

Evergreen Child Care Food Program

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May 2017 Newsletter

CALENDAR OF EVENTS

05/04/2017 – 2017 March Reimbursement Disbursement Date.

05/29/2017– In observance of Memorial Day, our office will be closed for business. Please be advised, meals are not subject for reimbursement on this holiday.

REIMBURSEMENT REMINDER

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

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

SECOND NOTICE- NEW MEAL PATTERN CHANGES ARE COMING SOON!

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

Making Every Sip Count (As of October 1, 2017)



- As of October 1, 2017 providers will be required to **specify the milk type** served to the daycare children **on the menus** (Example: Whole milk, 1% milk and/or fat-free milk). **If not specified on the menu, the meals will not be subject for reimbursement.**
- Unflavored **WHOLE** milk **must** be served to 1 year olds.

- Unflavored low-fat (1%) or fat-free milk must be served to children 2 through 5 years old;
- Unflavored low-fat (1%) or fat-free milk must be served to children 6 years and above. **Flavored fat-free milk** may be served **only** to children **6 years and older** (i.e. chocolate fat-free milk).



- Non-dairy milk substitutes that are nutritionally equivalent to milk may be served in place of milk to children with **medical or special dietary needs**. **Please note: This is only applicable for children with a milk substitution form on file and/or an approved medical statement form on file.**

No More Frying (As of October 1, 2017)

Frying will **NOT** be allowed as a way of preparing foods on-site



(Example: Frying tortillas to make homemade tostadas, crunchy tacos, fried fish and fries).

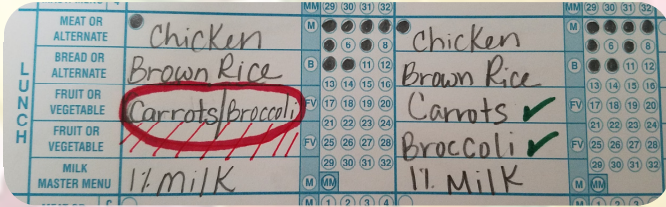
Age Appropriate Meals (As of October 1, 2017)

The new meal pattern will address the needs of older children 13 through 18 years old. This will be in the new meal pattern chart as of October 2017.

****Please note: This is only applicable for children with special needs (over the age of 13) who have an Individual Education Program (IEP) Report on file, provided by the child's school.****

RECORDING FRUITS AND VEGETABLES (PROVIDERS CLAIMING ON SCANNABLE FORMS):

Please make sure to write the required components on the designated boxes in your scannable menu forms. In the event that you write your fruits and vegetables in one box, it will be considered as one component, as we are unable to determine if the components are blended together.



Example:

- The lunch menu on the left side will be disallowed for technical-ly missing a component. The “Carrots/Broccoli” is being counted as one component, since they are recorded on the same box.
- The lunch menu on the right side will receive credit, as all 5 required components are recorded.



PROVIDERS CLAIMING ON KIDKARE:

For those who have been approved and begun claiming on KidKare, here are some shortcuts and tips you should know:

Schedule Menus: On side tool bar select MEALS>SCHEDULE MENUS> SELECT NON INFANTS OR INFANTS>CLICK ONCE ON THE DATE IN WHICH YOU WANT TO SCHEDULE A MEAL (*Don’t forget to click the **SAVE** button. Also, you may now type in the food component).*

Print Your Scheduled Menus: On the side tool bar select REPORTS> SELECT **MENU PLANNING** FROM THE DROP DOWN MENU>SELECT THE MONDAY OF THE WEEK YOU WISH TO PRINT> CLICK THE **RUN** BUTTON>ONCE YOU SEE YOUR WEEKLY MENU, RIGHT CLICK ON YOUR MOUSE AND SELECT PRINT.

Recording Meal Attendance (during or after each meal service): On the side tool bar select MEALS>ENTER MEAL>SELECT NON INFANT OR INFANT>SELECT THE MEAL YOU WISH TO DO ATTENDANCE FOR>CLICK ON THE CHILDREN THAT YOU WANT TO CLAIM>ONCE DONE, CLICK THE **SAVE** BUTTON. (If you need to record a brand on the comment section, the comment section box will appear after you click on the first child).

Checking that the Children’s Attendance Saved:

After recording the attendance, on the side tool bar select CALENDAR> SELECT ONLY ONE CALENDAR, IN THIS CASE SELECT **MEAL**. In the meal calendar you will see the initials for the meals where you successfully saved the meal attendance:

B= Breakfast
A=AM Snack
L= Lunch
P= PM Snack
D= Dinner

Enrolling a Child: On side tool bar select HOME>MY KIDS> +ADD CHILD

Print Enrollments: After enrolling a child, in case you were unable to print the new child’s enrollment after finalizing it, on side tool bar select HOME>MY KIDS> UNDER THE PENDING SECTION, CLICK ON THE NEW CHILD’S NAME > UNDER THE CHILD’S PICTURE, CLICK ON **ENROLLMENT FORM**.

View Your Error Report after Submitting Your Meal Claim (available 2 business days after submitting your claim): On side tool bar select RE PORTS>FROM THE DROP DOWN MENU, SELECT **CLAIM STATEMENTS**>CLAIMED SUMMARY AND ERROR>SELECT THE MONTH YOU WISH TO REVIEW>CLICK THE **RUN** BUT TON.

FISH (PROVIDERS CLAIMING ONLINE):

We have now added these types of fishes on to our food list on KidKare and WebKids. The following have been added to the food list:

- Cod
- Mackerel
- Saury
- Pollock
- Croaker
- Tilapia
- Halibut
- Mahi-Mahi

*If there is a type of fish you serve and it is not on the food list, please contact us so we can add it.

