

Evergreen Child Care Food Program

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April 2017 Newsletter

CALENDAR OF EVENTS

04/06/2017 – 2017 February Reimbursement Disbursement Date.

REIMBURSEMENT REMINDER

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

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



NEW MEAL CLAIMING PROGRAM (FOR PROVIDERS CLAIMING ONLINE):

Please note, as of October 1, 2017, Minute Menu Kids/WebKids and Minute Menu Kids2Go app will **no longer be available**.

As your sponsor, it is in our best interest to ensure you have better access to all the features for your day care software program and KidKare is it! Minute Menu will be replacing their current meal claiming program with KidKare as of October 1, 2017.

What is KidKare? KidKare is a completely web-based child care business tool that you can use from any device—phone, tablet, PC or Mac! You are no longer limited to using Internet Explorer, as KidKare is compatible with most popular internet browsers, such as: Google Chrome, Firefox and Safari. Best of all, now you will be able to enroll a child, plan your menus, submit your meal claims, view reports and more **from your mobile or tablet device!**

Evergreen has prepared a guide to show you how to use the web-based program and Minute Menu has provided KidKare training videos. The program is very similar to the program you are currently using. However, KidKare is more simple and easy to learn, which is why **in person training is NOT necessary**.

Please be advised, all your information will be transferred as soon as you are ready to start.

Simply give us a call to get started!

DO NOT begin using KidKare on your own. Give us a call for your guide and for further instructions.

Here are a few things you need to know:

- Evergreen will be contacting providers to switch. However, you are more than welcome to sign-up to begin claiming on KidKare as soon as possible. Please give us a call if interested.
- *Although not required, 30 minute trainings will be offered at our office on the last day of every month. If interested, **please contact us to register**. Training dates will be:*

April 28, 2017 (9:30AM & 6PM)

May 31, 2017 (9:30AM & 6PM)

June 30, 2017 (9:30AM & 6PM)

July 31, 2017 (9:30AM & 6PM)

August 31, 2017 (9:30AM & 6PM)

- All of our online providers are **required** to begin claiming on KidKare as of **September 1, 2017**.

CHANGES ARE COMING! NEW MEAL PATTERN CHANGES:

USDA recently revised the CACFP meal patterns to ensure children and adults have access to healthy, balanced meals throughout the day. Under the updated child and adult meal patterns, meals served will include a greater variety of vegetables and fruit, more whole grains, and less added sugar and saturated fat. The changes made to the meal patterns are based on the Dietary Guidelines for Americans, scientific recommendations from the National Academy of Medicine, and stakeholder input. CACFP centers and day care homes must comply with the updated meal patterns by **October 1, 2017**.

Please note, during this year's mandatory annual training we will be covering all the changes. However, to get a head start, we will be covering the CACFP meal patterns changes in our newsletters throughout the next 4 months, where every month different topics will be discussed. The months and topics discussed will be:

APRIL TOPICS: Greater Variety of Vegetables and Fruits; Less Added Sugar

MAY TOPICS: Age Appropriate Meals; Making Every Sip Count; Additional Improvements

JUNE TOPICS: More Whole Grains; More Protein Options

JULY TOPICS: Infant Meals

THIS MONTH'S TOPICS

Greater Variety of Vegetables and Fruits (As of October 1, 2017)

- The combined fruit and vegetable component is now a separate vegetable component and a separate fruit component. *This means that as of October 1, 2017 for Lunch & Dinner you will need to serve one fruit and one vegetable.*
- Juice is limited to once per day.

Less Added Sugar (As of October 1, 2017)

- Yogurt must contain no more than **23 grams of sugar per 6 ounces**.
- Breakfast cereals must contain no more than **6 grams of sugar per dry ounce**.

CREDITABLE TORTILLA LIST:

The creditable tortilla list has been updated and we have now added **Ortega Fiesta Flats** to the list.

Providers claiming on scannable forms: If you are claiming this type of taco shell, please ensure to write **"WGC Ortega Fiesta Flats"** on your menu form or the back of the Claim Information Form (CIF).

Providers claiming online: If you are claiming this type of taco shell, please ensure to write **"WGC Ortega Fiesta Flats"** on the comments section, located under the record meals section.



