



October has arrived, and with it, pumpkin flavored everything! Visits to the pumpkin patch and hay rides; pumpkin carving and seed roasting; and the promise of fall, cooler weather, and changing leaves. October is also National Farm to School Month, but farm to school isn't just for school-age children. Proper nutrition and food education is just as important for younger children and that's where Farm to Preschool comes in to help connect early child care providers and educators with local food producers. On October 15th, celebrate Farm to Preschool Day by visiting www.farmtoschool.org for amazing resources and opportunities to be connected to local farms.

Reminders

Enrollment Renewals are continuing this month, and this is the last month you will have to submit your renewals. 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 it in the mail.

If your last name begins with the letter:

A – R: If you have not yet submitted your renewals, they are *now past due*. Please send them in immediately. We will not be able to reimburse you for the meals you've served until we receive your enrollment renewals.

S – Z: Due Oct. 15th (mailed to you at the end of *September*)

Important! Submit your renewal enrollment forms on time to avoid any reduction in your reimbursement.

Enroll new children by the first day of care. Per program regulations: before any child care is provided, an enrollment form for the Food Program must be completed by the provider and signed by the parent/guardian. A copy must be kept by the provider and the enrollment form must then be sent to the Nutrition Office. An enrollment form for a new child must be in the office by the date your claim is processed. You will not be reimbursed for any child whose enrollment form is pending.

Unannounced Monitoring Visits are conducted at least 3 times per year. At each visit, your monitor is required to verify that your paperwork (claim) is up to date. Paperwork must be completed daily, and it must be available in the home at the time your monitor visits. If you claim online and share a computer with a family member who sometimes takes the computer out of the home, you are responsible for making sure that you have printed documents from Minute Menu, or completed *daily meal worksheets*, verifying that your paperwork is up to date.

Updates

Important: To ensure the health and safety of the children in your care, please have your licensing roster showing the children's emergency contact information available for your assistant/helper. She/he should know the names of the children and be able to contact their parents/guardians in case of emergency.

2nd CACFP Family Child Care Provider Leadership Institute:

On Sunday, October 25th at the Sheraton Universal in Hollywood, you are invited to attend an amazing event designed to re-energize and inspire Family Child Care Providers on the CACFP. Learn how to help children become healthier, more active individuals, and how to get what you want from your Family Child Care business from experts in the field. Visit www.ccfproundtable.org for exciting details and registration today!

Roasted Pumpkin With Feta and Cilantro

Ingredients:

- 2 lbs pumpkin, peeled, seeded, & cut into ½ inch wedges
- 1 tablespoon olive oil
- ½ teaspoon each, salt and pepper
- 3 ounces light feta cheese, crumbled
- ¼ cup cilantro leaves
- Apple cider vinegar (to taste, optional)
- Pumpkin seed oil (to taste, optional)



Directions:

Preheat the oven to 450°F.

Toss the pumpkin with olive oil, salt, and pepper. Roast for about 20 minutes, turning occasionally, until tender. Remove from oven and allow to cool. Once the pumpkin has cooled, move to a large bowl and toss with feta cheese, pumpkin seed oil, and apple cider vinegar to taste. Top with fresh cilantro leaves, and serve.