

Evergreen Child Care Food Program

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May 2016 Newsletter

Happy Mother's Day!

CALENDAR OF EVENTS

- **05/06/16** – March 2016 Reimbursement Disbursement
- **05/30/16** – In observance of Memorial Day our office will be closed Monday, May 30, 2016 and meals claimed on this holiday are NOT subject for reimbursement.

REIMBURSEMENT REMINDER

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

CLAIM INFORMATION FORM (CIF)

PROVIDERS CLAIMING ON SCANNABLE FORMS: Please be advised, if you have NOT received a CIF for the current month by the 20th, it is your responsibility to **CONTACT** Evergreen Child Care Inc. (ECCL) immediately to have us e-mail, mail, or fax you the form.

INFANTS

INFANT FORMULA: As a reminder, providers are REQUIRED to offer Iron-Fortified Infant Formula (IFIF) to the each parent's infant and must inform parents of the brand offered. It is the **parent's choice** whether or not to use this formula based on their preference and their infant's needs. Parents may choose to supply breastmilk or formula to their infant. For more detailed information:

PROVIDERS CLAIMING ONLINE: Please look and read the child's enrollment form under "Breast and Iron-Fortified Infant Formula" section.

PROVIDERS CLAIMING ON SCANNABLE FORMS: Please look and read on the back of each enrollment form under "Infant Information".

BREADS, BREAD PRODUCTS, CRACKERS, AND INFANTS:

Please be advised, the following are **NOT** creditable for infants ages (0-11 months):


- Iron-fortified dry infant cereals containing fruit or formula
- Commercial jarred baby food cereals (wet)
- Ready to eat breakfast cereals (e.g. Cheerios, corn flakes, etc.), farina (**Cream of Wheat**), regular oatmeal and corn grits.
- Bread sticks, hard pretzels, tortilla chips, granola bars, dough-nuts, cakes, brownies.

UPDATING ENROLLMENTS:

As a reminder, ANY updates on enrollments must be updated immediately. For instance, if a parent wishes to change their infant's Iron Fortified Infant Formula (IFIF)/Breast milk option and/or change their infant food options, providers are required to update the child's enrollment immediately.

Ex: If the parent wishes to switch from **breast milk to formula** or vice versa, providers are required to update their enrollments immediately by doing the following:

PROVIDERS CLAIMING ONLINE: Providers must do the following to update their enrollment:

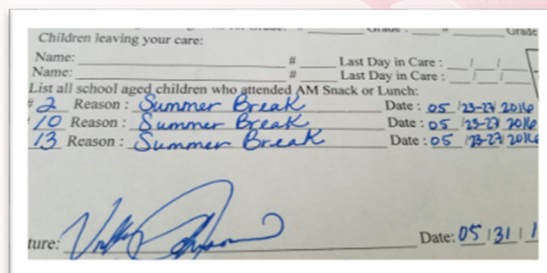
1. Using  internet explorer go to: www.minutemenu.com
2. Click on Login button
3. Enter your Login ID and password and press enter.
4. Once you passed browser and database objective tests click on the button "click here to open WebKids"

5. Click on the "List Children" (sandbox) icon, go to select child and click on drop down box,
6. Choose the name of the child.
7. Click "Print" (on bottom left side of page)
8. Make necessary changes in **RED** pen
9. Have parents sign and date the current date. You sign under the parent's signature.
10. Make a copy for yourself. Mail ECCL the original within 5 calendar days.

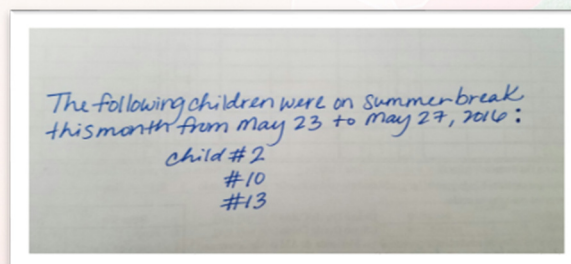
PROVIDERS CLAIMING ON SCANNABLE FORMS: Providers must do the following to update their enrollment:

1. Fill out a new enrollment form
2. Please bubble in "Reenrollment/update" and fill in changes and other necessary information.
3. Have parents sign and date the current date.
4. Mail ECCL the original within 5 calendar days.

