

Evergreen Child Care Food Program

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July 2016 Newsletter

Happy Independence Day

CALENDAR OF EVENTS

- 07/06/16 – May 2016 Reimbursement Disbursement
- 07/04/16 – In observance of U.S Independence Day, our office will be closed and meals on this holiday are NOT subject for reimbursement.

REIMBURSEMENT REMINDER

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

ANNUAL WORKSHOP:

The mandatory annual workshop will be available online as of

Wednesday, August 31, 2016

****Provider's that do not have access to a computer may contact ECCI in late August to request the workshop video in DVD and answer sheet.**

In order to fulfill their annual workshop requirement (As stated on the Permanent Agreement), providers are required to watch a video and answer the 20 questions that will appear throughout the video. Furthermore, providers must answer all the answers correct in order to receive credit for this year's workshop.

Evergreen will be uploading the workshop video on our website under the **ANNUAL TRAINING TAB**. On the Annual Training Tab providers will find the workshop video, an instructions page and the answer sheet (In PDF format). The workshop answer sheet must be submitted to

ECCI by no later than **Friday, September 23, 2016.**

*Failure to complete/pass the workshop by September 23, 2016 will determine the provider as Serious Deficient.

SUMMER MEAL SCHEDULE:

If you intend to make changes on you meal service times for the summer vacation, please ensure to contact us immediately and provide us with the following information:

Name, provider #

Ex. Mary Potter, Provider #0000

New meals and times

Ex. AM Snack 8:30am

Lunch : 12:00pm

Dinner: 4:00pm

Duration of when the new meal schedule will be effective and end.

Ex. 7/1/2016-8/10/2016

SCHOOL AGE NOTE:

Do you have any school age children who are on summer vacation and attending your day care? If so, in order to receive reimbursement for their AM Snack & Lunch meals ensure to do the following:

Providers Claiming on Scannable Forms: Complete the bottom section of your monthly Claim Information Form (CIF). If you need additional space, you may write in the back of the of the CIF Ensure to provide the child's number, reason the child was not in school (in one or two words), dates in which the child was served AM Snack & Lunch.

Example for July 2015 Claim: Child #2 Linda Smith (Summer Vacation) 07/01-31/16

Providers Claiming Online: When clicking on the attendance for an AM Snack and Lunch meal service for school age children, you must also click on the "school out" box.

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 going to the water-park or zoo on July 6, 2016, it is your responsibility to contact ECCI in advance via email, fax, or phone that you will be closed on that day due a field trip.

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

NUTRITION EDUCATION SERIES:

Life, Liberty and Pursuit of Healthy Eating!

This month we're celebrating the Independence of America and what better way to celebrate it with fireworks, sunny weather and barbecues the healthy way. After all, Thomas Jefferson once said, "Our greatest happiness does not depend on the condition of life in which chance has placed us, but is always the result of a good conscience, **good health**, occupation, and freedom in all just pursuits."

Let's celebrate America's independence by following these healthful tips:

Life: This month be full of life, get out and get active! Let your day care children play outside, or host physical activity games such as; musical chairs, freeze dance, or limbo dance. In honor of 4th of July, we challenge you to try at least 4 new physical activities with your day care children this month.

Liberty: Feel free to switch up your classic American recipes by adding more fruits and vegetables, and stay hydrated by drinking water with a twist (add fresh strawberries or oranges).

Health: As a day care provider, we understand that work may sometimes feel overwhelming. So, we suggest on your days off, spend time with your family and friends this holiday month. It is said that family, good friends and laughter is one of the best medicines. If you're being healthy most of the time, it's ok to splurge once in a while and enjoy that burger or ice cream along with the fireworks!

Source: (<http://www.letsmove.gov/blog/2013/07/03/july-4th-celebrate-life-liberty-and-pursuit-health>)

HARVEST OF THE MONTH: PEACHES/NECTARINES



July's harvest of the month is Peaches/Nectarines. Did you know peaches and nectarines are the same type of fruit? The only thing that makes them slightly different is the fuzzy outer shell of the peaches compared to the smooth outer shell of the nectarines. Also, a little known fact is that United States is the world's leading grower of peaches. They rank among the top 10 of the most commonly eaten fruits and vegetables by children in California. More importantly, peaches/nectarines are good sources of Vitamin A and C, and fiber. Vitamin A and C are antioxidants and help protect your body from damage done by free radicals in your body. Fiber can help you feel full and help keep your blood sugar level normal. Here is a Breakfast recipe to include peaches to your diet:

Recipe: Good Morning Cobbler

Makes 4 servings. 1 cup each.

Total time: 10 minutes

Ingredients:

- 2 medium peaches, sliced or 1 (15-ounce) can sliced peaches*, drained.
- 1 (15-ounce) can pear halves, drained and sliced
- ¼ teaspoon almond or vanilla extract
- ¼ teaspoon cinnamon
- ¾ cup lowfat granola with raisins
- *Canned fruit packed in 100% fruit juice.

Directions:

1. Combine peaches, pears, extract, and cinnamon in large microwave safe bowl. Stir well.
2. Sprinkle granola over the top. Cover bowl with plastic wrap. Leave a little opening for steam to get out.
3. Microwave on high for 5 minutes. Let cool for 2 minutes.
4. Spoon into bowls.

****Serve warm with a side of whole-wheat toast and 1% or Fat free milk to make a delicious breakfast for your day care children****

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

Blanca Aguilar

Maria Caniz

Angela Conley

Anait Dagesian

Yolanda Duckett

Anatoly Furer

Josefina Garza

Sun Ja Lee

Naira Meliksetyan

Nassima Mojabi

Elnetta Monroe

Viktor Pastukhov

Monica Rivera

Ok Hee Ro

Alina Taub

Cheryl Thompson

Patricia Wright

Happy Birthday Evergreen Providers

Olivia Gonzalez

Ollie Mae Goosby

Angelica Gutierrez

Sona Hovsepyan

Fidencia Jimenez

Donna Knox

Jung Ok Lee

Sylvia Quinonez

Maria Quintanilla

Marla Reid

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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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