

Evergreen Child Care Food Program

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February 2017 Newsletter

CALENDAR OF EVENTS

02/20/2017– Our office will be closed in observance of Presidents Day. Please be advised, meals are not subject for reimbursement on this holiday.

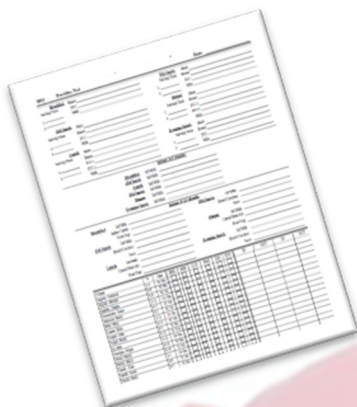
REIMBURSEMENT REMINDER

The December 2016 Federal reimbursement will be disbursed the week of February 13 (If your claim was submitted on time).

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

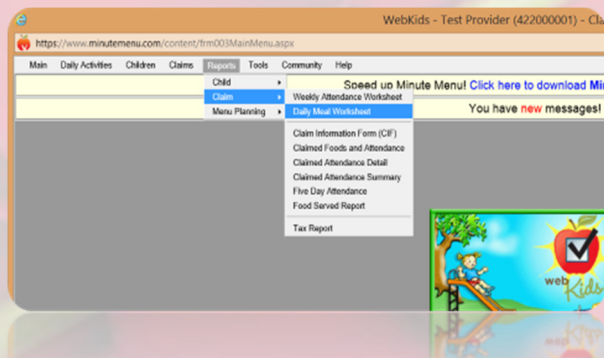
TECHNICAL ISSUES (PROVIDERS CLAIMING ONLINE):

Lately, we have a number of providers, who are contacting us, as they are unable to log in meals due to technical issues. Please be advised, if you are experiencing technical issues, in order to receive credit for your meals, you must do the following **the same day before 10pm:**



- Contact Evergreen Child Care Inc. (ECCI) by sending an e-mail or by leaving a message on our voicemail to report the problem you have encountered.
- Fax or e-mail us the daily meal worksheet*

*Your meal claim must be recorded on the daily meal worksheet during or right after each meal service (within 30 minutes after each meal service) on the day in which the technical issue has been encountered. The daily meal worksheet can be accessed from your Minute Menu WebKids account. We highly suggest you print a few worksheets to have in hand in case you experience a technical difficulty (Click on Reports>Claims>Daily Meal Worksheet)



What constitutes as technical issues?

Technical issues include: power outage, internet down, computer down etc. Please be advised, ECCI must have a legitimate reason as to why the attendances and/or menus were not recorded on web-kids or kids2go app. "I forgot to log in meals" is NOT an acceptable reason for ECCI to log in your meals. In addition, you are required to provide an acceptable proof of technical issues.

What is an acceptable proof of technical issues?

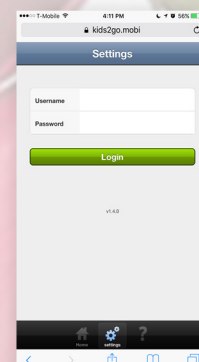
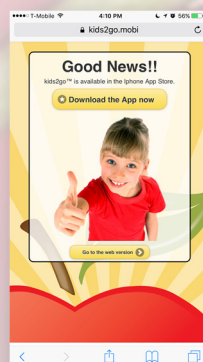
- If your computer is down due to a virus, take a picture (time dated and stamped) of the computer under that condition.
- If you are experiencing internet issues, provide proof from your

internet provider that you have contacted them and they are working on the issue.

- If you are having issues due to power outage, you must provide proof from your power company that your area has a power outage.

For better practices, here is an alternate way you can claim your meals if you are having technical issues:

- You may use the Kids2go application on your phone/ tablet or someone's smart phone/tablet(i.e. your assistant's or family member's smart phone/tablet).
- You can still access the kids2go app via web browser on any phone by doing the following:
 - Type "kids2go.mobi" on your web browser
 - Click on go to web version
 - Enter your username and password



FISH: During recent claim reviews, we have noticed a few providers who claimed fish on their menus without specifying the type of fish they served. Please be advised, if you are serving fish, in order to receive credit, you must specify the type of fish (Ex. Tilapia, Cod Fish, etc.).

