online, we will send you a letter with instructions to complete your renewals. Those claiming on scanner forms will receive the *Annual Renewal Report* and instructions to complete in the mail. *You must date and submit your report in the month that it is due, not before or after.*

If your last name begins with the letter:

A - F: Your renewals are due *July 15th*. Your information was mailed to you at the end of June.

G - L: Due *Aug. 15th* (mailed to you at the end of *July*)

M - R: Due *Sept. 15th* (mailed to you at the end of *August*)

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

» **Tier/Eligibility Renewals** are due in our office by *July 28th, 2016*. If tiering applies to you, you will have already received your *Tier Renewal Forms* in the mail in June. Please get all of your required documents organized so that you can complete and return your forms by *July 28th*.

Forms received after July will be processed in the month they are received. If you have questions concerning tiering, please call Cecy in the Nutrition office at 619-427-4922.

Reminders

» **Summer is here again!** Children are on vacation from school and it is important to remember to make notations when you claim in order to receive full reimbursement. If **you claim online** and the child is enrolled as:

- *Vacation ONLY:* Click the **school out** box.
- *Before and after School:* Click the **school out** box.
- *After school ONLY:* Enter **In / Out times** each day.

If **you claim on scanner forms**, document on the Green CIF form. Write in the names of the children who are on vacation, their child number, the days they're on vacation, and their hours of care.

Using the school out and in/out times incorrectly will affect your reimbursement. Please verify your claim before submitting - no exceptions will be made.

» **Nutrition Program Fax Number** has changed. The *new fax number is 619-434-5110*. Please make note of this change. You will be able to use either fax number for the next few months, however we recommend that you switch to the new number now so that you are prepared.

Parmesan Garlic Grilled Corn

Ingredients:

- 4 ears fresh corn
- 2 Tablespoons butter
- 1 clove garlic, grated or minced
- 1/4 cup freshly grated parmesan
- 1 Tablespoon freshly chopped parsley



Directions:

Preheat the grill to 350°-400°. Remove silk and most of the husk from the corn, leaving the innermost layer of husk. Melt together butter and garlic in a small microwave-safe bowl, 10-15 seconds. Place corn on heated grill and cook, turning once or twice until the kernels are bright yellow, 15 - 20 minutes. Remove remaining husks and brush with the melted garlic-butter while hot, sprinkle with parmesan and parsley. *Enjoy!*