

Evergreen Child Care Food Program

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January Newsletter

CALENDAR OF EVENTS

- 01/06/16**– November 2015 Reimbursement Disbursement
- 01/18/16**– Evergreen office will be closed in observance of Martin Luther King Day (Meals are NOT subject for reimbursement on this holiday).

REIMBURSEMENT REMINDER

The November 2015 Federal reimbursement has been disbursed if your meal claim was submitted on time.

***Manual Claiming Providers:** All January claim forms must be submitted no later than February 5, 2016. If documents are submitted anytime later, meal claims will be considered a late (adjustment) claim.*

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MAJOR HOLIDAYS (2016): The following major holidays are not eligible for meal reimbursement:

- **New Year's Day** (Friday, January 1, 2016)
- **Martin Luther King Day** (Monday, January 18, 2016)
- **Presidents Day** (Monday, February 15, 2016)
- **Memorial Day** (Monday, May 30, 2016)
- **Independence Day** (Monday, July 4, 2016)
- **Labor Day** (Monday, September 5, 2016)
- **Veterans Day** (Friday, November 11, 2016)
- **Thanksgiving Day** (Thursday, November 24, 2016)
- **Christmas Day** (Sunday, December 25, 2016)

Please be advised that if you have your daycare holiday closure lists for 2016, you are welcome to fax or e-mail it to us so we can put it in your Ever-green file for our records.

FILING INCOME TAX: Please be advised, there are tax changes that affect family child care providers. Consult your certified public accountant (CPA) regarding these changes:

Providers may deduct one year (rather than depreciating) items they purchased in 2015 that cost less than \$2,500. Not included in this is the purchase of home and land improvements. Providers must include a written statement with their tax return indicating they are electing this rule. (<http://tomcopelandblog.com/have-you-bought-something-for-less-than-2500-this-year>)

The standard meal allowance rate for 2014 is:

Breakfast: \$1.31

Lunch/Supper: \$2.47

Snack: \$0.73

Use these rates for all meals and snacks served in 2015 (including meals and snacks not reimbursed by the Food program).

****Remember to keep a daily records which includes in and out times, menus, attendances and ALL meals and snacks you serve in your business, not just the meals you are reimbursed for the Food program. ****

You may deduct up to one breakfast, one lunch, one supper and three snacks per day, per child. (<http://tomcopelandblog.com/2015-2016-food-program-reimbursement-rates-announced>)

The standard mileage rate for 2015 is \$0.575 per business mile. The rate for 2016 is \$0.54 per business mile. (<http://tomcopelandblog.com/2016-standard-mileage-rate-announced>)

The 50% bonus depreciation rule has been extended to 2015. It was originally set to expire at the end of 2014, but was extended by Congressional action in December 2015. This rule allows providers who purchased new furniture, appliances, playground equipment and office equipment to deduct half of the normal depreciation in 2015. (<http://tomcopelandblog.com/50-bonus-depreciation-rule-is-back-for-2015>)

The income limits to qualify for the IRS Saver's Credit has increased to \$60,000 (adjusted gross income for couples filing jointly and \$30,000 for individuals or married people filing separately. (<http://tomcopelandblog.com/the-savers-credit-is-an-unbeatable-tax-benefit>)

The IRS has relaxed the rules defining what is a repair (deduct in one year) vs. a home improvement (depreciate over 39 years). Repairs can now include replacing a few windows, installing a wood or tile floor and replacing roof shingles. (<http://tomcopelandblog.com/when-is-a-home-improvement-now-a-repair>)

Under certain circumstances providers may be able to deduct fences/patios/driveways and home improvements in one year, rather than having to depreciate them. (<http://tomcopelandblog.com/when-can-your-homeland-improvements-be-deducted-in-one-year>)

If you use a tax professional make sure she or he understands these changes.

For more detail information visit: <http://tomcopelandblog.com/2015-tax-changes-affecting-family-child-care-providers>

SMOOTHIES: Please be advised that vegetables and yogurt in smoothies are creditable towards the fruit/vegetables and meat/meat alternates requirement for any meal and/or snack for children ages 1-12 years in the Child and Adult Care Food Program (CACFP). Milk in smoothies may also be credited toward the fluid milk requirements for all meals, including snacks. These ingredients provide variety and include appealing and nutritious smoothies on the menus.

Please review the CACFP Meal Pattern Chart for required portions that meet the meal pattern requirement of each.



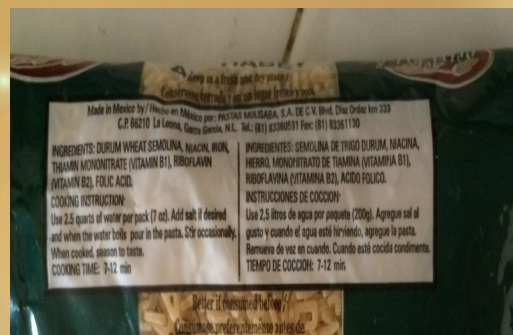
WHOLE GRAIN:

SEMOLINA: Semolina is a form of durum wheat that is found in whole grain pasta products such as macaroni, spaghetti, lasagna angel hair pasta, etc. According to the CACFP Crediting handbook, these products are creditable. Here is a picture of sample pasta that contains 100% semolina Durum Wheat.

