

Evergreen Child Care Food Program

3960 Wilshire Blvd. Suite 306 Los Angeles, CA 90010

Tel. 213-380-3850/5345 Fax. 213-380-9050

E-mail: joinecci@gmail.com

April 2016 Newsletter

CALENDAR OF EVENTS

- 04/06/16 - February 2016 Reimbursement Disbursement
- 04/13/16- **Deadline to submit CACFP Mini Grant Application**

REIMBURSEMENT REMINDER

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

GRANT OPPORTUNITY: Grants are a great way to enhance your day care setting and as a licensed day care provider participating in the Child and Adult Care Food Program (CACFP), you are eligible to receive a mini grant of up to **\$250**. The grant must be used to:

- Improve overall quality of health and wellness in child care settings.
- Enhance nutrition and healthy eating habits in child care settings.
- Enhancing physical activity in child care settings.
- Engaging parents in education of health and wellness via child care provider relationships.



In addition, here are some great ideas to use the grant on:

- My plate portion plates
- Menu planning system
- Measuring bowls to help with serving sizes
- Water cooler
- Purchasing music/activities to encourage physical activities or movement.
- Improving outdoor play space for the children.

For more information and apply for the mini grant go to: <http://www.tlfcci.org/mini-grants-2016.html> and click on “Provider application” on the bottom of the page.

Good luck!

CONTACTING ECCI: As a reminder, 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.). By doing so, there are only two ways that are acceptable in order to follow our Call-In Policy. These two ways include:

Notifying us by calling in and leaving a message with one of our staff members or through the general message line (include your name, provider ID# and meals you won’t be claiming).

A written statement via email and/or fax in advance (include your name, provider ID# and meals you won’t be claiming).

Please note:

Providers claiming online: Entering the day care and/or meal closure automatically on Web Kids does **NOT** indicate that you notified us in advance of changes to you day care operation. Please contact us via email and/or call-in to let us know in advance if you are not claiming any meals.

Providers claiming on scannable forms: Notifying us by writing on the bottom of the Claims Information Form (CIF) that you were closed on certain days without contacting us in advance does **NOT** indicate that you notified us in advance of changes to your day care operation. Please contact us via email and/or call-in to let us know in advance if you are not claiming any meals and then write it on the bottom of your CIF.

TECHNICAL ISSUES: For providers claiming online, if you are having technical difficulties with the desktop version

“Minute Menu Kids” application, please log into your account using  internet explorer and do the following:

- Using  internet explorer go to: www.minutemenu.com
- Click on Login button
- Enter your Login ID and password and press enter.
- Once you passed browser and database objective tests click on the button “click here to open WebKids”

NUTRITION EDUCATION SERIES: HEALTHY TIPS FOR PICKY EATERS



Every day care has experienced some of their children as picky eaters. You may have a child who only wants a certain type of texture or color for their food all week OR they may just play with their food at the table and not eat it. Sounds familiar? Don't worry picky eaters are only temporary. Here are ways to help your child overcome their picky eating ways in a positive way:

- Get your day care children involved in pre-planning your meals. For example, have them choose the vegetable or fruit you will serve the following day.
- Have them help you prepare meals. When children learn and help around the kitchen, they get excited and want to try the foods they help you prepare. Let them add ingredients, scrub veggies or help stir the food. Research shows that if the children are involved in preparing the meals, they will more than likely eat it.
- Offer choices: Rather than ask, "Do you want broccoli for tomorrow's lunch?" Ask "Which would you like for lunch tomorrow, broccoli or cauliflower?"
- Enjoy each other while eating meals together. Talk about fun and happy things together. Educate the children about the health benefits of the foods they are eating.
- Try new foods: Kids don't always take new foods right away. Offer new foods more than once. It takes about a dozen times before they will accept new foods.
- Make food fun! Cut your vegetable and fruits into fun and easy shapes so they not only will learn the different shapes, they will get excited and eat them.

For more information: (<http://www.choosemyplate.gov/sites/default/files/audiences/>)

HARVEST OF THE MONTH: STRAWBERRIES



Did you know that you can get Vitamin C from other fruits and vegetables besides oranges? Strawberries are a great source of Vitamin C. Vitamin C can help your immune system and fights those bad cells to keep you from getting sick. Scientists have found that vitamin C in combination with other nutrients may help keep your immune system strong. Making healthy lifestyle choices can help boost your immune system. These choices include eating a healthy diet, so that you can obtain all the vitamins and minerals you need.

Healthy Strawberry Smoothies (Serving size: 1):

Ingredients:

- ½ small ripe bananas
- ½ cup of strawberries (frozen or fresh)
- ½ cup of non-fat or 1% milk
- ½ cup on non-fat plain yogurt
- 1 teaspoon of honey
- 2 ice cubes

Directions: In a blender, process until smooth all ingredients for a refreshing smoothie for your AM or PM snack.

Tips:

- Look for plump strawberries with a natural shine, rich red color, and sweet smell. The caps should be attached and look fresh.
- Keep strawberries in refrigerator for up to 3 days.
- Wash strawberries just before eating.
- Since strawberries are a source of vitamin C, Vitamin C is sensitive to air, heat and water. Do not store fresh fruits and vegetables for long periods of time or over-cook them. They may lose some of their vitamin C

How much do I need?

Look at the meal pattern chart in your kitchen to find out the minimum serving size your day care children need.

For example; ½ cup of sliced strawberries is about 4 large strawberries or one cupped handful.

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

We want to wish the following providers



Gloria Barahona

Veronica Chavez

Karla Flores

Luisa Garcia

Sheila Aline Garrett-Monroe

Liliya Ivazova

Irina Jackson

Annabelle Kim

Chung Kim

Nadine Mcguire

Michellie Perryman

Tatyana Popescu

Silvia Camarena Preciado

Edna Sanchez

Lucina Marquez Santiago

Lynda Urbank

Griselda Urbina

Moon Ja Yang

Elena Cua Villalta

In accordance with Federal civil rights law and U.S. Department of Agriculture (USDA) civil rights regulations and policies, the USDA, its agencies, offices, and employees, and institutions participating in or administering USDA programs are prohibited from discriminating based on race, color, national origin, sex, disability, age, or reprisal or retaliation for prior civil rights activity in any program or activity conducted or funded by USDA.

Persons with disabilities who require alternative means of communication for program information (e.g. Braille, large print, audiotape, American Sign Language, etc.), should contact the Agency (State or local) where they applied for benefits. Individuals who are deaf, hard of hearing or have speech disabilities may contact USDA through the Federal Relay Service at (800) 877-8339. Additionally, program information may be made available in languages other than English.

To file a program complaint of discrimination, complete the USDA Program Discrimination Complaint Form, (AD-3027) found online at: http://www.ascr.usda.gov/complaint_filing_cust.html, and at any USDA office, or write a letter addressed to USDA and provide in the letter all of the information requested in the form. To request a copy of the complaint form, call (866) 632-9992. Submit your completed form or letter to USDA by:

(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.



This institution is an equal opportunity provider.