

September is National Fruits & Veggies – More Matters Month! People who eat a healthy, balanced diet with plenty of fruits and vegetables can help lower their risk for heart disease, type 2 diabetes, and some types of cancer. Eating healthy can also help prevent obesity and high blood pressure. Most people know that eating fruits and vegetables is important for good health, but most of us still aren't getting enough. This September, let's all participate in Fruits & Veggies – More Matters Month! Below are some ideas to help you and your family fit more fruits and veggies into your day.

Reminders

Our State review is over and we'd like to thank all the providers who were selected for a visit and were part of our review. Your monitor will still be visiting you regularly, so it's important that you continue to complete your paperwork daily, serve the correct milk to the children present during your scheduled meals (1% or fat-free for 2 years and older; whole milk recommended for 12-23 months), and call the office when you'll be away at a meal time, or if you're not claiming meals for any other reason.

Enrollment Renewals are continuing this month. 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 in the mail. *You must date and submit your report in the month that it is due, not before or after.*

If your last name begins with the letter:

A – F: If you have not already submitted your renewal, it is past due. Please submit immediately.

G – L: If you have not already submitted your renewal, it is past due. Please submit immediately.

M – R: Due *Sept. 15th*. Your information was mailed to you at the end of *August*.

S – Z: Due *Oct. 15th*. Your information will be 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 their *first day of care*. Per program regulations, at the time of the child's enrollment in your facility, and *before any child care is provided*, an enrollment form for the food program must be signed by the parent/guardian. Keep a copy for yourself, and send the enrollment form to the Nutrition Office. You will not be reimbursed for any child whose enrollment form is pending.

Reminders

Claiming children on vacation is easy! To receive reimbursement for children (your own included) who are enrolled as:

⇒ **Vacation ONLY:** Click the school out button.

⇒ **Before and after School:** Click the school out button.

⇒ **After school ONLY:** Enter in/out times each day.

Breast milk served to infants in your facility *must be labeled* with the infants name and the date, and used within 48 hours of being expressed.

Fit more fruits and veggies into your day!

In addition to the benefits stated above, eating a healthy diet with plenty of vegetables and fruits can help you maintain or reach a healthy weight and help keep your body strong and active. A few ways to get more fruits and veggies into your diet are:

- Keep a bowl of fruit out where the children and/or your family can see it.
- Cut up fruits and veggies ahead of time so they're ready for a quick, healthy snack.
- Create a game to challenge the children and/or your family to try a new fruit or veggie each week!

Watermelon, Arugula, and Feta Salad

Ingredients:

- 2 tablespoons white-wine vinegar
- 2 tablespoons olive oil
- Coarse salt and ground pepper
- 12 ounces arugula, thick stems removed
- ¼ of a medium red onion, thinly sliced
- 1 ½-pound piece chilled seedless watermelon, rind removed, cut into small chunks (2 to 3 cups)
- 4 ounces low-fat feta cheese, crumbled



Directions:

1. In a small bowl, whisk together vinegar and oil. Season with salt and pepper to taste.
2. In a large bowl, combine arugula and onion; toss with dressing to taste. Gently toss with watermelon and feta, and serve.