

August is here, which means the summer months are coming to an end, but the summer fun doesn't have to stop! August 7th - 13th is National Farmers Market Week. Create an opportunity to take the children in your care outside to explore a community garden or visit your local farmers market. Farmers markets help promote sustainability, increase access to fresh, nutritious fruits and vegetables, stimulate the local economy, and support healthy communities. Visit <https://www.ams.usda.gov/local-food-directories/farmersmarkets> to find a farmers market near you.

Updates

» Another year of Annual Trainings has come to an end. Whether you took the training online or in person, thank you!

» We would like to congratulate Pamela Garlich, who is a winner of the Innovation Award from the *Let's Move! Child Care* campaign, is a champion in the *Take Action Challenge*, and who was recognized by the National Association for Family Child Care at their annual conference this year in San Diego. Pamela is a passionate advocate for child nutrition. She exhibits excellence in teaching and inspiring children to make healthy food choices and to live active, healthy lives through educational games and active play. Congrats, Pamela!

» Please continue to be ready for monitor or auditor visits at any time. Keep your paperwork up to date, have your license and meal pattern posted, and be sure to follow the meal pattern, have your *Building for the Future* poster up, and train your staff on food program requirements and claiming meals in case a monitor or auditor visits while you are away.

» 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. If you have not yet submitted your renewals, the children in your care are not actively enrolled and cannot be claimed for reimbursement until your renewals are received.

G - L: Your renewals are due **August 15th**. Your information was 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)

» Effective on *July* claims, daytime meals claimed for children with *after school hours only* will be disallowed if **In/Out times** are used incorrectly. Remember to provide both the *IN* time and the *OUT* time. Both are required to verify attendance.

Reminders

» This year on October 16th, the 3rd annual National CCFP Roundtable Provider Leadership Institute will be held at the Omni Rancho Las Palmas in Rancho Mirage near Palm Springs. This amazing education opportunity is only available to 50 lucky registrants and will include amazing guest speakers, tools to help you enrich your business, wonderful networking opportunities, lots of fun, and a few surprises. Do not miss out on this! Register today by visiting <http://ccfprtconference.weebly.com/> and clicking on *CACFP Family Child Care Provider Leadership Day!*

» Please visit our CDA website to view the Leadership Institute flyer, our monthly updates, information on processed foods and deli meats, and other important information you need to be successful on our program.

» 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.

Super Simple Summer Snack

Ingredients:

- Cottage cheese
- Apples, sliced (or other fresh fruits)
- Cinnamon for sprinkling (optional)



Directions:

Place apple slices and cottage in a bowl and serve. Sprinkle with cinnamon for extra yum! Be sure to consult your Meal Pattern for age-appropriate serving sizes. Make it fun for the children by placing different types of fruit in bowls on the table and letting them choose which fruit or fruits they want to mix in. Try chilling your fruit in the refrigerator to make this an extra cool afternoon snack!