

# 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](mailto:joinecci@gmail.com)

## June 2016 Newsletter



### CALENDAR OF EVENTS

- 06/03/16 – April 2016 Reimbursement Disbursement

### REIMBURSEMENT REMINDER

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

## 2016 ANNUAL WORKSHOP:

이번 2016 년도 Annual Workshop for Korean 은 8월에 갖을 예정입니다. 자세한 내용은 다음달(7월) Newsletter 에서 알려드리겠습니다.

## PROCESSED FOOD LIST:



### CN Label for MINH® 3.0 oz WG Chicken Egg Roll

Each 3.00 oz. Egg Roll provides 1.00 oz. equivalent meat/meat alternate, 1.00 oz equivalent grains, and 1/4 cup other vegetable for the Child Nutrition Meal Pattern Requirements. (Use of this logo and statement authorized by the Food and Nutrition Service, USDA 09-12).

가공 식품 목록이 업데이트되었습니다. 추가 된 Minh mini 치킨 롤에 대한 크레딧을 받기 위해서는, 영양 표시 지침을 따라야 하며 Meal Pattern Chart에 따라 최소한의 양을 제공해야 합니다.

### 예를 들면:

- 1 에서 2 살 아이에게 제공되는 점심 / 저녁 경우 : 1 개의 (3.0oz) eggroll, ¼ 사과 소스의 컵 ½ 컵 우유

**\*\* 참고 :** 1 개의 (3.0oz) eggroll 에는 고기(치킨), 곡물 (에그롤 Wrapper) 그리고 야채등이 최소 각 serving size 를 충족합니다 \*\*.

- 3 에서 5 살 아이에게 제공되는 점심 / 저녁 경우 : 1 개 반 (3.0oz) eggrolls, ½ 사과 소스의 컵, ¾ 컵 우유

**\*\* 참고 :** 1 개 반의 (3.0oz) eggroll 에는 고기(치킨),

곡물 (에그롤 Wrapper) 그리고 야채등이 최소 각 serving size 를 충족합니다 \*\*.

- 6 에서 12 살 아이에게 제공되는 점심 / 저녁 경우: 2개 (3.0oz) eggrolls, ¾ 사과 소스의 컵, 1 컵 우유

**\*\* 참고 :** 2 개의 (3.0oz) eggroll 에는 고기(치킨), 곡물 (에그롤 Wrapper) 그리고 야채등이 최소 각 serving size 를 충족합니다 \*\*.

Minh Mini Chicken Egg Rolls을 클레임 하시길 원하 경우는 다음과 같이 하셔야만 상황이 가능합니다.

- 서류에 클레임 하시는 경우: Minh Mini Chicken Egg Rolls 메뉴 또는 CIF 뒷면에 적으셔야 합니다.
- 온라인 클레임시: Minh Mini Chicken Egg Rolls 을 comments section(Webkids) 이나 notes section (Kids2go) 입력해주세요.

## GRITS:



그릿즈 를 Bread or alternate 으로 클레임 원하실경우는 다음과 같이 하셔야만 상황이 가능합니다.

- 서류에 클레임 하시는 경우: 그릿즈의 상호명과 첫 성분을 메뉴또는 CIF 뒷면에 적으셔야 합니다.
- 온라인 클레임시: 승인 받은 그릿즈를 사용시 상호명을 comments section(Webkids) 이나 notes section (Kids2go) 적어주세요.

## NUTRITION EDUCATION SERIES: DRINK HEALTHY!

모든사람이 음료를 더 많이 섭취하는 여름이 다가 왔습니다. 건강한 음식을 섭취하는 것만큼 중요한 것이 건강한 음료를 마시는 것입니다.

알고계십니까? 탄산 소다 한캔에는 12 테이블스푼의 설탕의 양이 들어있다는 사실요. 많은 양의 설탕을 섭취하는 것은 비만등을 발생시킬수있으며 더 나아가서는 여러가지 질병을 유발시킬수도 있습니다.