PROVIDERS CLAIMING ONLINE: If you are using one of the following options:

- ⇒ Fish (123)
- ⇒ Fish fillet (034)
- ⇒ Fish soup (124)

You must enter the type of fish on the comments section, located under the record meals section.

CLAIMING ON SCANNABLE FORMS: You must write the type of fish on the menu directly or indicate the type of fish you are serving in the back of your Claim Information Form (CIF).

PROCESSED FOOD

LIST: The processed food lists have been updated and we have now added: **Fast Fixin' Chicken Breast Nuggets** to the list.

Providers claiming on scannable forms: If you are claiming this type of chicken nuggets, please ensure to write “**Fast Fixin' Chicken Breast Nuggets**” on your menu form or the back of the Claim Information Form (CIF).

Providers claiming online: If you are claiming this type of chicken nuggets, please ensure to write “**Fast Fixin' Chicken Breast Nuggets**” on the comments section, located under the record meals section.



HARVEST OF THE MONTH: GRAPEFRUIT



Did you know that California grown grapefruits are in season from winter to spring? California is the 2nd leading state to grow citrus fruits (2nd to Florida). There are more than 20 varieties of grapefruit grown in California. More importantly, they are an excellent source of vitamin C. Vitamin C is good for your immune system. It helps maintain healthy bones and teeth. It is also an antioxidant that helps protect our bodies from free radicals. Here is a great breakfast recipe to incorporate grapefruit into your diet.

Breakfast Fruit Cup (Makes about 16 servings at ½ cup each)

Ingredients

- 4 large pink or red grapefruits
- 4 medium bananas peeled and sliced.
- ¼ cup raisins
- 1 1/3 cups of low-fat vanilla yogurt
- 2 teaspoons of ground cinnamon
- 16 Small paper cups and spoons

Directions:

- Peel grapefruit and remove seeds and slice into bite size pieces.
- In a large bowl, combine bananas and grapefruit.
- Divide fruit into cups
- Top with a spoonful of yogurt
- Sprinkle with cinnamon

****Serve with a whole wheat waffles and 1 or fat-free milk for a fresh and healthy breakfast**** Source: (<http://harvestofthemonth.cdph.ca.gov>)

FEBRUARY 2017 NUTRITION EDUCATION SERIES: PHYSICAL ACTIVITY



Physical activity is just as important as eating nutritious meals. Being physically active helps your day care kids learn healthy habits. Children who participate in active play can get the physical activity they need to maintain a healthy weight, develop muscles and strong bones, and reduce their risk of developing chronic disease such as Type 2 diabetes. Here are some tips to stay active throughout the day.

1. Take 10

Do at least 10 minutes of activity at a time. For example, 10-minute walk and explore around your neighborhood with the kids. If you have an infant or toddler, take a long walk using the stroller and everyone gets some fresh air.

2. Mix it up

Start the week with a 10 minute walk after lunch time, then do a dance activity, or have them play physical activity games such as, musical chairs and/or freeze dance.

3. Find ways to move

Encourage your day care children to play actively several times a day. Active play can include playing in the playground, playing tag with friends, or throwing a ball.

4. Limit TV and computer time

Make sure TV and screen time is less than 2 hours day.

5. Be an active role model

Being active yourself tends to encourage children to be active as well. As a daycare provider, you are a role model. So, you influence your day care children's behavior, attitudes, and future habits. Set an example by being physically active yourself throughout the day.

Source: (<https://choosemyplate-prod.azureedge.net/sites/default/files/audiences/HealthyTipsforActivePlay.pdf>)

Happy Birthday *Evergreen Providers!*

Miguela-Lyn Adams

Shaneka Carter

Teresa Contreras

Oksano Danylchenko

Saira Estrada

Deanna Featherstone

Lafrunde Glenn

Ernestine Hayes

Lacole Hubbard

Ozra Lotfizadeh

Sevinj Mirza Tagi

Alexis Parker

Gabina Rodriguez-Santiago

Rouzanna Sarkisian

Jermaine Thompson

Kimiko Whittaker

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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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