

Evergreen Child Care Food Program

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March 2017 Newsletter

CALENDAR OF EVENTS

03/07/2017 – 2017 January Reimbursement Disbursement.

03/12-18/2017– National CACFP Week

REIMBURSEMENT REMINDER

The January 2017 Federal reimbursement has been disbursed if your claim was submitted on time.

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

Happy National CACFP Week!

March 12-18, 2017



There are thousands of people who are making sure preschool children in America are getting access to healthy foods on a regular basis and many of our neighbors haven't ever heard of it! That's the mission of National CACFP Week – to raise awareness across the nation and encourage communities to come together to learn and acknowledge the many ways we all benefit from the hard work and dedication of CACFP professionals and the program itself. Don't miss your opportunity to tell someone about CACFP!

RECORD RETENTION REGULATION:

Please be advised, the Record Retention Regulation states that all providers who are participating in the Child and Adult Care Food Program (CACFP) must keep copies of **ALL** CACFP documents for 4 years. Providers must retain their records onsite for the current month, in addition to the current year and three fiscal years prior. Past records (with the exception of the current month and previous 12 months) can be stored offsite as long as they are accessible within reasonable time frame upon request. Failure to comply with the Record Retention Regulation would be used as grounds to determine the provider as a "Serious Deficient".

Providers claiming on scannable forms must keep copies of:

- Enrollment renewal reports
- Carbonated copies of enrollments and UPDATED enrollments
- Carbonated copies of menus
- Claim Information forms (CIF)
- Medical Statements/Milk Substitution Forms (If applicable)
- Meal Benefit Forms (if applicable)
- Evergreen Contract (Permanent Standard Agreement)
- Other documents related to CACFP

Providers claiming online must keep copies of:

- Enrollment Renewal reports
- Children's enrollment forms and UPDATED enrollment forms.
- Medical Statements/Milk Substitution Forms (If applicable)
- Meal Benefit Forms (if applicable)
- Records of when you were claiming on scannable forms, prior to claiming online (If applicable).
- Evergreen Contract (Permanent Standard Agreement)
- Other documents related to CACFP

Evergreen Child Care Inc. (ECCI) and/or the California Department of Education (CDE) staff may ask to see the enrollment renewal report for the current year and/or enrollment forms for each child present at the time of each monitor visit **

Failure to comply with the Record Retention Regulation:

First Occurrence: Provider who fails to retain copies of all CACFP documents will be given on-site training in regards to the Record Retention Regulation. In addition, Evergreen Child Care Inc. (ECCI) will issue a Corrective Action letter and a corrective action plan will be required. A follow-up visit may be conducted within 30 days to determine if the corrective action plan is adequate.

Second Occurrence: If the provider fails to be in compliance with the Record Retention regulation in any subsequent visits, ECCI will initiate the SD process and issue a Serious Deficiency letter. A corrective action plan will be required and a follow-up visit will be conducted within 30 days to determine if the corrective action plan is adequate.

For better practices:

We highly suggest keeping your current enrollment renewal copy, new children's enrollment and any updated enrollments together (**October 1st of current year to September 31 of the following year**); as those will be your current enrollments.

For more information: <http://evergreencacfp.org/uploads/14714759052016-ecci-provider-manual.pdf>

PEANUT BUTTER/ALMOND BUTTER:

Peanut/almond butter is a common meat/meat alternate component that is served to day care children during major meals (lunch & dinner). Please note, in order for peanut/almond butter to meet the minimum serving size for major meals (lunch & dinner), children ages 3-5 years must be served at least 3 tablespoons and children ages 6-12 years must be served at least 4 table spoons. However, 3 and 4 tablespoons of peanut/almond butter is often **too much** to be consumed by children.



In order to receive credit when claiming peanut/almond butter for lunch or dinner, you must do one of the following:

- If claiming **only** peanut/almond butter, in order to receive credit, make sure to write the table spoons amounts so we can ensure that you are meeting the meat alternate serving size.
- If claiming another meat/meal alternate component aside to the peanut/almond butter, in order to receive credit, write peanut/almond butter and the second meat/meal alternate on your menu (Example: Peanut butter & cheese cubes).

We strongly suggest that a second meat/meat alternate (such as cheese cubes or a ½ of hardboiled egg) be served a long with a smaller serving size of peanut/almond butter.

LUNCH & DINNER-PEANUT/ALMOND BUTTER REQUIRED TABLE SPOONS

1-2 YEARS OLD	3-5 YEARS OLD	6-12 YEARS OLD
		

SNACKS-PEANUT /ALMOND BUTTER REQUIRED TABLE SPOONS

1-2 YEARS OLD	3-5 YEARS OLD	6-12 YEARS OLD
		

For example, for lunch or dinner, you may serve the following to children ages 3-5 years:

- 1 tablespoon peanut butter **and** a side of string cheese
- Whole Wheat Bread
- Apple Sauce
- Baby Carrots
- 1% or Fat-free Milk.

For example, for AM/PM snack, you may serve the following to children ages 3-5 years:

- 1 tablespoon of peanut butter
- Whole-Wheat Bagel

For more information, please refer to your meal pattern chart posted in your kitchen for the minimum serving sizes per child/ age group.