시중에 판매되는소다이외에도여러가지 형태의 음료수들이 많은 화학 성분, 설탕, 고지방 그리고 고칼로리(영양분없는) 등을 포함하고있습니다. 아이들과 여러분의 건강을 위하여 이런 음료수를 선택하지 않는 몇가지의 팁을 적어보았습니다.

1. 물을 선택하세요!! 물은 몸에필요로하는 중요한 영양소를 포함하고 있습니다. (단 개인별로 몸이 필요로 하는 물섭취양이 다를 수있습니다)
2. 아이들에게 음료수의 선택을 물, 무지방 또는 저(1%) 지방 우유 그리고 100% 주스로만 제한하여 주세요.
3. 아시는 바와같이 우유는 아이들 성장에 필요로 하는 중요한 여러가지 영양분을 보유하고있습니다. 우유제공시 저 지방(1%) 또는 무지방을 제공하여주세요.
4. 혹시라도 물, 우유 또는 주스이외에 다른 음료수를 제공하여야할경우는 양을 조절하여 아이들이 불필요한 양의 음료수를 섭취 하지않게 도와주세요.
5. 천연맛이 우러나는 물을 제공하시는 것도 좋은 방법입니다. 딸기나 레몬을 물에 넣어 제공해주세요.

Source: (<http://www.choosemyplate.gov/sites/default/files/tenttips/DGTipsheet19MakeBetterBeverageChoices.pdf>)

## HARVEST OF THE MONTH: ZUCCHINI (호박)

알고계십니까 zucchini 가 과일이라는 사실을요. 많은 분들이 아직도 야채로 인식하고있으며zucchini는 여름에 수확되는 Cucurbit family(박과 구릅) 입니다.

zucchini 는 인디언들이 제배했던 3 가지(옥수수, 콩 그리고 호박) 중



하나였으며 원산지는 이태리 그리고California 에는 1920 년에 소개되었습니다. Zucchini 는 다량의 미네랄의 종류인Manganese 를 함유하며 이 Manganese 는 뼈 성장과 발육 그리고 몸의 조직발달에도 도움을 줍니다.

### Zucchini 구입, 보관 및 요리법:

- 겉이 스무스 하며 빛이나며 사이즈에비해 약간 무거운것을 선택하세요.
- 잘익고 약간 단단한 것이 좋습니다.
- 구입후 플라스틱봉지에 넣어 냉장고에 보관하세요. (일주일정도가 적당합니다)
- Sliced zucchini 는zipper bag 에 넣어 냉장고에 보관하세요. (약 3 주 정도 가능합니다)

### Recipe: Baked Zucchini Fries

#### Ingredients:

- 5 medium – zucchini
- 1 large – egg
- 1/2 cup – bread crumbs, seasoned
- 3 tbsp – Parmesan cheese, grated
- 1 tsp – garlic powder
- 1/8 tsp – salt
- 1/8 tsp, ground – black pepper, ground



1. 작은 그릇에 계란 흰자를 넣고 소금과 후추 와 잘섞어줍니다. Zip-lock bag에 빵 부스러기 , 마늘 가루와 치즈 를 넣고 잘 흔들어줍니다.
2. Cooling rack 을cookie sheet 에올려놓고cooking spray 를 뿌려놓습니다.
3. 스틱모양으로 잘른zucchini 를 잘섞인 계란흰자에 넣었다 빼서 빵 부스러기 와 치즈 가루가 있는 봉지에넣어 흔들어서 잘 코팅합니다.
4. 빵 가루 입힌zucchini 를 다시Cooling rack에 올려놓고cooking spray를 뿌려 줍니다.
5. 구워 20 ~ 25 분 동안 425 ° 오븐에서 약20 ~ 25 분 동안 황금 갈색이 될때까지 구워줍니다. 잘익은 zucchini 는 1 % 또는 무 지방 우유와 함께 취향에 따라 마리 나라 소스와 함께 먹으면 훌륭한 간식이됩니다.

