

Evergreen Child Care Food Program

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June 2017 Newsletter

CALENDAR OF EVENTS

06/06/2017 – April 2017 Reimbursement Disbursement Date.

REIMBURSEMENT REMINDER

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

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

THIRD 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

More Whole Grains (As of October 1, 2017)

As of October 1, 2017 providers will be required to serve at least ONE whole-grain (WG) rich product as one of their servings for grains per day.



Please be advised, if you do not serve at least one whole-grain rich product on your menu per day, you will automatically be disallowed a meal for that day.

In order to receive credit:

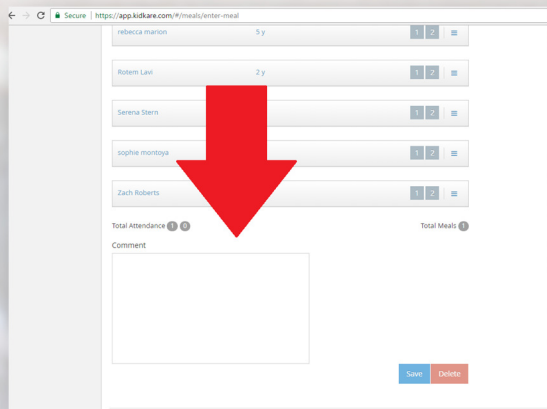
Providers claiming on scannable forms: Please specify the 1st ingredient of **ALL** your grain products on your menus. You may abbreviate your 1st ingredient of your grains (WG, WGC). Please be advised, when you abbreviate the 1st ingredient, ensure to circle the abbreviation. In addition, we highly suggest highlighting the 1st ingredient, so that it stands out. If you are using tortilla, please specify the 1st ingredient and the brand name of your tortilla you will be using.

For example:



MINUTE MENU SYSTEM		CHILD FORM: FOOD	
MENU MONTH JAN FEB MAR APR MAY JUN		Group	
DAY 1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 27 28 29 30 31 32		FOOD SERVED CHILDREN SERVED	
BREAKFAST	BREAD OR ALTERNATE	WG TOAST	B 1 3 4 5 6 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 27 28 29 30 31 32
	JUICE OR FRUIT OR VEGETABLE	ORANGES	TV 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 27 28 29 30 31 32
	MILK	1% MILK	M 17 18 19 20 21 22 23 24 25 26 27 28 29 30 31 32
	MASTER MENU		M 29 30 31 32
AM SNACK	MEAT OR ALTERNATE	Cheese	M 1 3 4 5 6 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 27 28 29 30 31 32
	BREAD OR ALTERNATE		B 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 27 28 29 30 31 32
	JUICE OR FRUIT OR VEGETABLE	Apple Slices	TV 17 18 19 20 21 22 23 24 25 26 27 28 29 30 31 32
	MILK		M 23 24 25 26 27 28 29 30 31 32
LUNCH	MEAT OR ALTERNATE	TURKEY	M 1 3 4 5 6 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 27 28 29 30 31 32
	BREAD OR ALTERNATE	MISSION EF TORTILLA	B 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 27 28 29 30 31 32
	FRUIT OR VEGETABLE	Avocado	TV 17 18 19 20 21 22 23 24 25 26 27 28 29 30 31 32
	MILK	1% MILK	M 23 24 25 26 27 28 29 30 31 32

Providers claiming online: you will be able to choose the appropriate grain products on KidKare/Webkids. If you are using tortilla, ensure to specify the brand name on the comments section located under “meals”.



The screenshot shows a web browser window with the URL <https://app.kidkare.com/#!/meals/enter-meal>. The form contains a list of children's names and ages: Rebecca Martin (5 y), Rotem Levi (2 y), Serena Stern (2 y), Sophia Montoya (2 y), and Zach Roberts (2 y). Below this list are fields for 'Total Attendance', 'Total Meals', and a 'Comment' text area. At the bottom right are 'Save' and 'Delete' buttons. A large red arrow is superimposed on the image, pointing down towards the 'Comment' field.

Grain-based desserts will **no longer count towards the grain component (As of October 1, 2017)**

What are grain-based desserts?

Grain-based desserts include, but are not limited to:

- Cookies
- Brownies
- Doughnuts
- Pastries
- Granola bars
- Cereal/ breakfast sweet bars
- Sweet rolls
- Pop tarts
- Sweet pie crust
- **ANIMAL CRACKERS**
- **GRAHAM CRAKERS**

More Protein Options

(As of October 1, 2017)

Meat/Meat alternates may be served in place of the entire grains component at breakfast for a maximum of three (3) times per week (As of October 1, 2017).

Menu example:

- Egg (Meat/Meat Alt.)
- Mixed berries
- 1 % Milk



Tofu counts as meat alternate (As of October 1, 2017).

- Tofu must be easily recognized as a meat substitute.
- Tofu is **not** creditable for infant's ages 0-11 months.
- Tofu must meet protein requirement: at least 5 grams per 2.2 ounces by weight.
- Please note: we will show you how to calculate protein for tofu during the workshop.

Non-creditable Tofu:

- Tofu in smoothies
- Tofu used to add texture or enhance nutrients in foods.
- Tofu noodles (not easily recognized as meat substitute).
- Homemade Tofu (non-commercial, non-standardized tofu and soy products).

COMMON FINDINGS ON CLAIM ERROR REPORTS:

Please be advised, claiming more than 3 meals/per child/day and having repetitive errors on error reports and may lead to a **Serious Deficiency**. Ensure that you are only claiming 3 meals /per child/day (one major meal and two snacks OR two major meals and one snack). Additionally, it is provider's responsibility to check their monthly claim error report once it becomes available, to avoid repetitive errors.