Ortega Fiesta Flats

ORTEGA® Fiesta Flats™ was recently selected by [Better Homes and Gardens](#) magazine as the winner of the 2014 Best New Product Award in the Mexican Foods Category.

New, Ortega® Fiesta Flats™ Taco Shells deliver flavor and fun in every crunchy bite! These uniquely shaped, flat bottom, crispy taco shells have raised edges, perfect for piling on loads of toppings! Whether it's a meal, appetizer or a quick and easy snack, Ortega® Fiesta Flats™ Taco Shells turn any occasion into a fiesta!

Ingredients
Whole Grain Yellow Corn Flour, Palm Oil, Salt.

NUTRITIONAL INFO »
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HARVEST OF THE MONTH: ASPARAGUS



The harvest of the month featured vegetable is Asparagus. Did you know that during ancient and medieval times asparagus was used for medicinal purposes? In history, the Roman Empire would crush asparagus tips to reduce swelling and alleviate pains associated with bee stings, wounds and infections. More importantly, asparagus is a great source of Vitamin E. Vitamin E is an antioxidant that protects your body's cells and helps keep your immune system, skin, and hair healthy.

Here's a healthy recipe that highlights asparagus:

Asparagus Frittata:

Makes 4 servings. One cup per serving

Cook time: 30 minutes

Ingredients

- 16 stalks asparagus
- butter
- olive oil
- 8 large free-range eggs
- 4 tablespoons parmesan cheese, grated
- salt and pepper

Directions:

- Preheat oven to 180°C (350°F).
- Trim and wash the asparagus and cut into small pieces.
- Fry in butter and a touch of olive oil, gently until soft.
- Use a pan that you can place in the oven.
- Crack the eggs into a bowl, and mix with parmesan cheese, salt and pepper.
- When well mixed pour over the asparagus.
- Stir gently with a fork over a low flame, until you see the bottom of the frittata beginning to form.
- At this point place the pan in the oven where the frittata will cook in about 10 minutes, try not to overcook.
- Remove from the oven, run a spatula around the edges of the pan, tip it upside-down on a tray and then upside-down again onto a suitable plate.

Serve with a side of whole-wheat toast and 1% or fat-free milk for a delicious breakfast recipe. 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>)

Recipe: (<http://www.food.com/recipe/asparagus-frittata-88301?layout=desktop#activity-feed>)

APRIL 2017 NUTRITION EDUCATION SERIES: PORTION CONTROL/ ENJOY YOUR FOOD BUT EAT LESS

You can enjoy your meals while making small changes and control your portions in the amount and types of foods on your plate. Healthy meals start with a variety and balance of foods from each food group. Aim to consume less sodium, saturated fat, and added sugars.



1. Take your time

Be mindful to eat slowly, enjoy the taste and textures, and pay attention to how you feel. Use hunger and fullness cues to recognize when to eat and when you had enough.

2. Use your measuring cups

Use your measuring cups when portioning out the components for your day care children. Know the difference between using the measuring cup for liquid ingredients versus the measuring cup for dry ingredients.

3. Satisfy your sweet tooth the healthy way

Prepare a naturally sweet dessert dish—fruit! Mix berries with fat-free yogurt or enjoy fruit on its own, such as melon or pineapple.

4. Choose to eat some foods more or less often

Incorporate more vegetables and fruits, whole-grains, and low-fat dairy products for your day care children and cut back on the sweets such as cookies, sweet rolls, cereal bars, granola bars, etc.

5. Sip smarter

Limit serving 100% juice to your day care children to once a day and always have water available. You can also sweeten your water with fresh strawberries to add taste.

(Source: <https://www.choosemyplate.gov/>)

Happy Birthday *Evergreen Providers!*

Lynda Urbank

Irina Jackson

Mallika De Alwis

Nadine Mcguire

Tatyana Popescu

Veronica Chavez

Chung Kim

Gloria Barahona

Silvia Camarena Preciado

Shally Lwin

Edna Sanchez

Sheila Aline Garrett-Monroe

Michellie Perryman

Annabelle Kim

Liliya Ivazova

Lucina Marquez Santiago

Griselda Urbina

Yulenda Manning

Karla Flores

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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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