HOMEMADE MEATBALLS (PROVIDERS CLAIMING ONLINE):

We have now added the following homemade (HM) meatballs to our food list on KidKare and WebKids:

- Beef meatballs (HM)
- Chicken meatballs (HM)
- Pork meatballs (HM)
- Turkey meatballs (HM)

* If your meatballs are **NOT** homemade, in order to receive credit, a CN label or product formulation sheet (form the manufacturer company) is required to be submitted to our agency and needs to be added to our processed food list. Once approved, you must write the brand on the comment section box, when recording the attendance.

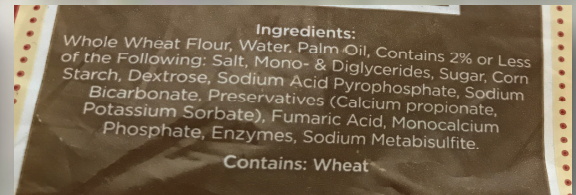
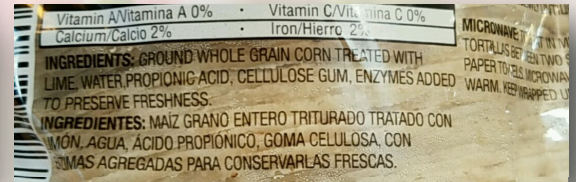
NEW CREDITABLE TORTILLAS:

The creditable tortilla list has been updated and we have now added the following:

- Pueblo Lindo (Whole-grain corn treated with lime)
- El Comal (Whole-wheat tortilla)
- Trader Jose's Organic (Whole-wheat and corn tortilla)

To view and print the updated tortilla list, please visit:

<http://evergreencacfp.org/uploads/1493838661approved-tortilla-list.pdf>



HARVEST OF THE MONTH: SPINACH



Did you know that California is one of the main places where spinach is grown? Spinach is grown as a cool winter crop. It is best grown in cool, damp weather, and in rich moist soil. California growers may sow as many as 1.3 million seeds per acre. More importantly, they are a champion source of Vitamin K. Vitamin K helps stop cuts and scrapes from bleeding too much and start the healing process. Along with calcium, vitamin K also helps build strong bones and helps your body make proteins for your blood, bones and kidney. Here are some shopping tips when it comes to shopping for spinach and a great vegetable dish to add to your lunch or dinner meal.

Shopping tips for Spinach:

Look for fresh spinach with loose leaves that are green and crisp. Wash and dry spinach immediately after you buy it. Put fresh spinach in an open plastic bag and keep in the refrigerator for up to five days.

Spinach Raisin/Pear Salad:

Makes 24 of ¼ cup servings: (ensure to adjust the servings accordingly based on the meal pattern chart per child/age group)



Ingredients

- 6 ounces raw spinach, washed and drained
- 2 medium sized pears, sliced or diced into cubes
- ½ cup of raisins (may be substituted with other dried fruit)
- ¼ cup light balsamic vinaigrette
- Small paper trays or plates.

Directions:

- Combine spinach, raisins, sliced pears and vinaigrette in a bowl.
- Mix well
- Place ¼ cup of salad on paper tray.
- Serve immediately or chilled.

**Serve with baked chicken breast tenderloins, whole-wheat pita bread, banana and 1% or fat-free milk for a healthy and tasteful lunch or dinner **

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

MAY 2017 NUTRITION EDUCATION SERIES: CHOOSING WHOLE-GRAIN FOODS

Whole grains are important sources of nutrients such as; zinc, magnesium, B vitamins and fiber. Remember to always keep half of your grains whole. Here are some tips in selecting whole-grain products when you go grocery shopping for your day care.



Search the ingredients label

When choosing whole-grains, make sure you look at the nutrition facts labels and find choices lower in sodium, saturated-fat, and added sugars.

Reading the food label properly

Look for the word that says, “Whole” at the beginning of the ingredients list. Examples of whole-grain ingredients are; whole oats, whole-wheat flour, whole-grain corn. Foods that say “multi-grain,” or “100% wheat”, “high fiber” or are brown in color may not necessarily be a whole-grain product.

Find the fiber on the label

If the products provide at least 3 grams of fiber per serving, it is a good source of fiber. If it contains more than 5 grams of fiber, it’s an EXCELLENT source of fiber.

Check for freshness

As part of food safety, it is important to check expiration date, and storage guidelines on the package. Grains should look and smells fresh.

Keep a lid on it.

When storing whole grains from bulk, use containers with tight fitting lids and keep in cool places. A sealed container is important for freshness and reducing bug infestation.

Buy what you need.

Purchase smaller quantities of whole-grain products to reduce spoilage. Most grains in sealed packages can be kept in the freezer.

What is shelf-life?

Since the oil in the various whole-grain flours differs, the shelf life varies too. Most whole-grain flours keep well in the refrigerator for 2-3 months and in the freezer for 6-8 months.

SOURCE: <https://choosemyplate-prod.azureedge.net/sites/default/>

Happy Birthday *Evergreen Providers!*

Houba Assaad

Yeran Ghazaryan

Maria Vasquez Hernandez

Maria Baquiax

Verna Henry

Vicki West

Maxilina Bonyadi

Irinea Hurtado

Yvette Williams

Rhonda Brooks

Sun Jo

Regina Williams Bullard

Estrella Chavez

Mary Keum

Sherie Cigar-James

Rosa Madrigal

Guadalupe Cortez-Moreno

Mari Cruz Rivas

Shinetsetseg Erdenebileg

Angelica Rodriguez

Jacqueline Evans

Renaldo Sanders

Rita Fuentes

Marta Urbano Cano

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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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