IMMIGRATION FEARS: With the recent news that has escalated about federal Immigration, we want to share some important information that may be beneficial for you and your day care children.

Please be advised, preschool and child care sites are “sensitive locations” in which immigration enforcement (ICE raids) actions may **not** occur. The US Department of Education released a fact sheet about safe spaces, which includes child care.

For more information and to access the fact sheet, please visit: <https://www2.ed.gov/about/overview/focus/safe-spaces-fact-sheet.pdf>

HARVEST OF THE MONTH: AVOCADO



Did you know that avocados are actually a fruit, not a vegetable? Many people think avocados are vegetables but they are not. Avocado comes from an evergreen fruit tree of the flowering plant family called, Lauraceae. There are more than 80 different types of avocados that are grown in California. However, the most common avocado is the Hass avocado. More importantly, they are an excellent source of monosaturated fat (healthier fat). Monosaturated fat are nutrients that help make cells, help absorb vitamins, help lower the “bad” cholesterol levels (LDL cholesterol) in your body and may raise the “good” cholesterol levels (HDL) in your body.

Here are some healthy serving ideas for Avocados:

- Use avocados to make guacamole and salsa dips. Serve with baked whole wheat tortilla chips, baked potatoes, or salads.
- Mash avocados and spread on sandwiches instead of mayonnaise.
- Top scrambled eggs with diced avocados and serve with whole wheat toast and 1% or fat-free milk for a healthy and delicious breakfast.



California Stacker Recipe:

Ingredients

- 3 ripe avocados
- 1 (16 oz) basket of cherry tomatoes
- 1 bag of whole-wheat crackers

Directions:

- Cut avocados in half, Remove peel and pit.
- Dice avocados with a knife.
- Stack one tablespoon of avocados onto the cracker and one tomato on top.

Serve as a healthy and refreshing AM or PM Snack with a side of 1% or fat-free milk. Make sure you check your food chart in order to serve the right amount of portions per child/age group.

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

MARCH 2017 NUTRITION EDUCATION SERIES: BUILD HEALTHY MEALTIME HABITS



Preschoolers learn a lot from adults. They love to copy what their parents and role models do. They mimic table manners, willingness to try new foods, and preferences. Take time to help your day care kids build healthy mealtime habits together.

1. Plan meals and snacks

When you pre-plan your menus, offer a variety of fruits and vegetables on your menu. Remember, it's all about the nutrition of your day care children. So, plan menus that offer variety of fruits and vegetables throughout the week.

2. Make meals enjoyable

Eat meals with your children whenever possible. Let them help you prepare the meal. Make conversation about something that made them laugh. Keep mealtime upbeat and stress free.

3. Choose healthier options for snack

Pair a slice tomato with low-fat cheese on top of a whole-wheat bread or add nut butter to a 100% whole-wheat mini bagel.

4. Keep things positive

Talk about color, feel or flavor of foods so they sound appealing to your preschooler. Discourage others from making negative comments about foods during meals.

5. Develop taste buds

When preschoolers develop a taste for many foods, it's easier to plan meals. Keep in mind that it may take a dozen tries for a child to accept a new food.

6. Visit the market

Shopping can teach your preschooler about food and healthy eating. Take them with you the market and talk about where foods come from and how they grow.

7. Let children practice serving themselves

Include smaller cuts of fish or meat and offer small serving utensils so they get just enough during meals. Encourage them to ask for more if they are still hungry.

8. Beverages are important, too

Water helps quench your preschooler's thirst, and milk provides nutrients for growth. Make sure you offer water at all times and fat-free or 1% low-fat milk as beverage choices and limit offering 100% juice during snacks and breakfast to once a week.

9. Help them know when they are full

Encourage your child to stop eating when he or she is full rather than when the plate is clean. When your child is not interested in the meal, excuse him or her from the table.

10. Reward with attention not treats

Rewarding children with sweets desserts or snack may encourage them to think that treats are better than other foods. Comfort and reward with care and praise, not food.

Source: https://choosemyplate-prod.azureedge.net/sites/default/files/tentips/DGTipsheet38BuildHealthyMealtimeHabits_0.pdf

Happy Birthday *Evergreen Providers!*

Nadia Battle

Rubilie Castaneda

Graciela Ceja

Sandra Chica

Aida Corona

Monique Duarte

Lenita Exner

Gabriela Garcia-Armenta

Teresa Gevorkyan

Irma Gonzalez

Shelly Gray

Guadalupe Isidoro

Stephanie Jenkins

Eun Ha Kim

Hyei Jin Kim

Heshmat Lotfizadeh

Laura Maldonado

Mariza Mendoza

Diedre Mitchell-Miller

Fani De Moore

Ana Adilia Perez

Brenda Pilcher

Edith Prudhomme

Connie Sue Riemersma

Maria River De Fernandez

Edgar Salazar

Toni Tyre

Linda Williams

Hannah Kyoung Woo

Sylvia Zamora

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Washington, D.C. 20250-9410;

(2) fax: (202) 690-7442; or

(3) email: program.intake@usda.gov.



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