

# Evergreen Child Care Food Program

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## February 2016 Newsletter

### CALENDAR OF EVENTS

- **02/08/16** - December 2015 Reimbursement Disbursement
- **02/15/16** - Evergreen office will be closed in observance of Presidents Day (Meals are NOT subject for reimbursement on this holiday).

### REIMBURSEMENT REMINDER

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

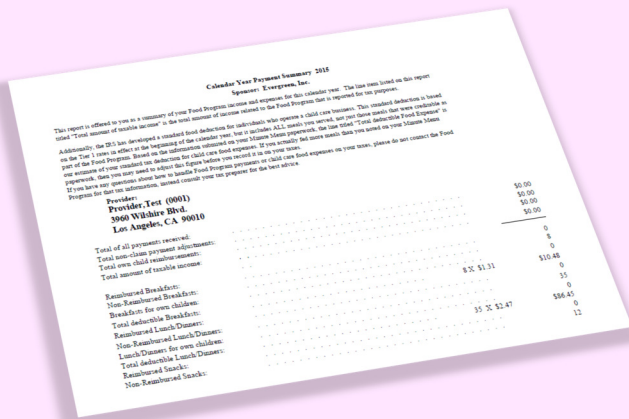
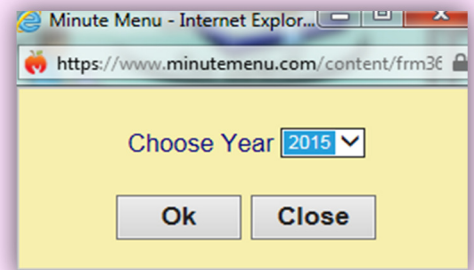
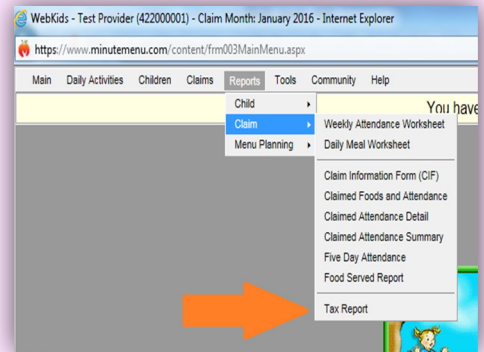
***Manual Claiming Providers:** All February claim forms must be submitted no later than March 5, 2016. If documents are submitted anytime later, meal claims will be considered a late (adjustment) claim.*

# ACCESSING 2015 TAX REPORT

Please be advised that you can access your 2015 tax report. Here are steps in accessing your 2015 tax report:

**PROVIDERS CLAIMING ONLINE:** Using internet explorer, log into [www.minutemenu.com](http://www.minutemenu.com) , enter your username and password. Press enter. Under the Main Menu Screen:

- Go to Reports, Claim, and then Tax Report.
- A screen will pop up and choose year “2015”
- A report will generate as your payment summary for 2015.
- Click print.



**PROVIDERS CLAIMING ON SCANNABLE FORMS:** The 2015 tax report is available upon request. Please contact our office to request your 2015 tax report at (213) 380-3850.

## NEW CREDITABLE TORTILLA

The creditable tortilla list has been updated and we have now added the **Don Pancho Whole Wheat Tortillas** to the list.





## HARVEST OF THE MONTH: Mandarin Oranges



Did you know that the first known references of citrus fruits, the mandarin, is native to Southeastern Asia and the Philippines? California is the nation's second leading grower of mandarins. Mandarins are a great source of Vitamin C, which is necessary for growth and development. Vitamin C is found only in plants. The body does not make or store Vitamin C, so it is important to eat foods with vitamin C every day. Vitamin C helps the body heal cuts and wounds and helps lower the risk of infection. It also helps keep the body from bruising and helps build the tissue that holds muscles and bones together. Too little vitamin C in the diet can cause dry and splitting hair, bleeding gums, easy bruising, and swollen and painful joints.

### Here are some shopper tips when purchasing Mandarins:

Look for mandarins with glossy, deep orange skins and stems still attached. Some patches of green near the stem are okay to eat. Keep mandarins on the counter for a few days OR keep in the refrigerator for up to one week.

### How much do I need?

The amount of fruits and vegetables depend on your age category. Please check meal pattern chart for correct portions and sizing. For example, 1 medium size mandarin is about ½ cup of fruit.

### Healthy Serving Ideas:

Mandarins are easy to peel and make a great AM or PM snack along with whole grain crackers.

Add mandarin slices to green salad.

Mix cooked long grain rice with mandarins, crushed pineapple, chopped red onions, chopped cucumbers and chopped mint for a refreshing side dish.

Source: (<http://harvestofthemonth.cdph.ca.gov>)

*We want to wish the  
following  
providers*



- Gabina Rodriguez-Santiago
- Ozra Lotfizadeh
- Young Jae
- Rouzanna Sarkisian
- Miguela-Lyn Adams
- Oksano Danylchenko
- Sevinj Mirza Tagi
- La Sonia Lewis
- Kimiko Whittaker
- Lafrunde Glenn
- Irma Enriquez
- Jermaine Thompson
- Alexis Parker
- Shaneka Carter
- Lacole Hubbard
- Deanna Featherstone
- Saira Estrada



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(1) mail: U.S. Department of Agriculture

Office of the Assistant Secretary for Civil Rights

1400 Independence Avenue, SW

Washington, D.C. 20250-9410;

(2) fax: (202) 690-7442; or

(3) email: [program.intake@usda.gov](mailto:program.intake@usda.gov).

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