

In Southern California, we are spoiled with beautiful weather year round, and in April we have an extra special reason to get outside and celebrate: **Earth Day is on Wednesday, April 22<sup>nd</sup>!** Take the children outside and help inspire another generation to show their appreciation for our beautiful planet. Visit [www2.epa.gov/earthday](http://www2.epa.gov/earthday) to find Earth Day events in your area and to learn more about how you can make a difference.

### Reminders

- ◆ Annual Trainings are in full swing. Come out to see us and complete your yearly nutrition training in person! Ask questions, take home resources, and win awesome prizes!
  - **Imperial County:** English - March 27th at 6:30 PM | Spanish - March 28th at 10:00 AM
  - **Spring Valley:** English - April 16th at 6:30 PM
  - **San Diego:** English - May 30th at 9:30 AM | Spanish - May 30th at 1:00 PM
  - **Orange County:** English - June 13th at 10:00 AM
  - **Los Angeles County:** English - June 27th at 10:00 AM | Spanish - June 27th at 1:00 PM

Online training is available through July 31st at [www.cdanutrition.org](http://www.cdanutrition.org). Please call the office to sign up for the training that works best for you.

- ◆ During mealtimes, offer all required meal components to all children present at the same time.
- ◆ Have your claim up to date, the correct milk in your refrigerator, and have your paperwork available and easily accessible for unannounced monitor or auditing visits.
- ◆ Visit our Facebook page, [www.facebook.com/cdanutrition](http://www.facebook.com/cdanutrition), for current program tidings, news, and events.
- ◆ Remember to visit [www.cacfp.org/regulations-legislation-advocacy/cacfp-proposed-meal-patterns/](http://www.cacfp.org/regulations-legislation-advocacy/cacfp-proposed-meal-patterns/) to review the USDA's proposed meal pattern changes. Submit your comments and let your voice be heard!

### Baked Zucchini Chips

#### Ingredients

- ◆ 2 cups thinly sliced zucchini, into rounds
- ◆ 1/4 cup freshly grated parmesan cheese (optional)
- ◆ 2 tablespoons extra-virgin olive oil
- ◆ Salt and Pepper to taste

#### Directions

Preheat the oven to 425°F.



Place the zucchini, oil, salt and pepper, and parmesan, if using, into a bowl and toss gently to coat the zucchini. Place on a baking sheet, making sure to spread zucchini out in a single layer for even baking. Bake for 30 minutes or until browned and crisp.

### Cornmeal-Crusted Chicken Nuggets

#### Ingredients

- ◆ 1 pound chicken tenders,
- ◆ cut in half crosswise
- ◆ 1/2 teaspoon salt
- ◆ 1/4 teaspoon ground pepper
- ◆ 3 tablespoons of cornmeal
- ◆ 1 tablespoon extra-virgin olive oil



#### Directions

In a large bowl or zip-lock bag, combine salt, pepper, and cornmeal. Add in the chicken and toss to coat. Heat oil in a large non-stick skillet over medium-high heat. Reduce the heat to medium and add chicken to the skillet, turning once or twice until browned and just cooked through, about 6-8 minutes total. Serve nuggets with your favorite dipping sauce. *\*Note: Four 1-ounce chicken tenders will yield about 3-ounces cooked.*