

Evergreen Child Care Food Program

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October 2016 Newsletter

CALENDAR OF EVENTS

- **10/06/16** - 2016 August Reimbursement Disbursement (For Direct Deposit Providers)
- **10/12/16** - 2016 August Reimbursement Disbursement (For Check Providers)
- **10/10/16** - In observance of Columbus Day our office will be closed (Provider are approved to claim meals on this holiday)

REIMBURSEMENT REMINDER

- *The August 2016 Federal reimbursement has been disbursed for providers registered for direct deposit if your meal claim was submitted on time.*
- *Providers registered for check reimbursement, if you wish to receive your reimbursement prior to 10/12/16, you may register to get your August reimbursement deposited to your bank account. Please see next page for instructions.*
- *Manual Claiming Providers: All October claim forms must be submitted no later than November 5, 2016. If documents are submitted anytime later, meal claims will be considered a late (adjustment) claim.*

체크 상환금:

체크로 상환금을 지급받으시는 원장님들께 알려드립니다.

지난달에 오더한 체크가 지연되는 관계로 아마도 다음주 화요일쯤에 오더한 체크를 받을예정입니다. 그러므로 이번 8월달 상환금 지급은 다음주 수요일(10/13)쯤에나 가능할것 같습니다.

다음주 수요일 이전에 상환금을 받기 원하시는 분들은 이번주 목요일 (10/6) 또는 금요일(10/7) 오후 2시전까지 Direct Deposit 양식을 작성하여 에버그린에 보내주시면 목요일에 접수된 신청은 금요일 그리고 금요일에 접수된 신청은 다음주 화요일에 각 은행좌로 입금해드립니다. (Direct Deposit Form 은 에버그린 웹사이트 FORMS 라는 메뉴 탭에서 찾을수 있습니다)

**에버그린은 10 월 10 일 월요일에는 콜럼버스 날로 CLOSE 합니다.

ENROLLMENT RENEWAL:

9월은 원장님의 데이케어에 등록되어 있는 모든 아이들을 재등록 하시는 달이었습니다. 아직까지 재등록 서류를 제출하지 않으신 원장님께서서는 10 월 1일 부터 제공하시는 식사가 상환이 되지않음을 알려드립니다. 재등록 서류를 제출하지않으셔서 등록이 재갱신않된 아이들은 에버그린이 재등록 서류를 받은 다음날부터 클레임이 되는점 유의하시고 아직 보내지 않으신 원장님이 계시면 서둘러 제출해 주시기 바랍니다.

2016-2017 CACFP REIMBURSEMENT RATES: 2016 년 7 월 1일 부터 2017 년 6 월 30일 까지

사용될 상환금 RATE 입니다.

Day Care Homes (Child Care Only) Federal Reimbursement

	<i>Tier I</i>	<i>Tier II</i>
Breakfast	\$1.31	\$0.48
Lunch/Dinner	\$2.46	\$1.49
Snacks	\$0.73	\$0.20

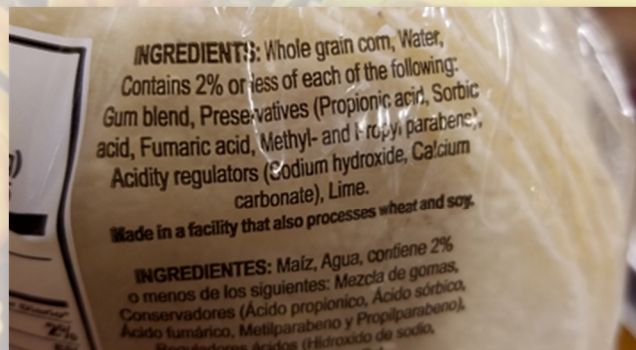
MEDICAL STATEMENT FORMS: We now have medical statement forms available in our website in 4 languages: **English, Spanish, Korean, Tagalog.** To access the medical statements forms, please visit our website the location is under the Forms tab.

NEW CREDITABLE TORTILLA: The creditable tortilla list has been updated and we have now added the following to the list:

OLE TORTILLA DE MAIZ: 1st ingredient whole grain corn



LA BANDERITA CORN TORTILLA: 1st ingredient Whole Grain Corn



The following tortilla is also LA BANDERITA brand, however this particular tortilla is NOT creditable since the first ingredient is not whole corn.

La Banderita **Sabrosísimas Tortilla De Maiz:** 1st ingredient **Corn** (Ground corn treated with calcium hydroxide and water)



FOODS ADDED ON THE MINUTE MENU FOOD LIST: The following foods have been added

- Crepe
- Parmesan Cheese
- Lavash Bread

Please be advised that in order to be creditable in the CACFP, grain/bread items must be:

- Whole-grain or enriched or
- Made from whole-grain or enriched meal or flour.

