

# 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.*



**CHECK REIMBURSEMENT:** Unfortunately the checks we ordered are delayed and will arrive in a couple of days. Therefore, the August 2016 reimbursement checks should be mailed by no later than **Wednesday, October 12, 2016**.

However, if you would like to receive your August reimbursement prior to October 12, 2016, you may **ENROLL FOR DIRECT DEPOSIT** and your reimbursement can be deposited in your bank account the following day. The direct deposit form is available in our website under the FORMS tab. Please fax or bring the completed form to us prior to 2:00 PM on **October 6 or 7**(Our office will be closed on October 10 in observance of Columbus Day). *We apologize for the inconvenience.*

**ENROLLMENT RENEWAL REPORT:** Please be advised that the Enrollment Renewal Report is now ***past due***. For providers who have not turned in their completed Enrollment Renewal Report, their active daycare children will automatically be withdrawn as of October 1, 2016. In addition, meals claimed for these daycare children will not be subject to reimbursement until the ***day after*** we receive a completed enrollment renewal report.

For example; if you have a child who was automatically withdrawn on October 1, 2016 but you turned in the completed enrollment renewal report on October 5, 2016 you will begin to receive reimbursement for this child's meals as of October 6, 2016.

**2016 ANNUAL WORKSHOP RESULTS:** Evergreen Child Care Inc. (ECCI) would like to thank everyone for completing the annual workshop. The results of the annual workshop are posted in our website under the "Forms" tab. Once you click on Forms tab, click on the icon titled ANNUAL WORKSHOP RESULTS.

**2016-2017 REIMBURSEMENT RATES FOR DAYCARE HOMES:** These reimbursement rates are effective as of July 1, 2016 to June 30, 2017.

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

**DAILY IN & OUT TIME REGULATION:** During the recent claim reviews and monitoring visitations, we have noticed that a number of our providers have missed in and out times for more than one child in the claiming month. As a reminder, recording in and out times (when applicable) is part of the record keeping regulation.

Please be advised that violation of record keeping regulation may lead to a Serious Deficiency. A violation of the Record Keeping Regulation can be as little as missing in and/or out times for one child on any given day. Also note, that if you are missing in and/or out times for a child on a given day, you will not receive reimbursement for all of his/her meals for that day.

**When is it required to do in and out times?** When the total number of daily attendance is greater than the license capacity and/or number of daily meals claimed for any meal types are greater than the license capacity, providers are required to record daily in/out times for **ALL** children. Please be advised, recording daily in/out times are only accessible through Minute Menu online claiming.

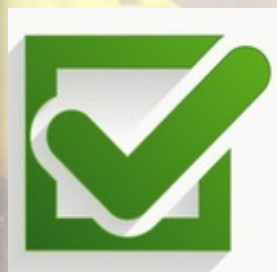
For better practices: We strongly recommend providers check their in and out times along with reviewing meals and/or print out your in and out times every day before 9:00pm to ensure your complying with the record keeping requirement.. For more information on policies and regulations please visit our website the location is under the **Policies and Regulations** tab.



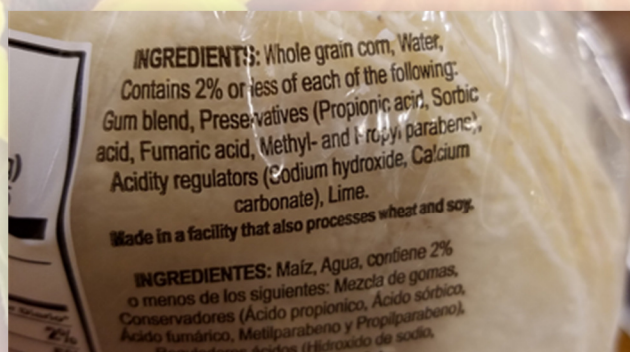
**MEDICAL STATEMENT FORMS:** We now have medical statement forms available in our website in 4 languages: **English, Spanish, Korean, Tagalog.** To access the medical statements forms, please visit our website the location is under the Forms tab.

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

**OLE TORTILLA DE MAIZ:** 1<sup>st</sup> 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:** 1<sup>st</sup> 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.

### Why is it important to make fat-free or low-fat (1%) choices from the Dairy Group?

Choosing foods from the Dairy Group that are high in saturated fats and cholesterol can have health implications. Diets high in saturated fats raise "bad" cholesterol levels in the blood. The "bad" cholesterol is called LDL (low-density lipoprotein) cholesterol. High LDL cholesterol, in turn, increases the risk for coronary heart disease. Many cheeses, whole milk, and products made from them are high in saturated fat. To help keep blood cholesterol levels healthy, limit the amount of these foods you eat. In addition, a high intake of fats makes it difficult to avoid consuming more calories than are needed.

Source: (<http://www.choosemyplate.gov/dairy-nutrients-health>)



# 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**

**Yaffa Basson**

**Rosilyn Batiste**

**Cynthia Beezer**

**Hyang Choi**

**Maxine Cooley**

**Katherine Cornish**

**Maria Escobedo**

**Joy Jakes-Shackelford**

**La Tricia D Johnson**

**Ramatu Kamara**

**Clara BeomKim**

**Jin ju Kim**

**Janine Martinez**

**Isabel Mundy**

**Brenda Phillips**

**Julia Salazar**

**Enkhtuya Sonompel**

**Angela Swoope**

## *Happy Birthday Evergreen Providers*

**Faye Jean Evans**

**Meronica Franklin**

**Sonia Gonzalez**

**Alba Guerreiro**

**Hortencia Gutierrez**

**Aura Huete**

**Leonila Irias**

**Karine Kirakosyan**

**Yoon Hee Lee**

**Melinda Luis**

**Nicole Trimble**

**Simona Tsinman**

**Michelle Valencia**

**Doris Van Norton**

**Roxana Beatriz Velasco**

**Mikyong Yi**

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



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