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

## Pilgrim's Pride Corporation **RECALL**(회수) 된 식품들 리스트

**아래 리스트를 참고하시고 혹시라도 구입하신 식품이있으면 아래로 연락하여  
자세한 반환 절차를 확인 하실수있습니다.**

\*Consumers with questions about the recall can contact James Brown, Consumer Relations Manager, Pilgrim's Pride, by phone 1-800-321-1470. \*

(For more information: <http://www.fsis.usda.gov/wps/portal/fsis/topics/recalls-and-public-health-alerts/recall-case-archive/archive/2016/recall-027-2016-release-exp3>)

- 42.9-lb boxes containing 6 – 5-lb clear bags of chicken and 6 – 2.15-lb sauce packets of “Green Dragon Fully Cooked Breaded Diced Chicken Leg Meat With a General Tso’s Sauce” with use by/sell by dates of 5/6/2016, 7/10/2016, and 8/6/2016 and packaging dates of 5/6/2015, 7/10/2015, and 8/6/2015.
- 10-lb boxes containing 2 – 5-lb clear bags of “Sweet Georgia Brand Fully Cooked Breaded Diced Chicken Meat” with a use by/sell by date of 5/6/2016, and a packaging date of 5/6/2015.
- 42.9-lb boxes containing 6 – 5-lb clear bags of chicken and 6 – 2.15-lb sauce packets of “Green Dragon Fully Cooked Breaded Diced Chicken Leg Meat With a Sweet Sriracha Glaze” with use by/sell by dates of 5/6/2016, and 8/6/2016, and packaging dates of 5/6/2015, and 8/6/2015.
- 42.9-lb boxes containing 6 – 7.15-lb clear bags of “Fully Cooked Seasoned Chicken Leg Meat Strips With Teriyaki Sauce” with use by/sell by dates of 12/3/2016, and 8/10/2016 and packaging dates of 12/3/2015, and 8/10/2015.
- 42.9-lb boxes containing 6 – 5-lb clear bags of chicken and 6 – 2.15-lb sauce packets of “Green Dragon Fully Cooked Breaded Diced Chicken Leg Meat With a Japanese Cherry Blossom Sauce” with use by/sell by dates of 5/6/2016, and 8/6/2016 and packaging dates of 5/6/2015, and 8/6/2015.
- 42.9-lb boxes containing 6 – 7.15 lb clear bags of “73002 Green Dragon Fully Cooked Seasoned Chicken Leg Meat Strips with New Orleans Brand Sauce” with a use by/sell by date of 08/10/2016, and a packaging date of 08/10/2015.
- 42.9-lb boxes containing 6 – 5-lb clear bags of chicken and 6 – 2.15-lb sauce packets of “Green Dragon Fully Cooked Breaded Diced Chicken Leg Meat With a Tangerine Sauce” with a use by/sell by date of 8/6/2016, and a packaging date of 8/6/2015.
- 30-lb boxes containing 5-lb clear bags of “6116 Gold Kist Farms Fully Cooked Whole Grain Breaded Chicken Nuggets Nugget Shaped Chicken Patties” with use by/sell by dates of 10/23/2016, and 03/01/2017, and packaging dates of 10/23/2015, and 03/01/2016.
- 20-lb boxes containing 5-lb clear bags of “6145 Gold Kist Farms Menu Right Fully Cooked Whole Grain Breaded Chicken Nuggets Breaded Nugget Shaped Chicken Patties” with use by/sell by dates of 05/28/2016, and 04/27/2016, and packaging dates of 05/28/2015, and 04/27/2015. 30-lb boxes containing 5-lb clear bags of “6253 Gold Kist Farms Fully Cooked Whole Grain Homestyle Breaded Strip Shaped Chicken Patties” with use by/sell by dates of 04/27/2016, and 08/06/2016, and packaging dates of 04/27/2015, and 08/06/2015.
- 30-lb boxes containing 5-lb clear bags of “6353 Gold Kist Farms Fully Cooked Whole Grain Homestyle Breaded Breakfast Chicken Patties” with use/by sell by dates of 09/17/2016, and 09/21/2016, and packaging dates of 09/17/2015, and 09/21/2015.
- 30-lb boxes containing 5-lb clear bags of “6654 Gold Kist Farms Fully Cooked Whole Grain Homestyle Breaded Chicken Patty” with use by/sell by dates of 05/11/2016, 06/05/2016, and 08/21/2015, and packaging dates of 05/11/2015, 06/05/2015, and 08/21/2014.
- 30-lb boxes containing 5-lb clear bags of “66660 Gold Kist Farms Fully Cooked Whole Grain Hot & Spicy Breaded Chicken Patty” with use by/sell by dates of 07/18/2016, and a packaging date of 07/18/2015.
- 20-lb boxes containing 5-lb clear bags of “69160 Gold Kist Farms Fully Cooked Whole Grain Popcorn Style Chicken Patty Fritters” with use by/sell by dates of 08/19/2016, and 09/25/2016, and packaging dates of 8/19/2015, and 09/25/2015.



