

# Evergreen Child Care Food Program

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## July 2017 Newsletter

### CALENDAR OF EVENTS

**07/04/2017**– In observance of Independence Day our office will be closed (Meals on this holiday are not subject for reimbursement).

**07/07/2017** – May 2017 Reimbursement Disbursement.

### REIMBURSEMENT REMINDER

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

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

## FOURTH 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

### New Infant Meal Pattern (As of October 1, 2017)



- Two age groups, instead of three: 0 through 5 months old and 6 through 11 month olds;
- Solid foods are gradually introduced around 6 months of age, as developmentally appropriate.

## Encourage and Support Breastfeeding

- As of October 1, 2017 providers may receive reimbursement for meals when a breastfeeding mother comes to the daycare and directly breastfeeds her infant.
- Only breastmilk and infant formula are served to infants 0 through 5 months.
- We highly suggest, providing a safe, private and quiet place for the mothers to breastfeed their children.

**To receive credit for onsite breast feeding you must do the following:**

**Providers claiming on scannable forms:** You may write "BF onsite" (Breastfed onsite) on your menus.

Please note: No ounces are required to be written when you allow parents to breastfeed onsite.

**Providers claiming online:** You will be able to choose the appropriate option on KidKare. Please note: No ounces are required to be written when you allow mothers to breastfeed onsite.

## More Nutritious Meals (As of October 1, 2017)

- Requires a vegetable or fruit, or both, to be served at snack for infants 6 through 11 months olds
- No longer allows juice, cheese food or cheese spread to be served.
- Allows ready-to-eat cereals at snack. **\*\*Breakfast cereals must contain no more than 6 grams of sugar per dry ounce\*\*** (Please look into the new meal pattern sheet in order to calculate the grams of sugar for cereal)
- Whole eggs are now creditable for infants 6-11 months.
- Yogurt is now creditable for infants 6-11 months. Yogurt must contain no more than 23 grams of total sugars per 6 ounces.

## EFFECTIVE DATE FOR ENROLLMENT

**APPLICATIONS:** Please be advised, Providers can only start claiming meals for children after receiving a completed enrollment form. The enrollment must be signed and **dated** by the parent/guardian. The date that the parent signs the enrollment will be the **actual date** of enrollment for each child.

For example, if you enter or bubble in an enrollment date of 7/1/2017, however the parent signs and dates the enrollment 7/5/2017. The date of enrollment (DOE) of the child will be 7/5/2017.

**Other important information:**

1. All completed enrollment applications must be submitted to ECCI within 5 calendar days from the date that **the parent and/ or legal guardian signed**.
2. If enrollments are not received within the 5 calendar days, the child will become eligible as of the date that ECCI receives the enrollment form.
3. All providers must have a completed enrollment for ALL children prior to enrollment date or on the first day in care before the child is dropped off.
4. **Providers must keep a copy**



## CLAIMING A CHILD THAT EXCEEDS 2 MEALS AND A SNACK OR 2 SNACKS AND MEAL LIMIT:

As part of the CACFP regulations, providers can only claim no more than two major meals and one snack OR one major meal and two snacks per child per day (Major meal: Breakfast/Lunch/Dinner). Although you may be physically feeding the children all meals, you are required to only claim no more than 2 meals and a snack or 2 snacks and a meal per child, per day. Claiming more than the allowable meal limit, may lead to a Serious Deficiency.

For more information, please refer to the ECCI provider's manual, located under the Policies and Regulations tab in our website.

## ERROR REPORTS:

As a provider, who is participating in the CACFP, it is your responsibility to read your error report on a monthly basis. Reading your monthly error report is an important part of reviewing your meal claim. We highly suggest that you read your error report EVERY month to ensure you are in compliance with CACFP regulations. It also ensures that you are receiving the most reimbursement from your food program. We want every provider to strive to receive the message "Congratulations! We found no errors on your claim."

### 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 your Claim Information Form (CIF) around the 12<sup>th</sup> of each month.

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

## ANNUAL TRAINING ANNOUNCEMENT:

It's that time again! As a reminder, the provider annual workshop is coming soon.

