

On May 25th, we celebrate **Memorial Day**, a day for remembering those we have lost in the service of our country. To help Americans keep the true meaning of Memorial Day in mind, the “National Moment of Remembrance” resolution was passed in December of 2000, asking that at 3 p.m. local time, all Americans “voluntarily and informally observe in their own way a Moment of Remembrance and Respect, pausing from whatever they are doing for a moment of silence.” So, let’s all take a moment on the 25th to honor those special men and women who gave everything for our freedom.

Updates

New Medical Statement Procedures— If you have a child in your care who requires a milk alternative, please call the office and speak with our nutritionist, Keturah Swenson. She will offer guidance and mail you a medical statement with a cover letter providing you, the parent, and the physician with specific instructions on how to fill out our form to ensure that you get your full reimbursement for that child. If you have any questions, please contact the office at **619-427-4922**.

Easy, Homemade Fish Sticks

Ingredients:

- ▽ 2 slices of whole wheat bread, or 2 ounces bread crumbs
- ▽ 1 pound skinless Pacific cod or other firm-fleshed white fish
- ▽ ¼ teaspoon salt
- ▽ ¼ teaspoon pepper
- ▽ 2 tablespoons all-purpose flour
- ▽ 1 large egg, beaten



Directions:

Place the slices of bread in a food processor and pulse until course crumbs measure 1¼ cups. Arrange breadcrumbs on a baking sheet and bake at 425° for 5 minutes or until light golden, then let cool (Skip this step if using pre-made breadcrumbs). Cut the fish into 16 (3X1-inch) pieces, pat dry with paper towels. Sprinkle fish with salt and pepper. Place beaten egg, flour, and breadcrumbs in separate dishes. Dredge 1 fish stick at a time in flour, then egg, then bread crumbs. Repeat with remaining fish and arrange on a wire rack on a baking sheet. Lightly spray the coated fish with cooking spray. Bake at 425° for 8 minutes, or until desired degree of doneness. Makes 4 servings of 4 fish sticks.

Reminders

Annual Trainings are in full swing. If you have not yet completed your 2015 Annual Training, please call or email the office to get signed up. You only have until July 31st to complete your training, so don’t put it off!

The following live trainings are still available:

San Diego: May 30th, 9:30 AM - *English*

1:00 PM - *Spanish*

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

Los Angeles: June 27th, 10:00 AM - *English*

1:00 PM - *Spanish*

Online training will be available on our website at www.cdanutrition.org under the “Training” tab. Call the office to sign up for the online training.

** Be prepared for unannounced visits at any time.*

Tzatziki (yogurt and cucumber) Dip

Ingredients:

- ▽ 1 (16 ounce) container low-fat, plain Greek yogurt
- ▽ 1 cucumber, peeled, seeded, and grated
- ▽ 1 clove garlic, minced
- ▽ 1 tablespoon fresh parsley, chopped
- ▽ 1 tablespoon fresh mint, chopped
- ▽ 1 tablespoon fresh lemon juice
- ▽ Salt & Pepper to taste



Directions:

Place grated cucumber on paper towel and pat dry. Once cucumber is no longer wet, combine all ingredients in a bowl. Refrigerate for 2 hours before serving. Perfect for serving with homemade fish sticks!