****Please note:** For semolina durum wheat products the 1st ingredient would be “durum wheat semolina”, “whole durum flour” or “whole durum wheat flour”. **



Or



GRITS: Please be advised that when serving grits, product must be whole-grain or enriched. Check packaging very carefully to ensure the 1st ingredient is whole-grain or enriched. In addition, for providers claiming on scannable forms, ensure to write the 1st ingredient on your menu or on the back of the Claim Information Form (CIF).

Note: Most grits do not meet requirements for the BREAD/BREAD ALTERNATE component, so we suggest serving it with a slice of whole-wheat bread to receive credit.



For more information on whole grains, please visit our website the location is under the Policies and Regulations tab., CACFP Crediting handbook.

JANUARY 2016 NUTRITION EDUCATION SERIES: NEW YEAR HEALTHY YOU



As a provider, you are considered a role model for your daycare children. Help your daycare children develop healthy eating habits at the beginning of the New Year by trying these tips for a healthier 2016.

Get them involved

If you involve kids in pre-planning meals, they will become invested in the process and more likely to eat. Even toddlers too young to make grocery lists can help you make choices (green apples or red apples? cheddar or swiss?) along the way.

Make healthy snacks available

If you stock the kitchen exclusively with healthy treats, children will eat them.

Give them freedom of choice

Like the rest of us, kids want to have it their way. Offer a suitable base meal, like rice and beans, whole wheat tortillas or lean ground taco meat. Then let kids (and adults) dress it up with chopped tomatoes, lettuce, cabbage, cheese, salsa, jicama, parsley, peppers and other toppings.

Drink to that

Remember that your child doesn't have to just eat five servings of fruits and vegetables a day he can also drink them. Smoothie drinks can be a fun way to introduce new fruits.

Be a role model

A recent study found that young children's food tastes are significantly related to foods that their teachers or mothers liked and disliked. Letting your child see you eat a fresh salad may encourage them to do the same.

Don't give up

Studies show that most children need multiple exposures (between 5 and 10) to try new foods. This isn't to say that showing your child the same papaya or avocado five nights in a row will win her over, but rather to suggest that you shouldn't give up the first time she rejects something.

Teach healthy eating habits early

Use meal and snack times as teachable moments to help even the youngest children make wise food choices.

Source: (<http://www.pbs.org/parents/food-and-fitness/eat-smart/encourage-kids-to-eat-healthy-food/>)

HARVEST OF THE MONTH: SWEET POTATOES

Sweet potatoes are one of the richest plant sources of beta carotene, which converts into vitamin A inside the body. Sweet potatoes are an excellent source of vitamin A and vitamin C. It is also a good source of fiber, vitamin B6, and potassium. Vitamin A helps keep your vision good, fight infections, and keep your skin healthy. Add sweet potatoes to your dishes and kick off the New Year with a healthful plate.



Recipe for a Sweet-Potato-Oatmeal-Chocolate Chip Granola Bar:

Preparation Time: 30 minutes

Cooking Time: 25-30 minutes

Yield: child-size portions of ½ bar provides the equivalent of ¼ slice of bread towards CACFP meal pattern

- 1 large, fresh sweet potatoes cooked and mashed (see tip below)
- ¾ cup sugar
- ¼ cup canola oil
- ¼ cup low-fat or fat-free plain yogurt
- 1 large egg, beaten
- ¾ cup all-purpose flour and ¾ cup of whole-wheat flour
- 1 ¼ cups of quick-cook oatmeal (not instant)
- 1 tsp of baking soda
- 1 tsp ground cinnamon
- ½ tsp ground nutmeg
- 1 cup (6oz of semisweet mini chocolate chips)

Instructions:

1. Preheat oven to 350 degrees Fahrenheit.
2. Place sweet potato and sugar in large mixing bowl; mash until smooth.
3. Add oil, yogurt, and egg and mix thoroughly.
4. Measure and mix flours, oatmeal, baking soda, and spices in a medium-size bowl.
5. Add dry ingredients to sweet potato mixture and stir just enough to combine.
6. Add chocolate chips and stir to mix.
7. Spray 13"x 9"x 2" baking pan with nonstick cooking spray.
8. Pour batter into pan; smooth out batter evenly in pan and place pan on middle rack in oven.
9. Bake for 25-30 minutes or until lightly brown.
10. Remove from oven and let cool in pan for 8-10 minutes. Cut into bars (4 cuts by 8 cuts) and remove from pan.

Cool before serving.

Variation: Substitute drained, canned sweet potatoes (15-ounce can) for fresh sweet potatoes. Do not use canned, candied sweet potatoes.

Tip: Scrub fresh sweet potatoes, prick them with a fork, and cook in the microwave 10-15 minutes until done. Cool sweet potatoes to a temperature comfortable to the touch and remove flesh from skins.

<http://harvestofthemonth.cdph.ca.gov>

http://www.fns.usda.gov/sites/default/files/growit_book4.pdf

We want to wish the following providers a Happy Birthday!



Jeanne Yu

Aurora Porsche Reyes-Hoard

Maria Garcia

Karmela Clayton

Josefa Vasquez

Hana Hwang

Brenda De Leon

Yehudit Maouda

Maria Michea

Eun Ja Song

Cheri Dillard

Audrey Kim

Theresa Morse

Dalvanice Lacerda

Mary Huei-Chung Jaw

Myra Shepherd

Maria Pabla Jimenez

Amanda Quintanilla

Suk Lee

Rita Collins

Jolynn Adams

Shura Rafaelov

Elnora Rozell

Rita White

Linda Garrett

Hyo Sook Lee