

Evergreen Child Care Food Program

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March 2016 Newsletter

CALENDAR OF EVENTS

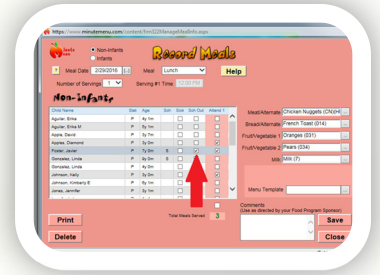
- 03/09/16 - January 2016 Reimbursement Disbursement
- 03/01-31/16 - National Nutrition Month
- 03/13-19/16- National Child and Adult Care Food Program (CACFP) Week

REIMBURSEMENT REMINDER

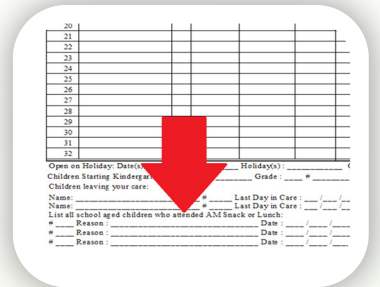
- *The January 2016 Federal reimbursement has been disbursed if your meal claim was submitted on time.*
- *Manual Claiming Providers: All March claim forms must be submitted no later than April 5, 2016. If documents are submitted anytime later, meal claims will be considered a late (adjustment) claim.*

SCHOOL AGE NOTE: Spring break and Easter holiday is coming up, please remember to add a school age note when claiming school age children during spring break and/or Easter observance.

For providers claiming online: If you will be claiming a school age child for AM Snack and/or Lunch during spring break and/or Easter observance, please remember to click “school out” in addition to clicking the child’s name.



For providers claiming offline: If you will be claiming a school age child for AM Snack and/or Lunch during spring break and/or Easter observance, please remember to write the school age note (include the name, child #, and dates) on the bottom of your CIF (Claim Information Form) or in the back of your CIF.



ABSENCE/CALL-IN POLICY: Please be advised, that it is provider’s responsibility to contact Evergreen Child Care Inc. (ECCI) in advance of any changes to your daycare operation (including but not limited to: closure, meal time change, no meal service, no children, field trips, and etc.).

For Example: If you will be observing Good Friday (March 25, 2016) and/or Easter Monday (March 28, 2016). It is your responsibility to contact ECCI in advance via email, fax, or phone that you will be closed on those days.

****For more information please refer to our provider’s manual on our website, under the “Policy and Regulations” tab****

COMMON FINDINGS: The following are common findings that have been brought to our attention during recent monitoring visits and/or claim reviews.

Licensing Ratio: Please be advised, it is required to follow licensing regulations at all times. When there are NO school age children present or when there are 4 infants (less than 24 months) present, your license capacity decreases.

- For a license of 14, if there are no school age children present the license decreases to 12.
- For a license of 8, if there are no school age children present the license decreases to 6.
- For a license of 14, if there are 4 infants present the license decreases to 12.
- For a license of 8, if there are 4 infants present the license decreases to 4.

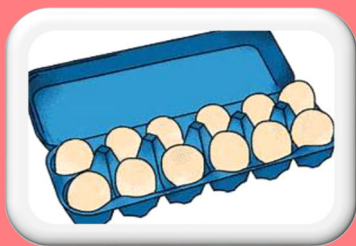
Identical Menus: As a reminder, serving identical menus within the same week is **NOT** creditable. For example, serving animal crackers and 100% apple juice on March 7, 2016 for PM Snack and serving the exact same menu on March 11, 2016 for PM Snack; March 11, 2016 (PM Snack) will not be subject to reimbursement.

As a nutrition program, it is important to serve a variety of fruits and vegetables. The nutrients found in fruits and vegetables help maintain and improve the overall health of your daycare children.



NUTRITION EDUCATION SERIES:

Nutritional Benefits of Egg



As the Easter holiday is approaching, what better way to celebrate it by teaching your daycare children about the health benefits of an egg. Many people believe the yolk of the egg is bad for you, when in reality, it contains most of the nutrients that is vital to your health. The white part of the egg contains most of the protein found in egg. Here are 3 reasons why eggs should be part of your diet.

Vitamins: there are many vitamins found in egg and are essential to your health.

Vitamin B2 helps make energy in your body.

Vitamin B12, important for making red blood cells.

Vitamin A, which is good for vision.

Vitamin E, which are antioxidants.

Vitamins A and B2 are also important for growth. So make sure your kids are eating eggs regularly, too.

Minerals:

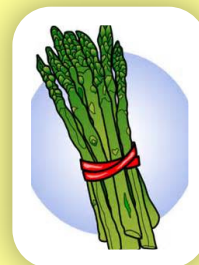
Eggs are packed with iron, zinc and phosphorus minerals that are vital for your body. Minerals help keep your immune system healthy. It also important for your dental health and keeps your bones strong.

Protein: Egg is a great source of protein. One egg a day, on average, doesn't increase risk for heart disease, so make eggs part of your weekly choices.

Source: <http://www.besthealthmag.ca/best-eats/nutrition/5-reasons-to-eat-more-eggs/>

HARVEST OF THE MONTH:

ASPARAGUS



Did you know that Asparagus is not just green? Asparagus can be harvested in three different colors: green, white and purple. However, green asparagus is the most commonly grown. A known fact is that, ancient and medieval medicinal practices used crushed asparagus tips to reduce swelling and alleviate pains associated with bee stings, wounds, and infections. It is also an excellent source of folate and vitamin K and Vitamin E. These vitamins are antioxidants and helps keep your body, skin and hair healthy. Here is a great and healthy asparagus recipe for your AM or PM snack that your daycare children would love:

Ham and Asparagus Wraps:

Serving Size: 4

Ingredients:

12 Asparagus spears (Ends cut off)

4 whole grain tortillas

2 tablespoons light mayonnaise made with olive oil

4 thin, wide slices of black forest ham

4 thin, wide slices of Havarti cheese

Directions:

1. Place asparagus in a microwave-safe container and add 2 tablespoons of water. Vent the lid of the container and cook on HIGH for 2 minutes, or until asparagus is tender but still slightly firm.
2. Transfer asparagus to a bowl of iced water to halt the cooking. Remove asparagus and pat dry with paper towels. Set aside.
3. Spread tortillas with mayonnaise and mustard. Layer ham and cheese on each tortilla. Lay 3 stalks of asparagus at one edge of a tortilla and roll, burrito-style. Repeat with each tortilla. You can serve wraps intact, or you can cut each wrap crosswise at a diagonal into 1- to 2-inch pieces.

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

We want to wish the following providers



Nadia Battle

Rubilie Castaneda

Graciela Ceja

Sandra Chica

Monique Duarte

Lenita Exner

Teresa Gevorkyan

Shelly Gray

Guadalupe Isidoro

Stephanie Jenkins

Eun Ha Kim

Hyei Jin Kim

Andranik Labladzhyan

Blanca Lopez

Heshmat Lotfizadeh

Laura Maldonado

Mariza Mendoza

Diedre Mitchell-Miller

Fani De Moore

Ana Adilia Perez

Brenda Pilcher

Edith Prudhomme

Connie Sue Riemersma

Maria Rivera De Fernandez

Toni Tyre

Linda Williams

Hannah Kyoung Woo

Sylvia Zamora

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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.



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