



## Evergreen Child Care Food Program

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# September 2016 Newsletter

### CALENDAR OF EVENTS

- 09/01/16 – July 2016 Reimbursement Disbursement
- 09/05/16– In observance of Labor Day our office will be closed (Meals are not subject for reimbursement on this holiday)
- 09/23/16– 2016-2017 재등록 서류 마감일

### REIMBURSEMENT REMINDER

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



# 2016-2017 등록서류 재갱신의 달

**Enrollment Renewal Report (09/01/2016 - 09/30/2017)**

Congratulations on choosing a provider who cares about children and realizes the importance of a strong nutrition foundation early in life! The day care home provider listed below participates in the Child & Adult Care Food Program (CACFP), a nutrition program funded by the United States Department of Agriculture (USDA) and operated by Evergreen, Inc. 3960 Wilshire Blvd 4106, Los Angeles, CA 90010. The purpose of this program is to promote good eating habits among children. Providers receive cash reimbursement for approved meals. As a participant, your provider has agreed to follow USDA minimum standards in the planning and serving of meals to the children in her/his care. All food served to participating children must be served by your provider.

**TO PARENT(S):** Please check the information below for your child. Exceed or verify the COMPLETE address (city, state, zip), and phone # and the drop-off and pick-up times. Please also be connected to missing information in the space provided. Also, be sure to indicate both the date and month your child will attend. You may be contacted by Evergreen, Inc. regarding the meals claimed for your child. You MUST sign on the line to the right of the meals you indicate. **NOTE: All information is mandatory. Please complete all sections.**

Provider Name: <b>Provider, Test</b> and Address: <b>3960 Wilshire Blvd, Los Angeles, CA 90010</b>	Phone #: <b>0001</b> Phone: <b>(213) 380-3830</b>	Provider Signature:
No. Child Name: <b>Apple, Gabriela</b> Address: <b>1234 Sunset St, Los Angeles, CA 90010</b> Home Phone: <b>(213) 123-1232</b> Work Phone: Alternate Phone:	DOB: <b>04/11/2016</b> DOE: <b>04/04/2016</b> Status: <b>New</b> Sex: <b>F</b> Race: <b>N</b> Ethnicity: <b>L</b>	Days: <b>Days</b> (M) (Tu) (We) (Th) (Fr) (Sa) (Su) <b>Days</b> (M) (Tu) (We) (Th) (Fr) (Sa) (Su) <b>Days</b> (M) (Tu) (We) (Th) (Fr) (Sa) (Su)
Drop Off: <b>7:30am</b> Pick Up: <b>5:30pm</b>	Meal: <b>Days</b> (M) (Tu) (We) (Th) (Fr) (Sa) (Su) <b>Days</b> (M) (Tu) (We) (Th) (Fr) (Sa) (Su)	Room Apples: Room Name: Parent Signature: Date: Withdrawal Date:
My child is an infant, and my provider has offered to supply at least one type of non-sterilized infant formula (IF). My provider offers this formula: Enfamil.		
I will also: (X) Accept any developmentally appropriate foods offered by the provider. ( ) Supply my own foods.		
No. Child Name: <b>Apple, Blake</b> Address: <b>123 Sunset St, Los Angeles, CA 90010</b> Home Phone: <b>(213) 123-1232</b> Work Phone: Alternate Phone:	DOB: <b>04/04/2016</b> DOE: <b>04/04/2016</b> Status: <b>New</b> Sex: <b>M</b> Race: <b>N</b> Ethnicity: <b>L</b>	Days: <b>Days</b> (M) (Tu) (We) (Th) (Fr) (Sa) (Su) <b>Days</b> (M) (Tu) (We) (Th) (Fr) (Sa) (Su) <b>Days</b> (M) (Tu) (We) (Th) (Fr) (Sa) (Su)
Drop Off: <b>9:00am</b> Pick Up: <b>12:30pm</b>	Meal: <b>Days</b> (M) (Tu) (We) (Th) (Fr) (Sa) (Su) <b>Days</b> (M) (Tu) (We) (Th) (Fr) (Sa) (Su)	Room Apples: Room Name: Parent Signature: Date: Withdrawal Date:
I will also: (X) Accept any developmentally appropriate foods offered by the provider. ( ) Supply my own foods.		

