

## Happy New Year From CDA Nutrition!

In January we remember Martin Luther King, Jr. He was a leader in the African-American Civil Rights Movement, a pacifist, and a humanitarian. MLK, Jr. took an unyielding stand for all people in this nation to be treated equally and to stamp out injustice wherever he found it. He delivered some of the most powerful speeches in history, was named Man of the Year by *Time* magazine in 1963, and, at the age of 35, was the youngest man to have received the Nobel Peace Prize. MLK, Jr. was born January 15th, 1929 and lived until April 4th, 1968.

**CDA will be closed January 19th in observance of Martin Luther King, Jr.'s birthday and all of his accomplishments.**

### Reminders

- Be prepared for a monitoring and/or auditing visit at any time. Always have your claim up to date, your paperwork available, the correct milk in your refrigerator, and be within your correct capacity ratios.
- Your helper/assistant should have access to your current claim on scanner forms or in Minute Menu in case you are not home during a visit.
- All children in your care who would count into your capacity ratio, including your own, are *required* to be enrolled in Minute Menu, regardless of whether they participate on the CACFP or not. If an enrolled child *does not participate*, it must be indicated on the enrollment form.
- If you serve processed foods (chicken nuggets, fish sticks, and corn dogs), please save the product label.
- Interested in learning about more features that Minute Menu has to offer? Visit their website at [www.training.minutemenu.com](http://www.training.minutemenu.com) for a wide variety of free online trainings.
- Visit our website [www.cdanutrition.org](http://www.cdanutrition.org) for our monthly program updates, nutrition information, and program forms.
- For other updates and program happenings, visit our Facebook page at [www.facebook.com/cdanutrition](http://www.facebook.com/cdanutrition).
- The Nutrition office will be closed on January 1st to celebrate New Year's Day. Meals served in your child care home on January 1st will not be reimbursed: please do not claim.

### Cooking Activity

Children love to be in the kitchen. They love to be involved in the preparation of the foods being served to them, which is great because preparing food can be a fun learning tool. Children can count and assemble the ingredients, measure and pour, and help mix ingredients together. You can discuss the textural qualities of dry ingredients, let them touch and smell, and taste when safe, then compare the raw textures, smells, and flavors to the cooked textures, smells, and flavors when the meal is complete. Give children age-appropriate tasks for a fun, educational cooking experience.

### Lemony Lentil Soup

Ingredients:

- 3 carrots, chopped
- 1 onion, chopped
- 2 cloves of garlic, minced
- 1 tablespoon olive oil
- 2 cups dried red lentils, rinsed
- 6 cups vegetable broth
- 1/2 teaspoon salt
- 1 tablespoon chopped fresh oregano
- 1 tablespoon chopped fresh rosemary
- 1 tablespoon lemon juice
- 1 tablespoon grated lemon peel

Directions:

Heat 1 tablespoon olive oil in a medium sized pot over medium heat. Add the carrots and onions, sautéing until the onions are translucent, about 5 minutes, stirring frequently. Add the garlic and sauté for just another minute. Add the lentils, broth, and salt. Stir to combine and turn the heat up to high. Bring to a boil, then turn the heat to low and simmer for about 45 minutes, or until the lentils are soft. Add in the fresh herbs, lemon juice, and lemon zest; stir to combine. Adjust seasoning to your liking. Serve with whole grain toast.