- 10-lb boxes containing 5-lb clear bags of “70340 Pierce Chicken Fully Cooked Breaded Chicken Tenderloins” with use by/sell by dates of 09/28/2016, 09/25/2016, and 11/09/2016, and packaging dates of 09/28/2015, 09/25/2015, and 11/09/2015.
- 30-lb boxes containing 5-lb clear bags of “612100 Gold Kist Farms Fully Cooked Whole Grain Breaded Chicken Nuggets Nugget Shaped Chicken Patties” with use by/sell by dates of 07/11/2016, 11/09/2016, and 11/25/2016, and packaging dates of 07/11/2015, 11/09/2015, and 11/25/2015.
- 30-lb boxes containing 5-lb clear bags of “615300 Gold Kist Farms Fully Cooked Whole Grain Home-style Breaded Chicken Nuggets Nugget Shaped Chicken Patties” with use by/sell by dates of 10/08/2016, 10/09/2016, 10/03/2016, 10/20/2016, 11/24/2016, 10/01/2016, 10/16/2016, and 10/14/2016, and packaging dates of 10/08/2015, 10/01/2015, 10/16/2015, 10/09/2015, 10/03/2015, 10/20/2015, 11/24/2015, and 10/14/2015.
- 30-lb boxes containing 5-lb clear bags of “625300 Gold Kist Farms Fully Cooked Whole Grain Home-style Breaded Chicken Strip Shaped Chicken Patties” with a use by/sell by date of 10/16/2016, and a packaging date of 10/16/2015.
- 20-lb boxes containing 5-lb clear bags of “633100 Gold Kist Farms Fully Cooked Whole Grain Home-style Breaded Breakfast Chicken Breast Patties with Rib Meat” with a use by/sell by date of 10/03/2016, and a packaging date of 10/03/2015.
- 30-lb boxes containing 5-lb clear bags of “662100 Gold Kist Farms Fully Cooked Whole Grain Breaded Chicken Patties” with use by/sell by dates of 10/07/2016, and 08/13/2016, and packaging dates of 10/07/2015, and 08/13/2015.
- 30-lb boxes containing 5-lb clear bags of “665400 Gold Kist Farms Fully Cooked Whole Grain Home-style Breaded Chicken Patties” with use by/sell by dates of 10/06/2016, 07/24/2016, 07/01/2016, 07/25/2016, 08/29/2016, 09/12/2016, 12/02/2016, and 12/21/2016, and packaging dates of 10/06/2015, 07/24/2015, 07/01/2015, 07/25/2015, 08/29/2016, 09/12/2016, 12/02/2016, 12/21/2016.
- 30-lb boxes containing 5-lb clear bags of “666600 Gold Kist Farms Fully Cooked Whole Grain Hot & Spicy Breaded Chicken Patties” with use by/sell by dates of 10/08/2016, 09/29/2015, and 09/30/2016, and packaging dates of 10/08/2015, 09/29/2015, 09/30/2015.
- 10-lb boxes containing 5-lb clear bags of “92105 Sweet Georgia Brand fully Cooked Whole Grain Breaded Chicken Breast Nuggets Breaded Nugget Shaped Chicken Patties With Rib Meat” with a use by/sell by date of 05/28/2016, and a packaging date of 05/28/2015.
- 10-lb boxes containing 5-lb clear bags of “92430 Sweet Georgia Brand Fully Cooked Breaded Chicken” with use by/sell by dates of 09/28/2016, and 11/09/2016, and packaging dates of 09/28/2016, and 11/09/2016.
- 10-lb boxes containing 5-lb clear bags of “93406 Sweet Georgia Brand Fully Cooked Whole Grain Popcorn Style Chicken Patty Fritters” with a use by/sell by date of 05/28/2016, and a packaging date of 05/28/2015.
- 10-lb boxes containing 5-lb clear bags of “94208 Sweet Georgia Brand Fully Cooked Whole Grain Hot and Spicy Breaded Chicken” with a use by/sell by date of 07/18/2016, and a packaging date of 07/18/2015.
- 10-lb boxes containing 5-lb clear bags of “96965 Sweet Georgia Brand Fully Cooked Whole Grain Breaded Chicken Nuggets Nugget Shaped Chicken Patties” with a use by/sell by date of 10/14/2016, and a packaging date of 10/14/2015.
- 10-lb boxes containing 5-lb clear bags of “96971 Sweet Georgia Brand Fully Cooked Whole Grain Breaded Chicken Breast Patties With Rib Meat” with a use by/sell by date of 10/08/2016, and a packaging date of 10/08/2015.
- 10-lb boxes containing 5-lb clear bags of “96973 Sweet Georgia Brand Fully Cooked Whole Grain Breaded Chicken Patties” with use by/sell by dates of 07/24/2016, 07/01/2016, 12/02/2016, and 09/12/2016, and packaging dates of 07/24/2015, 07/01/2015, 12/02/2015, and 09/12/2015.
- 10-lb boxes containing 5-lb clear bags of “96978 Sweet Georgia Brand Fully Cooked Whole Grain Hot and Spicy Breaded Chicken Patties” with use by/sell by dates of 10/08/2016, and 9/30/2016, and packaging dates of 10/08/2015, and 9/30/2016.

