

# Evergreen Child Care Food Program

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## 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:

Please be advised that the annual workshop is coming soon.

What is the annual workshop? ECCI provides “Annual Provider Training” once a year. This training is mandatory and all providers who are in participation of CACFP must complete this annual training.

This year we will be having our annual workshop online. Please keep a look out on our upcoming newsletters and calendar of events for more information.

## IMPORTANT UPDATES

**RECALL:** Please be advised, we received notification of a recall from Pilgrim’s Pride Corporation (Pilgrim’s Pride) Fully Cooked Breaded Chicken Products. If you have purchased these following products, please dispose them immediately or return them to the place of purchase.

- 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>)

# 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).

The processed food lists have been updated and we have now added: Minh Mini Chicken Egg Rolls to the list. In order to receive credit for this process food, you MUST follow the child nutrition label instructions and serve the correct portions according to the meal pattern chart.

For example:

1. If you have a child who is 1-2 yrs old, for lunch/supper you may serve the following portions:

-1 (3.0oz) Minh WG chicken eggroll, ¼ cup of apple sauce, ½ cup of milk

**\*\*Please note:** 1 (3.0oz) Minh WG chicken eggroll will fulfill the minimum portion requirement for meat/meat alternate, grain/bread and one of the two required fruit/vegetable component. **\*\***

2. If you have a child who is 3-5 yrs old, for lunch/supper you may serve the following portions:

-1 ½ (3.0oz) Minh WG chicken eggrolls, ½ cup of apple sauce, ¾ cup of milk

**\*\*Please note:** 1 ½ (3.0oz) Minh WG chicken eggroll will fulfill the minimum portion requirement for meat/meat alternate, grain/bread and one of the two required fruit/vegetable component. **\*\***

3. If you have a child who is 6-12 yrs old, for lunch/supper you may serve the following portions:

-2 (3.0oz) Minh WG chicken eggrolls, ¾ cup of apple sauce, 1 cup of milk

**\*\*Please note:** 2 (3.0oz) Minh WG chicken eggrolls will fulfill the minimum portion requirement for meat/meat alternate, grain/bread and one of the two required fruit/vegetable component. **\*\***

This is the minimum serving size, you may serve more if desire.

If you will be claiming this new processed food, ensure to do the following:

**Providers claiming on scannable forms:** Please ensure to write “Minh Mini Chicken Egg Rolls” on your menu form or the back of the Claim Information Form (CIF).

**Providers claiming online:** Please ensure to write “Minh Mini Chicken Egg Rolls” under the comments section on Webkids or notes sections on Kids2go app.

# GRITS:



Please be advised, we have found a creditable grits.

This product may be found in your local grocery stores.

**Providers claiming on scannable forms:** Please ensure to write the name and the first ingredient on the menu or the back of the Claim Information Form (CIF).

**Providers claiming online:** When claiming this brand of grits, please write brand of grits under the comments section on Webkids or notes section on Kids2go app.



## NUTRITION EDUCATION SERIES: DRINK HEALTHY!

Not only is making healthy eating choices important but so is making healthy drinking choices as well. What you drink is as important as what you eat. Did you know one can of soda contains about 12 teaspoons of sugar? Eating 12 spoons of sugar is not good for you and may contribute to overweight and obesity which may lead to other health conditions in the future. Many types of these drinks, including soda, have bad chemicals and have too much sugar with little to no nutrients or are too high in fat and too many calories. What better way to eat healthy by choosing to drink healthy as well. Here are some tips to help you make better drink choices:



1. Water is the way to go! Choose water over soda, energy or sport drinks. Water is an important nutrient for the body but everyone's body is different. So the amount of water you drink depends on your body type.
2. Kid-friendly drink zone: Make water, low-fat (1%) or fat-free milk, and/or 100% juice the only choices to drink at your home.
3. Milk it does a body good! Low fat (1%) or fat-free milk has all the nutrients needed to help growth and strong bones without the additional fat.
4. Enjoy your beverage. When you get bored of water-enjoy the drink of your choice, but just cut back. Enjoy it in smaller portions rather than super-sized options.
5. Naturally flavored water is always healthier and taste great. Add strawberries to your water pitcher. It's not only healthier, it also tastes good.

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

## HARVEST OF THE MONTH: ZUCCHINI

Did you know that a zucchini is a fruit? Often many people refer a zucchini as a vegetable, when in reality; it is a fruit. Zucchini is a type of summer squash. It is an immature fruit grown from the Cucurbit family. Here is a slice of zucchini histo-



ry: Native Americans introduced as one of the "three sisters" (3 indigenous plants used for agriculture) which are: corn, beans and squash. Zucchini originated from Italy and was brought to California in the 1920s. More importantly, zucchini is a good source of manganese. Manganese is an essential mineral that helps bones form and grow. It is essential for normal skeletal and connective tissue development. Here are ways to add zucchini to your diet:

### Produce Tips

Choose zucchini that have smooth, shiny skin and feel heavy for their size.

Look for ripe zucchini that are firm and give slightly to gentle pressure.

Store whole zucchini in a plastic bag in the refrigerator for up to one week.

Keep sliced zucchini in a sealed bag or container for up to three days.

### 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. In a small bowl, beat egg whites and season with salt and pepper. In a ziplock bag, place breadcrumbs, garlic powder and cheese and shake well.

2. Place a cooling rack on a cookie sheet and spray the rack with cooking spray and set aside.

3. Slice zucchini into sticks and dip zucchini sticks into eggs then into bread crumb and cheese mixture, a few at a time and shake to coat.

4. Place the breaded zucchini in a single layer on the cooling rack and spray more cooking spray on top.

5. Bake at 425° for about 20-25 minutes, or until golden brown. Serve with your favorite marinara sauce for dipping and with 1% or fat-free milk for a delicious afternoon snack.

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

Antonia Trumbull

Paula Anette Benton

Karine Movsesyan

Annie Heath

Oleg Belkin

Ave Maria Hamer

Vijay Chandra

Sheila Johnson-Wright

Narine Karibyan

Bettye Wilson

Svetlana Kovshilovskaya

Greta Paronyan

Fanny Mel

Carnetta Randall-Cyphers

Moon Joo Jo

Inna Furer

Debra Wooten

Anna Jae Kim

Sigalit Redfield



Ana Navidad

Maria Mendoza

Margarita Hernandez

Eboni Allen

Elsa Imelda Arango

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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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