



December 2016 Newsletter

Evergreen Child Care Food Program

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CALENDAR OF EVENTS

12/09/16 – 2016 October Reimbursement Disbursement.

12/26/16 – Meals will be subject for reimbursement the day after Christmas. However, our office will be closed.

REIMBURSEMENT REMINDER

The October 2016 Federal reimbursement has been disbursed if your claim was submitted on time.

Manual Claiming Providers: All December claim forms must be submitted by no later than January 5, 2017. If documents are submitted anytime later, meal claims will be considered a late (adjustment) claim.

Merry Christmas and Happy Holidays! 이번 연말에 한번쯤은 따뜻하게 렌틸콩과 현미로 만들어진 스프를 즐겨보세요.

Lentil and Brown Rice Soup (렌틸콩 과 현미 스프)

Ingredients

6 carrots
4 stalks of celery
6 cloves of chopped garlic
2 cans of diced tomatoes
2 cups of brown rice
2 cups of lentils
20 cups of water
2 tablespoons of chicken base (or better than Bouillon)
Salt and pepper
4 bay leaves (월계수 잎)

Directions

1. 준비된 야채를 잘게 자르세요.
2. 오븐에 사용하실 POT을 올려놓고 medium-high로 온도를 맞추후 POT 에 올리브 오일을 살짝 뿌려주세요.
3. 월계수잎과 렌틸콩을 제외한 모든 야채를 넣고 약간의 소금과 후추를 뿌리신후 약 5분에서 6 분 가량 익히세요.
4. 월계수 잎과 렌틸콩을 넣고약 1분간 잘 젓으세요
5. 닭고기베이스의 스프와 물을 붓고 끓으신후 오븐 온도를 낮추어 서서히 끓게한 후 끓인 열을 약하게하고 약 45-50 분 정도 식힌다.

6. 수프가 요리되는 동안 쌀을 따로 요리하세요. (쌀을 따로 지으셔야지 스프의 액체가 유지됩니다)

스프 와 쌀 모두 준비가 되면 수프에 밥을 넣고 드시면 됩니다.

*위의 재료와 방법으로 만들어진 스프는 CACFP의 육류 / 육류 대체품 및 곡물에 대한 구성 요소 요구 사항을 충족합니다.

(Source: CDI/CDC (Child Development Centers recipe book)



Happy Birthday Evergreen Providers

Maria Aguirre
Jacqueline Bonseigneur
Karen Carpenter
Carolina Castellon
Madeline Crowder

Denise Davis
Olivia Green
Mariam Hakobyan
Mona Hillman
Brenda Jackson
Carolyn Jackson
Keum Kang
Abie Kanu
Avag Karakhanyan
Karine Khalafian
In Ha Lee
Patricia Manzo
Marva Melvin
Claudia Mendez
Reena Nanayakkara

Dolores Nunley
Jesusa Calesin Ocab
Gioconda Porras
Evangelina Rangel
Catalina Romero
Esperanza Shearer
Mieko Shimohira-Quintero
Deborah Sims
Concepcion Valencia
Muriel Vasco
Arstine Willis
Omma Woods
Nina Yeremian

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Office of the Assistant Secretary for Civil Rights
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Washington, D.C. 20250-9410;
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