Note to Parent: If your child attends any type of school, school information is required.

School Type: <b>Daycare</b>	School Name: <b>Apple, Blake</b>
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State Agency Contact Info: California Dept of Ed, Division Services Division, 1401 W Street, Sacramento, CA 95814, 916-227-2888

9월달은 지난달 워크샷에서 말씀드린바와 같이 모든 데이케어 아이들 등록서류를 재갱신 하시는 달입니다.

이번 등록서류 재갱신에 관련된 사항은 다음과 같습니다.

- ◆ 2016-2017 재갱신 서류는 각원장님들께 9월 12 일 에서 9월 14 일 사이에 우편을 통해 배달됩니다.
- ◆ 작성된 재갱신 서류는 **9월 23 일까지** 에버그린으로 다시 보내주세요.
- ◆ 2016 년 10 월 부터 클레임 하실 아이들은 9월안에 모두 재갱신되어야합니다.
- ◆ Due date 안에 재갱신 되지않은 아이들은 October 1, 2016 부터 상환이 되지 않습니다.
- ◆ 9월에 등록되는 아이들은 재갱신이 필요하지않습니다.
- ◆ 모든 재갱신 등록서류는 4 년간 보관되어야합니다.

더 자세한 내용은 워크샷에서 받으신 HANDOUT 을 참고하세요 !!



# 이달의 수확 : KIWI

이번 9 월달의 수확은 키위 입니다.

알고 계십니까? 키위가 딸기와 같은 BERRY 그룹이라는 것들요? 키위는 현재의 이름으로 불리지전에는 “Chinese gooseberry” 라는 이름으로 불리었고 또한 이과일은 중국에서 유래되었다 합니다.

하지만 1959 년에 본격적으로 재배가 시작된곳은 뉴질랜드이며 그나라의 새 이름인 “키위” 라는 이름을 인용해 지금의 키위가 되었다 합니다.

키위에는 다량의 비타민 c가 함유되어 있으며 아시는 바와 같이 비타민 c는 강력한 항산화제(antioxidant)입니다. 또한 비타민 c는 아스 코르 빈산 (ascorbic acid)으로 알려져있으며 몸이 음식에 포함하고 있는 철분을 흡수하는데 큰도움을 줍니다.



**키위에 관한 몇 가지 건강한 팁은 다음과 같습니다 :**

- 키위의 피부는 식용입니다. 사과처럼 전체를 드셔 보십시오!
- 아침 식사 : 팬케익을 만들시 키위 슬라이스를 사용해 웃는 얼굴을 만들어 보세요. 두 개의 키위 슬라이스로 눈을 만들고 딸기와 바나나를 사용하여 코와 입을 만드셔서 1% 또는 무 지방 우유와 같이 제공하여주세요.
- 오전이나 오후 간식 : 달콤한 맛의 키위 슬라이스를 칼슘이 풍부한 저지방 요구르트에 넣어 제공하세요.
- 키위는 고기 연육제 역할을 합니다. 키위가 포함하고있는 효소(proteins produced by living things, like fruit)가 고기를 부드럽게 만든다고 데이케어 아이들 에게 설명하여주세요.
- 키위를 사용하여 데이 케어 아이들과 건강한 과일 샐러드를 만들어 보세요. 필요로 하는 키위양은 식사 패턴 차트를 참고하세요. \* ½ 컵양의 키위는 중간 사이즈 키위와 동일합니다.



Phyllis Anka  
Senik Avetisyan  
Ruth Brooks

Shlomit Hayun  
Cheryl Howard

Rosa Lara  
Johana Legazpi  
Ana Maria Lopez

*Happy Birthday  
Evergreen Providers*

Randi Colar  
Angel Dalpathado  
Susan Garcia

Maria Olid  
Mirian Taura  
Hye Ran Yun

Farzaneh Javadi  
Hector Jurado

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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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