**What is the annual workshop?** ECCI provides "Annual Provider Training" once a year. This training is **mandatory** and all providers who are in participation of CACFP must complete this annual training.

This year we will be discussing the new meal pattern regulations that will be implemented by October 1, 2017. In addition, our annual workshop will be conducted online. Please keep a look out on our upcoming newsletters and calendar of events for more information.

We highly suggest, you print the "New CACFP Meal Pattern Guide" to get a head start. The "New CACFP Meal Pattern Guide" is located under the Policies and Regulations tab in our website.

## MAKING WATER AVAILABLE:

As part of the CACFP regulations, water **MUST** be offered through the day to children.

Please be advised, that during meal times, water is not a part of reimbursable meal and may NOT be served in place of milk. However, water must be offered during meals and snacks as an addition, to serving milk.

### How can you make water available?

- Keep a water pitcher or dispenser close by with cups available for each child to serve themselves.
- Have water bottles ready for each child to serve themselves.





## UPDATED PROCESSED FOOD LIST:

The processed food list has been updated and we have removed various processed foods that no longer have a Child Nutrition (CN) label on their products. Furthermore, we are working on obtaining an updated product formulation sheets from manufacturers to ensure each processed foods are creditable by the CACFP. Until then, please refer to the updated processed food list when purchasing your frozen food items.

You may access the updated process food lists via our website, under the "Policies and Regulations" tab.

## HOMEMADE RAVIOLI (HM):

Please be advised, that ravioli is only creditable if it is homemade (HM) and the pasta is made from enriched flour (EF) Or whole-grain flour (WG). Any ravioli that is frozen or canned is considered a processed food. All processed foods require a CN label on file and/or a product formulation sheet signed by a manufacturer and not a sales person.

For more information on processed foods, please look at our provider manual, located under the "Policies and Regulations" tab in our website.

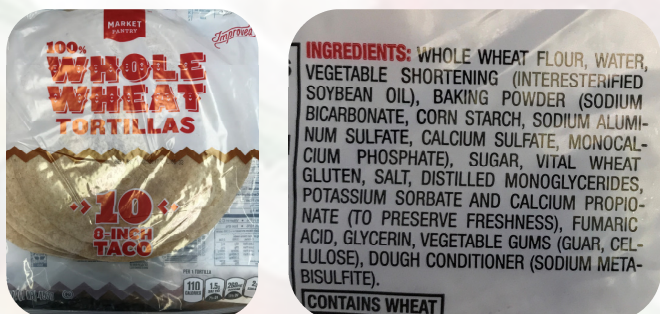
## NEW CREDITABLE TORTILLA:

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

### Trader Joe's Brown Rice Tortillas



### Market pantry 100% Whole Wheat Tortillas



You may access the creditable tortilla list via our website, located under the "Policies and Regulations" tab.

## GRITS:

Please be advised that when serving grits, product must be whole-grain or enriched. Check packaging very carefully to ensure the 1<sup>st</sup> ingredient is whole-grain or enriched.

In addition, for providers claiming on scannable forms, ensure to write the 1<sup>st</sup> ingredient on your menu or on the back of the Claim Information Form (CIF).

**\*\*Please note: Most grits do not meet requirements for the BREAD/ BREAD ALTERNATE component, so we suggest serving it with another grain component (i.e. EF biscuits) to receive credit.\*\***

For more information on whole grains, please visit our website the location is under the Policies and Regulations tab., CACFP Crediting handbook.



## HARVEST OF THE MONTH: CORN

Did you know that fresh California grown corn is in peak season during the summer? Here is an interesting

fact: Corn is considered a vegetable and fruit. When corn is harvested before its maturity, while the kernels are soft, it is considered a vegetable. However, each kernel of corn on a cob is considered a whole fruit. More importantly, corn is an excellent source of Thiamin. Thiamin is also known as Vitamin B which is a water soluble vitamin. Thiamin helps our body produce energy by forming Adenosine Triphosphate (ATP). We need Thiamin in our body in order to create ATP for energy in every cell of our body. Thiamin is also essential for the proper functioning of nerve cells.

