

Happy Fourth of July!

The Fourth of July, also known as Independence Day, is a federal holiday that celebrates the adoption of the Declaration of Independence on July 4, 1776. The Declaration of Independence was drafted by Thomas Jefferson as a means of expressing the ideals of individual liberty, the political philosophy of the American people at that time, and as a way to justify the separation of the American colonies from their ties to the British Empire. Today, the Declaration of Independence is one of our nation's most cherished symbols of liberty. So, as you celebrate today, take a moment to appreciate all the liberties you are afforded.

Important Reminders

→ **2015 Annual Training** will close at the end of July. You must complete the online training by July 31st. Failure to do so *will* result in Serious Deficiency. Don't put yourself in Serious Deficiency! Do your Annual training now at www.cdanutrition.org so you can relax this summer!

→ **Annual Renewals** have begun. 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 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 July! If tiering applies you to, you will have already received your *Tier Renewal Forms* with full instruction in the mail in June. Please get all of your required documents for the tiering process organized so that you can complete and return them quickly. They are due in our office by *July 27th, 2015*.

Please be aware that these documents are *time sensitive*. Forms received after July will be processed in the month they are received; we are unable to process retroactively. If you have any questions concerning tiering, please call Cecy in the Nutrition office at 619-427-4922.

Start the 4th off right with a patriotic breakfast!

Independence Toast

Ingredients:

- Whole grain bread, toasted
- Bananas, sliced into ½ wheels
- Blueberries
- Low-fat cream cheese
- Strawberry preserves
- 1% or fat-free milk



Instructions:

This will be a fun breakfast to make with the children in your care! Place a slice of toast on each child's plate. Let them spread a small amount of cream cheese on their toast, then a small amount of strawberry preserves. Next, show them how to arrange the fruit to make a flag. Blueberries in the top left corner, then stripes of bananas across the rest of the toast. Have at least a ½ cup serving of fruit for each child present and serve with 1% or fat-free milk for a reimbursable meal!

Looking for a fun afternoon activity?

Liquid Sidewalk Chalk

Ingredients:

- 1 cup water
- 1 cup cornstarch
- Red & blue food coloring (or any fun colors you want!)



Instructions:

Let the children help you measure & mix together the water and cornstarch in a bowl. You can then pour the mixture into several smaller containers (a muffin tin works great!) and add drops of food coloring to make different colors. Kids can help mix in the coloring! Once you've got your colors mixed, grab some paint brushes, or even leaves and twigs, and head outside to paint some beautiful stars and stripes!