HOW CAN I ACCESS MY ERROR REPORT?

Providers claiming on KidKare: On side tool bar select **REPORTS>FROM THE DROP DOWN MENU, SELECT CLAIM STATEMENTS>CLAIMED SUMMARY AND ERROR>SELECT THE MONTH YOU WISH TO REVIEW>CLICK THE RUN BUTTON**

Providers claiming on Webkids: **CLICK ON REVIEW CLAIMS (CHILD CLIMBING ON THE BARS)>SELECT THE MONTH YOU WANT TO REVIEW>CLICK DETAILS>UNDER CHOOSE REPORTS >CLICK CLAIM SUMMARY AND ERROR REPORTS**

Providers claiming on Scannable forms: You will receive your error report in the mail along with you Claim Information Form (CIF) around the 12th of each month.

If you have any questions about your error report, feel free to give us a call at (213) 380-3850. We are open Monday-Friday 8:30am-5:00pm.

FOOD SAFETY/RECALLS: Stay updated with the most current food safety issues and food recalls with the United States Department of Agriculture (USDA) Food safety and Inspection Service (FSIS).

In order to subscribe to the most current food safety news and food recalls, visit: <https://www.fns.usda.gov>, you will see a section to sign up for email updates. Enter your email, necessary information and choose food safety. Once you choose food safety, you may click "Subscribe"



HARVEST OF THE MONTH: WATERMELON



Did you know that watermelon is the most common melon consumed in America? Followed by, cantaloupe and honeydew. Here's a slice of history: Christopher Columbus brought the first melon seeds to North America on his second expedition, while watermelons arrived with African slaves. There are four main varieties of watermelons: all sweet, ice-box, seedless, and yellow flesh. More importantly, they are a great source of carotenoids. Carotenoids are yellow, orange and red pigments synthesized by plants. Studies show that carotenoids function like antioxidants by protecting the body from free radicals and may help protect the body from some diseases. Here is a great recipe to add to your AM or PM snack:

Watermelon Salsa:

Makes 8 servings (1/2 cup per serving)

Prep time: 15 minutes

Ingredients

- 3 cups of seeded and chopped watermelon
- ½ medium onion, chopped.
- ½ red bell pepper, chopped
- 1 tablespoon of seeded and chopped jalapeno pepper.
- 2 tablespoons of chopped fresh cilantro.
- 2 tablespoons of lime juice.
- 1 tablespoon of vegetable oil.

Directions:

Combine all ingredients in a medium mixing bowl.

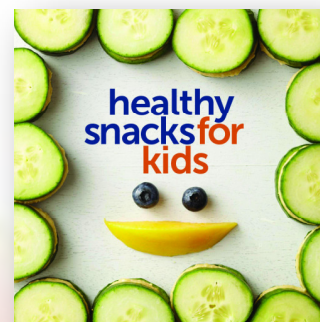
Mix well

Cover and refrigerate for 1 hour to allow the flavors to blend.

****Serve with Tostitos whole-grain corn tortilla chips for a refreshing summer AM or PM snack****

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

JUNE 2017 NUTRI- TION EDUCATION SERIES: MY PLATE SNACK TIPS



Snacks can help children get the nutrients needed to grow. Prepare snacks that include 2 or more food groups. Help them get just enough to satisfy their hunger. Let the older kids choose the healthy snacks for the following day, when children are involved in menu planning or preparing, they will more than likely eat what they planned.

Save time by slicing veggies

Slice your vegetables ahead of time and store them in the refrigerator. You can serve them with hummus or make a healthy pizza by topping half of a whole-wheat english muffin with spaghetti sauce, sliced veggies and low-fat mozzarella cheese. Toast it in the toaster oven just until the cheese melts.

Mix it up

Make your own trail mix by adding unsalted nuts, almonds, cashews with dried fruit and oats. You can serve it with non-fat yogurt.

Snack on healthy protein foods

Boil eggs and serve it with whole wheat crackers for your PM snack or use it to make an egg-salad sandwich with whole-wheat bread. Remember boiled eggs can be stored in the refrigerator for up to 1 week.

Fruits are quick and easy

Fresh, frozen, dried and canned fruits such as applesauce are quick and easy to prepare to add to you AM or PM snack. Offer whole fruit instead of 100% juices. Choose canned fruits that are lowest in added sugars.

Swap out the sugar

Keep healthier foods in your kitchen so that children will avoid eating cookies, pastries, sweet rolls, etc. Not only should you limit sugar in foods but you should limit sugar in drinks. Instead of offering juices, dress up your water and add fresh orange slices or strawberries for that refreshing taste without the added sugar.

SOURCE: <https://choosemyplate.gov>

Happy Birthday *Evergreen Providers!*

Antonia Trumbull

Annie Heath

Vijay Chandra

Bettye Wilson

Fanny Mel

Inna Furer

Anna Jae Kim

Ana Navidad

Margarita Hernandez

Elsa Imelda Arango

Jeanne Shamji

Belinda Vinh

Olga Mera

Isabel Mata

Paula Anette Benton

Sheila Johnson-Wright

Svetlana Kovshilovskaya

Carnetta Randall-Cyphers

Gloria Cortez-Moreno

Jea Kim

Karine Movsesyan

Ave Maria Hamer

Narine Karibyan

Moon Joo Jo

Debra Wooten

Sigalit Redfield

Maria Mendoza

Eboni Allen

Iris Mendes

Kristine Mesropyan

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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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