SCHOOL AGE NOTE: For providers claiming on scannable forms, we have noticed discrepancies on your school age note written twice on your Claim Information Form (CIF). Please write the school age note only **ONCE**. If you have many school age children and cannot fit all the information on the bottom of the CIF, you may use the back of the CIF to write your school age note. For Example:



OR



BREAD PUDDING/RICE PUDDING: Please be advised, that bread and rice pudding are only creditable if it is “homemade”. In addition, bread pudding is only creditable for snacks only. In order to receive credit for “homemade” bread and/or rice pudding, ensure to do the following:

PROVIDERS CLAIMING ONLINE: Please write “homemade” under the comments or notes section on Webkids/Kids2go phone app whenever you claim homemade bread or rice pudding.

PROVIDERS CLAIMING ON SCANNABLE FORMS: Please write “HM bread pudding” and/or “HM Rice pudding” on your menu or in the back of the CIF.

For more detailed information please read the crediting handbook under our policies and regulations tab.

NUTRITION EDUCATION SERIES: LET’S GET PHYSICAL!



Physical activity is an important part of nutrition. As a nutrition program, we want to promote physical activity in your day care home. Every child needs about 60 minutes of physical activity a day. Physical activity helps children grow strong bones and stay healthy. Here are ways to get your child in active and moving:

1. Give children toys that encourage physical activity. For example, jump ropes, hula hoops, or balls.
2. Limit television time. The more television they watch the less active they become.
3. Make a fun activity that allows music and dancing with the kids.
4. Make time to play outside: Getting active outside can help to improve coordination, balance, and agility. Keep kids healthy mentally and physically by making time for play each day.
5. When the weather gets warm, there’s no better way to cool off-or get fit-than by swimming. It burns more calories than regular physical activity.

Source: (<http://www.letsmove.gov/get-active>)

HARVEST OF THE MONTH: PEAS



Snow peas



Green peas



Sugar snap peas

The harvest of the month featured vegetable is peas. Did you know peas are a great source of Thiamine along with other vitamins and minerals? Thiamin is also known as vitamin B1. Eating at least ½ cup of peas will give you the vitamins and minerals that help you grow healthy and strong. It is a good source of vitamin K and is a good way to get the Thiamine. Vitamin B1 (Thiamine) is an important vitamin because it helps fuel your body by converting blood sugar to energy and is very important for your heart, muscles and nerves function.

Here are some healthy serving ideas for peas:

Add frozen or canned peas to soups, casseroles, and rice.

Serve steamed snow and sugar snap peas with low-fat dip and a side of 1% or fat free milk for a great AM or PM snack.

For a healthy stir fry: toss fresh or frozen snow and sugar snap peas with vegetables and chicken strips.

Simmer green peas with sliced mushrooms and chicken broth.

RECIPE: CRUNCHY ROASTED GREEN PEAS

Ingredients

- 2 cup – green peas, frozen
- 1 tsp – olive oil
- 1 teaspoon – garlic salt

Directions

1. Preheat your oven to 375 degrees F.
2. Fresh or frozen peas work for this recipe.
3. If you are using frozen, let them thaw and then blot them with a paper towel to get as much moisture off them as possible.
4. If you are using fresh, you will want to quickly blanch for 1-2 minutes and then dry them with a paper towel.
5. Next, place in a bowl and combine oil and garlic salt. Coat evenly by stirring well.
6. Spread them on a baking sheet lined with either parchment paper, a Silpat or tin foil. Make sure they are in an even flat layer.
7. Bake in the oven for 30 minutes, then shake and kind of stir them around to make sure they are cooking evenly.
8. You can try them at this point to see if they are crunchy enough for you. If they need more time return to the oven for increments of 15 minutes until they are nice and crunchy.
9. Let cool and then serve.

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

(<http://www.superhealthykids.com/crunchy-roasted-green-peas/>)

Houba Assaad

Maria Baquiaux

Maxilina Bonyadi

Rhonda Brooks

Sara Campos

Estrella Chavez

Guadalupe Cortez

Zenani Dillard

Shinetsetseg Erdenebileg

Jacqueline Evans

Tesha Ferguson

Rita Fuentes

Yeran Ghazaryan

Verna Henry

Victory Holley

Irinea Hurtado

Sun Jo

Camala Johnson

Yvette Johnson

Clifford Kerlegon

Mary Keum

Larisa Lipchenko

Rosa Madrigal

Sean Main

Mari Cruz Rivas

Angelica Rodriguez

Renaldo Sanders

Marta Urbano Cano

Maria Vasquez Hernandez

Vicki West

Lavette Williams

Regina Williams Bullard

Monica Zuniga

*Happy Birthday
Evergreen Providers*

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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.



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