**Here are some produce tips when purchasing corn at a grocery store or farmers market:**

- Choose fresh, green husks, and ears that are covered with plump shiny kernels.
- Avoid silks that show signs of rot or decay.
- Store fresh corn in a cool location or in the refrigerator for up to three days.
- Keep a bag of corn in the freezer for last minute meal ideas.
- When buying canned corn, look for low-sodium varieties.





Here is a great recipe to add to your summer lunch or dinner menu: Here are tips on how to enjoy locally grown foods:



## Corn and Green Chili Salad:

Makes 8 servings (3/4 cup per serving)

Prep time: 10 minutes

### Ingredients

- 2 (10 ounce) can diced tomatoes with green chilies, drained.
- 4 cups of frozen corn, thawed OR 4 cups canned corn, drained.
- 4 tablespoons of chopped fresh cilantro.
- ½ cup sliced green onions
- 1 tablespoon of vegetable oil
- 2 tablespoons of lime juice.

### Directions:

- In a medium bowl, mix tomatoes, corn, cilantro and green onions.
- In a separate bowl, whisk oil and lime juice together.
- Pour the dressing over the salad
- Mix well.
- Serve immediately.

**\*\*Serve as one of your vegetable components for lunch or dinner\*\***

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

## JULY 2017 NUTRITION EDUCATION SERIES: ENJOY LOCAL FOODS

Eating locally grown food can be beneficial to you, your day care children and the farmers. Not only are you helping local farmers financially, you are also helping your body by eat more nutritious fruits and vegetables that come from local farms rather than imported from out the country. Why? Because once fruits and vegetables are removed from their stalk, their nutrients start to deplete little by little. When fruits and vegetables are imported from out of the country, the time it takes to transport them to grocery stores, deplete the nutrients. So, enjoy local foods as part of a healthy diet. Choose foods from local grown farms. Better yet, have a fruit and vegetable garden in your pre-school and create activities that involve the children and gardening. Research show that when children are involved in preparing fruits and vegetables, they are more likely to eat those fruits and vegetables they help prepare.



### Try something new

Find fruit and vegetables that aren't in a grocery store but are at a farmer's market. Challenge yourself and your day care by incorporating a new fruit and vegetable into your menus.

### Ask for Tips

If you purchase from a farmer's market ask the farmer ways to incorporate the fruit and/or vegetable to your menu. They are often a great resource for food prep tips and recipes.

### Grow your own food

Get your daycare children involved, and grow a fruit and veggie garden at your day care. You can start small by planting a window herb box. Remember, when your day care children are involved, they are more than likely to try the new fruit and/or vegetable.

### Visit a farm

Take your day care children on a field trip to a local farm and have them pick the fruit. Get active while learning where your food comes from.

SOURCE: [https://choosemyplate-prod.azureedge.net/sites/default/files/tentips/MPMW\\_Tipsheet\\_3\\_local.pdf](https://choosemyplate-prod.azureedge.net/sites/default/files/tentips/MPMW_Tipsheet_3_local.pdf)

## BLAST OFF GAME AVAILABLE FOR ONLINE PLAY

(<https://www.fns.usda.gov/blastoff>)



Students can reach Planet Power by fueling their rocket with food and physical activity. Fuel tanks for each food group help students keep track of how their choices will, ultimately, pay off!

At the end of the game, children receive a certificate of completion

We encourage providers to play as well so they too can educate themselves of the importance of fueling our bodies with nutritious foods and incorporating 60 minutes of physical activity in our daily lives.





# Happy Birthday *Evergreen Providers!*

Elnetta Monroe

Josefina Garza

Betty Lee

Anatoly Furer

Cheryl Thompson

Maria Caniz

Donna Knox

Faye Brim

Patricia Wright

Naira Meliksetyan

Alina Taub

Ok Hee Ro

Sun Ja Lee

Jung Ok Lee

Sylvia Quinonez

Angela Conley

Fidencia Jimenez

Nassima Mojabi

Anait Dagesian

Ollie Mae Goosby

Olivia Gonzalez

Marla Reid

Viktor Pastukhov

Angelica Gutierrez

Yolanda Duckett

Monica Rivera

Elizabeth Valadez

Ayaz Nabiyeu

Sona Hovsepyan

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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](mailto:program.intake@usda.gov).



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