



Evergreen Child Care Food Program
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June 2015 NEWSLETTER

“04-15 Federal” reimbursement has been disbursed if your claim was submitted on time. Manual Claiming Providers: All June forms must be submitted no later than **July 5, 2015**. If documents are submitted anytime later, meal claims will be considered a late (adjustment) claim.



❖ **2015 CDE AUDIT UPDATE:** As you may already know, the California Department of Education (CDE) oversees the operation of our program and they assess our program every two years for program compliance purposes. As part of their assessment this year, they selected a group of our daycare home providers for site visits. With that said, on behalf of all of us at Evergreen Child Care Inc., we want to thank the group of providers that were selected by the CDE for their cooperation during the audit process.

❖ **ABSENCE/CALL-IN POLICY:** Recent monitoring visits conducted by Evergreen Child Care, Inc. (ECCI) show that a few providers are not aware that it is their responsibility to notify ECCI in advance when they are not claiming a particular meal service due to **NO CHILDREN** in attendance. As part of our Absence/Call-In Policy, providers are required to inform ECCI in advance via email and/or call-in of any changes to the daycare operations (including but not limited to: closure, pick up schedule, no meal service, **no children**, holiday closure lists and field trips).

For example, if the provider has AM snack scheduled for 10:00am, but by 9:55am there are no children present, the provider is required to contact ECCI via email or call-in to report that there will be no AM snack service for the day, due to no children in attendance. Please remember, you may only claim the children that are present at the scheduled meals service times.

❖ **FOOD LIST UPDATE (ONLINE CLAIMING PROVIDERS):** Please be advised, the following components have been removed from our Minute Menu WebKids **Vegetable List** since the vegetables used are not specified:

- 252 Chicken Vegetable Soup
- 251 Chunky Vegetable Soup
- 253 Minestrone Soup
- 257 Turkey Vegetable Soup
- 258 Vegetable Soup

❖ **INFANT FORMULA:** Participants in the Child and Adult Care Food Program (CACFP) are required to serve iron-fortified formula to infants (0-11 months). The Food and Drug Administration (FDA) defines iron-fortified infant formula as a product “**which contains 1 milligram (mg) or more of iron per 100 calories when prepared in accordance with label directions for infant consumption**”. The number of mg of iron per 100 calories of formula can be found on the nutrition label of infant formulas.

Here are ways to find creditable infant formulas:

1. Look for the label that says, “**Infant Formula with Iron**” or a similar statement on the front of the formula package. All iron-fortified infant formulas must have this type of statement on the package.
2. Use the nutrition facts label as a guide to ensure that the formula is iron-fortified. Remember, the infant formula must have **1mg of iron or more per 100 calories** of formula when prepared in accordance with label directions.

If an infant in your care needs to have a formula that **does not meet the CACFP's infant formula requirements, a medical statement (signed by a licensed physician) is required. The form is available in our website and the direct link to the form is: <http://evergreencacfp.org/uploads/1430775478cacfp-37-medical-statement.pdf>

❖ **BREAST MILK:** Please be advised, all pumped breast milk bags and/or bottles must be labeled with the infant's name and date when the breast milk was pumped. If an infant's mother feeds her infant at your facility for a meal service, that particular meal service is not subject to reimbursement. Furthermore, please remember that the breast milk recommended storage time is **72 hours** and must be kept **39° F or below**.

❖ **INFANT MEAL PATTERN:** *Is yogurt creditable in the infant meal pattern?*

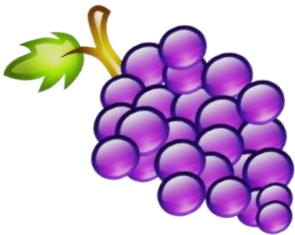
Yogurt is **NOT** and has never been a creditable food component in the CACFP infant meal pattern. The American Academy of Pediatrics along with the Institute of Medicine recommends delaying introduction of both cow's milk and cow's milk-based products, including yogurt, until 1 year of age.

For more information on infant feeding please visit:

http://evergreencacfp.org/uploads/1425043693infant_feeding_guide.pdf

❖ **HARVEST OF THE MONTH:** Grapes

Did you know that Grapes are one of the oldest fruits dating back to 8,000 years ago?



The early Romans and Egyptians used grapes in wine production and also produced a wide variety of grapes. Nowadays, most grapes are grown in California. Eating at least a ½ cup of grapes is a good source of Vitamin C and Vitamin K. They are also a great source of carbohydrates in forms of simple sugars. Simple sugars are good natural sugars found in fruits, vegetables and milk. Everyone needs carbohydrates for energy.

Try a Great Grape Smoothie: (please use meal pattern chart as a guide)

Makes 2 servings. 1 cup per serving.

Prep time: 5 minutes

Ingredients:

- 1 cup seedless grapes , ½ cup orange slices
- ½ cup frozen cherries, ½ cup banana slices
- ½ cup unsweetened frozen strawberries

1. Combine all ingredients in a blender. Blend until mixture is smooth.
2. Pour into glasses and serve immediately.

Add some whole grain bread or crackers as a side to make a great AM or PM snack

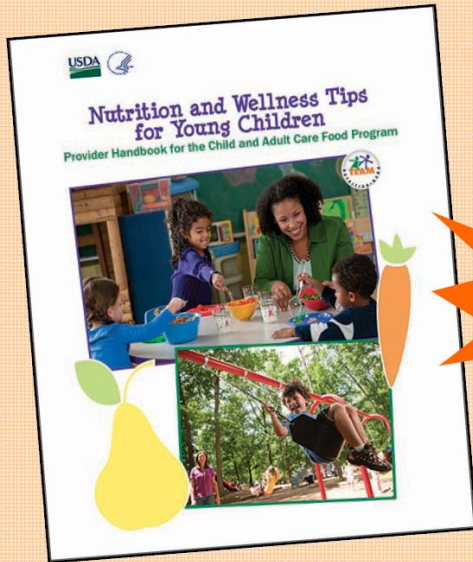
(Source: www.harvestofthemonth.cdph.ca.gov)



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Available Now!

Nutrition and Wellness Tips for Young Children: Provider Handbook for the Child and Adult Care Food Program

What is the handbook?

It is a series of tip sheets to help child care providers meet current wellness recommendations* for children ages 2 through 5 years old. By using the tip sheets when planning meals and activities for children, providers can incorporate key recommendations and best practices into their menus and daily schedules.

How can the handbook help child care providers?

- ◆ Ideas for meal planning, shopping, and food preparation
- ◆ Tips for creative menus
- ◆ Hints for meeting meal pattern requirements
- ◆ Practices in serving food safely
- ◆ Activities for hands-on learning
- ◆ Suggestions for active play
- ◆ Success stories from providers
- ◆ Links to additional resources

Where can I find the handbook?

Available on the Team Nutrition Web site's Resource Library:

TeamNutrition.usda.gov

FREE!

Handbook topics include:

- ◆ **Build a Healthy Plate With:**
 - Fruits
 - Vegetables
 - Dry Beans and Peas
 - Protein
 - Whole Grains
 - Milk
 - Less Salt and Sodium
 - Options Low in Solid Fats
 - Less Added Sugars
- ◆ **Make Water Available**
- ◆ **Practice Food Safety**
- ◆ **Promote Active Play**
- ◆ **Limit Screen Time**
- ◆ **Practice Choking Prevention**
- ◆ **Handle Food Allergies**

* From the *Dietary Guidelines for Americans, 2010* and *Caring for Our Children: National Health and Safety Performance Standards; Guidelines for Early Care and Education, 3rd Edition*.

