

**FEBRUARY** is American Heart Month, and not just because of Valentine's Day. American Heart Month is about spreading awareness of cardiovascular disease (CVD), which includes heart disease, stroke, and high blood pressure. CVD is the number one killer of women and men in the United States. Find out more about CVD and how to protect yourself at <http://www.cdc.gov/features/heartmonth/>.



## Reminders

- ◆ For those of you claiming online, please remember that although you can block out closed days on your calendar in MinuteMenu, you must still call the office (per federal regulation) to let us know when you will be closed for certain meals or the entire day, or if you will be serving a meal out.
- ◆ This regulation also applies for those providers claiming on scanner forms. Although you can document the days you were closed on the green CIF under "Day(s) Provider Closed," you are still required to call the office when you are not claiming a meal, when serving a meal out, or when closed. This allows us to inform your monitor so that she does not try to visit you when you are closed or away from home at a meal time.
- ◆ The Nutrition office will be closed on Monday, February 16th, in observance of President's Day. Please call the office if you will be closed that day.
- ◆ It is important to always be prepared for a monitoring visit. **Please make sure that you:**
  - Are claiming daily;
  - Are only claiming meals for the children present at those meals;
  - Always have your paperwork available whether you or your assistant is home; and,
  - Are always within your correct capacity ratios.
- ◆ All children in your care who count into your capacity ratios, including your own, are *required* to be enrolled in Minute Menu, whether they participate on the CACFP or not. If an enrolled child *does not participate*, it must be indicated on the enrollment form.
- ◆ Please remember to save the product/CN labels for any processed foods you might use (corn dogs, chicken nuggets, fish sticks, etc.).
- ◆ Minute Menu offers a variety of free online trainings at [www.training.minutemenu.com](http://www.training.minutemenu.com). Visit their website if you are interested in learning how to use their programs more efficiently.
- ◆ Visit our website at [www.cdanutrition.org](http://www.cdanutrition.org) for our monthly program updates, including important information on our **2015 Annual Trainings**.
- ◆ For other updates and program happenings, visit our Facebook page at [www.facebook.com/cdanutrition](http://www.facebook.com/cdanutrition).

### Slow-Cooker Coconut-Curry Chickpeas

#### Ingredients

- ◆ 2 teaspoons oil
- ◆ 1 ½ cups chopped onion
- ◆ 2 garlic cloves, minced
- ◆ 2 (19 oz) cans of chickpeas (garbanzo beans)
- ◆ 2 (14.5 oz) cans no-salt-added diced tomatoes w/ juices
- ◆ 1 (13.5 oz) can coconut milk
- ◆ 1 tablespoon curry powder
- ◆ 1 teaspoon salt
- ◆ 1/2 cup chopped fresh cilantro
- ◆ Cooked brown rice to serve



#### Preparation

Heat a skillet over medium heat, add oil, onions, and garlic; sauté about 5 minutes. Place onion mixture, chickpeas, tomatoes, coconut milk, curry powder, and salt into your slow-cooker and stir. Cover and cook on low for 6 to eight hours. Stir in cilantro and serve over rice.