\*Consumers with questions about the recall can contact James Brown, Consumer Relations Manager, Pilgrim’s Pride, by phone 1-800-321-1470. \*

(For more information: <http://www.fsis.usda.gov/wps/portal/fsis/topics/recalls-and-public-health-alerts/recall-case-archive/archive/2016/recall-027-2016-release-exp3>)

Antonia Trumbull

Annie Heath

Vijay Chandra

Bettye Wilson

Fanny Mel

Inna Furer

Anna Jae Kim

Isabel Mata

Paula Anette Benton

Oleg Belkin

Sheila Johnson-Wright

Svetlana Kovshilovskaya

Maria Vitela

Karine Movsesyan

Ave Maria Hamer

Narine Karibyan

Greta Paronyan

Moon Joo Jo

Debra Wooten

Ana Navidad

Margarita Hernandez

Elsa Imelda Arango

Jeanne Shamji

Belinda Vinh

Olga Mera

Sigalit Redfield

Maria Mendoza

Eboni Allen

Ji Won Kwon

Iris Mendes

Kristine Mesropy

Carnetta Randall-Cyphers

Gloria Cortez-Moreno

Jea Kim

*Happy Birthday  
Evergreen Providers*

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](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](mailto:program.intake@usda.gov).



This institution is an equal opportunity provider.