

Happy New Year! Another holiday season is behind us and we move forward into 2016 with plenty of positivity and the intention to make this new year amazing! Speaking of amazing, we celebrate the birth of Martin Luther King Jr. this month on the 18th. Though he was actually born on January 15th, he is celebrated the third Monday in January each year. MLK Jr. was a passionate advocate for social justice. His unrelenting stand for equality inspired the nation and helped to guide us through the civil rights movement, encouraging us to someday realize his dream of social justice and equality. He is one of the greatest social activists the world has ever known, and became the youngest person in history, at age 35, to win the Nobel Peace prize.

Updates

→ The 2016 Annual Training is just around the corner! The dates have yet to be determined, but the trainings will begin at the end of February/early March as usual. We're looking forward to seeing those of you who come to see us live and in person! Remember that you can win great prizes, receive excellent free resources, get one-on-one time with CDA staff, and have a chance to mingle with your family child care provider community when you come to our live trainings. Be sure to save the date for the training in your area!

→ If you have a child in your care who requires a special diet or adaptive equipment (such as an insulin shot or an epi-pen) due to a food allergy or other disability, you must submit a CDA medical statement for that child. You will not be sent a medical statement until you have spoken with the CDA Nutritionist. To ensure you receive your full reimbursement, please call the office if you require a medical statement.

→ Milk *must* be offered at breakfast, lunch, and dinner. Children 12 through 23 months may be offered whole milk as a best practice. Children 2 years and older must only be offered 1% or fat-free milk per regulation. For children requiring a milk substitution such as soy milk, call the office for a Soy Milk Request Form. All other milk substitutions require a CDA medical statement for which you must talk to the Nutritionist.

→ Every piece of mail that we send to you is an important communication regarding our food program. Whether sent in the form of email or postal delivery, reading the mail you receive from the Nutrition Program is a vital part of your successful participation! This info will help you to stay up to date and in compliance with program regulations, ensuring that you always receive your full reimbursement.

→ Please continue to do your paperwork daily and ask your monitor about the *same day entry* feature in Minute Menu!

Delicious Time-Saving Crock Pot Recipes

Overnight Cinnamon Oatmeal

Ingredients:

- 1 cup steel-cut oats
- 1/8th cup real maple syrup
- 1/8th teaspoon salt
- 3 1/4 cups water
- 1/2 cup milk
- 2 cinnamon sticks



Directions:

Spray the crockpot with cooking spray, then add oats, maple syrup, cinnamon sticks, and salt to the crockpot. Pour in the water and milk, stir gently to combine, and cover. Turn the crockpot on to low and cook for 7 - 8 hours, or overnight. Serve with fresh fruit. Makes 4 servings.

Three-Bean Vegetarian Chili

Ingredients:

- 3 1/2 cups low-sodium vegetable broth
- 1 cup chopped onion
- 1/4 cup seeded, chopped jalapeño chili (optional)
- 2 teaspoons chili powder
- 2 teaspoons ground cumin
- 2 teaspoons Worcestershire sauce
- 1/2 teaspoon salt
- 2 cloves garlic, minced
- 2 (14 ounce) cans black beans
- 1 (15 ounce) can pinto beans
- 1 (15 ounce) can red kidney beans

Did you know January is host to both National Oatmeal Month AND National Soup Month?!



Directions:

Place all ingredients into the crockpot, stir to combine and cover. Turn crock pot onto low and cook for 8 hours. Top chili with your favorite toppings. Makes 8 - 12 servings.