

It's summer time and the living is easy! Did you know that August is National Catfish Month? This designation was made by Congress in the late 1980s to pay tribute to a wonderful American product that contributes to our nation's economy and provides consumers with a healthy, safe, and delicious source of protein. Visit www.UScatfish.com for more information and mouth-watering recipes.

Reminders

Congrats! The 2015 Annual Nutrition Trainings are complete!

An updated Enrollment Form is required each year for every child in your care. Enrollment Renewals are continuing this month. If you claim on-line, 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 it 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 past due. Please submit immediately.

G – L: Your renewals are due *Aug 15th*. Your information was sent 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*)

Important! Make sure to submit your renewal enrollment forms on time to avoid any reduction in your reimbursement.

Enrollments for new children, including drop-in children, must be completed on that child's *first day* in care. You must send the signed enrollment to CDA within 5 days, and have a copy of each child's signed enrollment in your home. You will not be reimbursed for any child whose enrollment form is pending.

Claiming children on vacation is easy! To receive reimbursement for children (your *own* included) who are enrolled as:

- ▽ **Vacation ONLY:** Just click the **school out** button.
- ▽ **Before and after School:** Just click the **school out** button.
- ▽ **After school ONLY:** Enter **in / out times** each day.

Paperwork must be completed daily. Paperwork not completed on a daily basis will result in disallowed meals, warning notices, or a "serious deficiency" status that could eventually lead to termination from the food program. Please do not let this happen to you! Set a routine and complete your paperwork daily.

Updates

Milk served in your child care facility must meet the licensing and USDA regulations. In order to be reimbursed for meals, you may only serve 1% or fat-free milk to children 2 years of age and older. It is recommended that children 12 – 23 months be served whole milk.

Openings for Stage 2 Eligible Families - CDA has immediate openings in our Alternative Payment Program for families who are currently receiving CalWORKS cash aid or have received it within the past 24 months. If you have parents who you feel may be eligible, please have the family call (619) 427-4411, ext 525 to be screened for possible enrollment.

Catfish Quesadillas

with Cilantro-lime sour cream

Ingredients:

- 1 pound skinless, boneless catfish
- 2 cups Monterey jack cheese
- 10 corn tortillas
- 1 tablespoon olive oil
- Salt and pepper to taste
- ½ cup sour cream
- ¼ cup cilantro, minced
- 1 lime, juiced
- Lime zest



Directions:

Lightly brush the fish with olive oil, sprinkle with salt and pepper. Grill or bake fish until cooked through and set aside to cool. In a separate bowl, mix together sour cream, lime juice, lime zest, cilantro and salt to taste. Store in fridge until ready to use. Once the fish is cooled, cut into bite-sized pieces. Heat a skillet on medium heat, then, assembling one at a time, place a corn tortilla on the hot skillet and add about 1/8 cup of cheese and an 1/8 cup of catfish. Once the cheese is melted, fold the tortilla in half and continue to cook until the fish is heated through, flipping the quesadilla if necessary. Remove from heat and serve with cilantro-lime sour cream.