NUTRITION EDUCATION SERIES: ALL ABOUT DAIRY

Everyone hears the famous line “Milk it does a body good.” Believe it or not, it is true. Eating dairy products is beneficial to your health. According to choosemyplate.gov (2016), Foods in the Dairy Group provide nutrients that are vital for health and maintenance of your body. These nutrients include calcium, potassium, vitamin D, and protein.



Nutrients

- Calcium is used for building bones and teeth and in maintaining bone mass. Dairy products are the primary source of calcium in American diets. Diets that provide 3 cups or the equivalent of dairy products per day can improve bone mass.
- Diets rich in potassium may help to maintain healthy blood pressure.
- Dairy products, especially yogurt, fluid milk, and soymilk (soy beverage), provide potassium.
- Vitamin D functions in the body to maintain proper levels of calcium and phosphorous, thereby helping to build and maintain bones. Other sources include vitamin D-fortified yogurt and vitamin D-fortified ready-to-eat breakfast cereals.
- Milk products that are consumed in their low-fat (1%) or fat-free forms provide all the nutrients needed with little or no solid fat.

Health benefits

- Intake of dairy products is linked to improved bone health, and may reduce the risk of osteoporosis.
- The intake of dairy products is especially important to bone health during childhood and adolescence, when bone mass is being built.
- Intake of dairy products is also associated with a reduced risk of cardiovascular disease and type 2 diabetes, and with lower blood pressure in adults.

HARVEST OF THE MONTH: APPLES

October's harvest of the month is Apples. Did you know that there are more than 2,500 varieties of apples grown in the United States alone? Additionally, more than 7,500 apples are grown worldwide. California alone grows these type of varieties of apple that include, the Red Delicious, Golden Delicious, Gala, Fuji, Granny Smith, McIntosh, Rome, Jonathon, and Pink Lady. More importantly apples are a good source of Fiber. Fiber is a carbohydrate and is one of the main sources of energy for your body. Apples are best when eaten with the peel, as that is where most of the fiber and antioxidants are found. Here is an easy and healthy breakfast recipe to serve to your day care children.



Homemade Apple Oatmeal: Makes about 12 servings (1 cup)

Ingredients:

- 3 large apples, cored
- 3 cups of quick cooking oats
- ½ tablespoon of ground cinnamon
- 5 ¼ cups of 100% apples

Directions:

1. Chop apples into bite-sized chunks.
2. Combine apple chunks, oats, cinnamon, salt, and apple juice in a large microwave-safe bowl. Cover bowl with lid or plastic wrap. Leave a little opening for steam to get out.
3. Microwave on high for 3-4 minutes, stirring once after 2 minutes.
4. Stir and let cool 1 minute before serving.

****Serve with 1% or Fat-free milk for a healthy and delicious breakfast for your day care children ****

Nutrition information per serving: Calories: 52, Carbohydrate 11 g, Dietary Fiber 1 g, Protein 1 g, Total Fat 0 g, Saturated Fat 0 g, Trans Fat 0 g, Cholesterol 0 mg, Sodium 26 mg

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

Sharon Baker-Stewart

Joy Jakes-Shackelford

Janine Martinez

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La Tricia D Johnson

Isabel Mundy

Rosilyn Batiste

Ramatu Kamara

Brenda Phillips

Cynthia Beezer

Clara BeomKim

Julia Salazar

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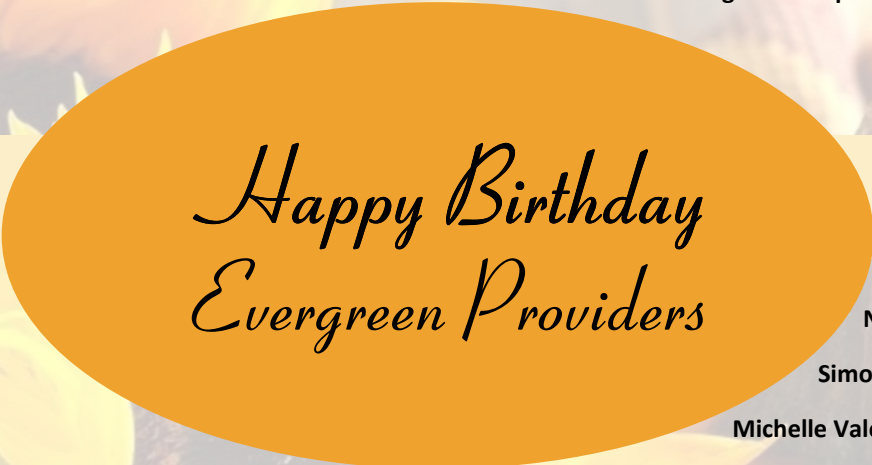
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Katherine Cornish

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Nicole Trimble

Meronica Franklin

Simona Tsinman

Sonia Gonzalez

Michelle Valencia

Alba Guerreiro

Doris Van Norton

Hortencia Gutierrez

Karine Kirakosyan

Roxana Beatriz Velasco

Aura Huete

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Mikyong Yi

Leonila Irias

Melinda Luis

Siranoosh Yousefi

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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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