

June has arrived! Let's all take a minute to appreciate all of those amazing dads out there on **Father's Day**, which we'll be celebrating on the 21st of June. Father figures of every variety, whether they are a dad, a step-dad, a grandpa or great-grandpa, a brother, uncle, or father-in-law, can be acknowledged on this special day. Send a card, or give a call to the one who taught you how to ride a bike, gave you piggy back rides, showed you how to throw a baseball, or read you to sleep at night, because dads should be told how special they are!

Reminders

Our 2015 Annual Trainings are quickly coming to a close. Only two live trainings are still available:

Orange County: June 13th at 10:00 AM - *English*

Los Angeles County: June 27th at 10:00 AM - *English*;
1:00 PM - *Spanish*

Online Trainings will be available on our website at www.cdanutrition.org until July 31st. Remember, Annual Trainings are mandatory and failure to complete your training *will* cause you to become *Seriously Deficient*, so do not put it off until the last minute. Get on-line and complete your training.

- ▽ Please continue to be prepared for unannounced audit and/or monitoring visits. Keep your paperwork daily, have the correct milk, and always follow the CACFP meal pattern for meals claimed on our program. Also keep in mind that you must save your nutrition paperwork for 3 years plus the current year.
- ▽ Summer is here! Please remember to document vacation days by using the *school out* for children normally enrolled before and after school. Use the *in/out* times for children normally scheduled for after school only. If you claim on scanner forms, please document children's days and hours on the green CIF form.
- ▽ With the weather getting warmer, make sure to have water available at all times. Have children in your care drink water after naps, between meals, and especially after playing outside. Carry a water bottle if you are out of your home, and choose hydrating snacks during the summer months. Some examples of hydrating snacks are watermelon, cucumber, oranges, grapes, tomatoes, applesauce, and yogurt. Try serving fruits chilled for an extra cool treat!

Reminders

It's **Annual Renewal** time again! By regulation, enrollments must be renewed annually. We will be sending a letter with instructions if you claim on-line. If you claim using scanner forms, we will mail you the Annual Renewal Report form along with a letter of instructions. It is very important to follow the instructions. The Annual Renewals will be sent as follows.

If your last name starts with the letter:

A – F: Due July 15th (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)

It is important that your Annual Renewal Report is *dated and submitted in the month that it is due, not before or after that date.*

Make Pancakes for Dad on Fathers Day!

Ingredients:

- 3 large, ripe bananas
- 6 eggs
- 1/3 cup coconut (or regular) flour
- Pinch of salt



Directions:

Preheat a non-stick skillet over medium heat. Place the bananas, eggs, flour, and salt in a blender or food processor and puree until smooth. The batter should be thick, but pourable. You can always add more flour if it's too thin. Lightly oil or butter your pan and pour the batter in about 3 - 4 inch circles. Cook for 2 - 4 minutes, or until the bottom is golden brown and the edges are firm, then gently flip the pancake and cook for another 2 - 4 minutes. If the bottoms get too dark, lower the heat a bit. Serve with fresh fruit.