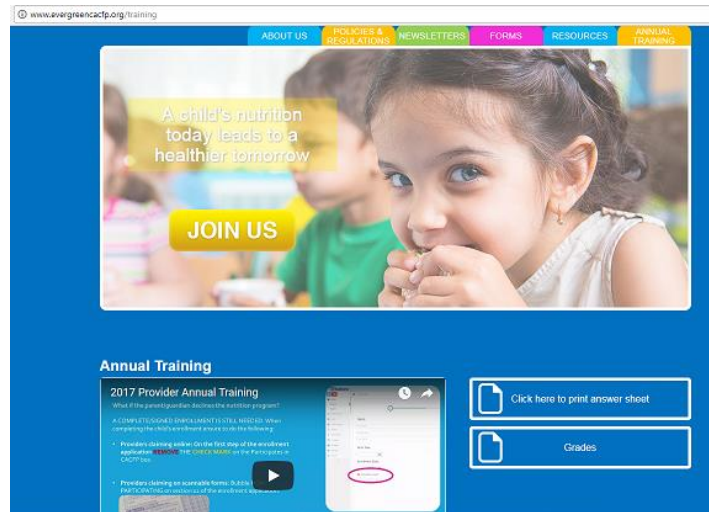


SEPTEMBER 2017 NEWSLETTER


MANDATORY ANNUAL TRAINING ANNOUNCEMENT

The mandatory annual workshop is now available **online** at www.evergreencacfp.org/training. If you have not already done the workshop, the video is on our website under the ANNUAL TRAINING TAB. Under the Annual Training tab, providers will find:

1. The Workshop Video (Just click on the video to play)



2. The Workshop ANSWER SHEET (For you to print). Please mark your answers on the Workshop Answer Sheet


2016 Provider Annual Training
Answer Sheet

Date: _____

Provider Name: _____
(Last Name, Last Name)

Provider Signature: _____

Provider ID#: _____

1. A B C D
2. A B C D
3. A B C D
4. A B C D
5. A B C D
6. A B C D
7. A B C D
8. A B C D
9. A B C D
10. A B C D
11. A B C D
12. A B C D
13. A B C D
14. A B C D
15. A B C D
16. A B C D
17. A B C D
18. A B C D
19. A B C D
20. A B C D

Please submit your answers to ECC7 by no later than Friday, September 23, 2016.

3. Grades will be posted and will be updated daily. If you did not receive 100% on your test, please revise your answer sheet and send via e-mail, fax, or post mail immediately.

2017 Provider Annual Training Grades

NOTE: Evergreen will grade your exam once received in our office.
If you claim online, your provider ID# is the last 4 #'s of your KidKare username.

Calificaciones del entrenamiento anual (2017)

NOTA: Evergreen calificará su examen en cuanto sea recibido en nuestra oficina.
Si reclama en línea, su ID de proveedor es los últimos 4#'s de su cuenta en KidKare.

Provider ID	Grade	Incorrect Answer(s)
ID del proveedor	Calificación	Respuestas incorrectas
1047		
1058		
1060		
1065		
1070		
1072		
1075		

Providers must fulfill their annual workshop requirement (as stated on the Permanent Agreement). This year, providers are required to watch a video and answer the 20 questions that will appear throughout the video. Furthermore, providers must answer all the answers correct in order to receive credit for this year's workshop.

The workshop answer sheet must be submitted to ECCI by no later than

Friday, September 22, 2017

**Provider's that do not have access to a computer may contact ECCI immediately to request the workshop video in DVD and answer sheet.

2017-2018 ENROLLMENT RENEWAL:

The image shows a screenshot of the 'Enrollment Renewal Report (ERR)' form. At the top, it states 'Enrollment Renewal Report (10/01/2017-09/30/2018)'. Below this, there are instructions and a section for provider information. The provider information section includes fields for 'Child Name', 'DOB', 'DOB', 'Enrollment', 'App', 'Status', 'Effective Date', and 'Phone No.'. There are also fields for 'Address', 'City', 'State', 'Zip', 'Phone No.', and 'Fax No.'. A signature line is present at the bottom right of the form.

Evergreen will be mailing the Enrollment Renewal Reports and instructions to all active providers in the second week of September.

The Enrollment Renewal Reports need to be submitted to our agency by no later than

Friday, September 22, 2017

Providers are required to renew each child's application every year in September, through the Enrollment Renewal Report generated by us (Report name: **Enrollment Renewal Report 10/01/2017-09/30/2018**). The report will include information of each child enrolled in your daycare and requires the signature of each parent/guardian in order for us to renew your daycare children's enrollment as of October 1st, 2017.

2017-18 CACFP REIMBURSEMENT RATES

The following chart reflects the annual adjusted reimbursement rates in the Child and Adult Care Food Program (CACFP) for State Fiscal Year 2017-2018. Included are the federal rates for Tier 1 and Tier 2 established by the U.S. Department of Agriculture (USDA) for the CACFP. These reimbursement rates are effective July 1, 2017-June 30, 2018.

Day Care Homes (Child Care Only) Federal Reimbursement

Breakfast		Lunch and Dinner		Snack	
Tier I	Tier II	Tier I	Tier II	Tier I	Tier II
1.31	0.48	2.46	1.48	0.73	0.20

Link: <http://evergreencacfp.org/uploads/15029021142017-2018-reimbursement-rates.pdf>

BREAKFAST CEREALS: Please be advised the new regulations as of October 1, 2017 states that breakfast cereals should be 6 gram or less of sugar per dry ounce. Luckily, Women Infant and Children (WIC) came up with a list of creditable cereals that is aligned with CACFP:

BREAKFAST CEREAL



CAN BUY Brands in 12 oz – 36 oz box or bag of cereal listed below and on the next page:

- = 50% or more folic acid per serving
- = 5 or more grams of fiber per serving

WHOLE GRAIN CEREALS – 51% or more whole grain.

General Mills

Cheerios ● MultiGrain Cheerios ● Honey Kix ● Kix ● Total Whole Grain ●

Kellogg's **Quaker**

Mini Wheats Original ● Frosted Mini Wheats Little Bites ● Life – Original ● Oatmeal Squares – Brown Sugar ● Oatmeal Squares – Cinnamon ●

Post **B&G Foods** **Mill Select Early On**

Grape-Nuts ● Bran Flakes ● Cream of Wheat Whole Grain ● Puffed Wheat ●

Instant Oatmeal or Instant Oats | Brands listed below in 11.8 oz – 12 oz containers of individual serving packets, old fashioned, classic, regular, or original flavor:

- Best Yet
- Early On
- First Street
- Food Club
- Great Value
- Hy-Vee
- IGA
- Kroger
- Raley's
- Ralston Foods
- Red & White
- Shurfine
- Signature Kitchens
- Special Value
- Springfield
- Stater Bros.
- Sunny Select
- Western Family
- WinCo Foods

BREAKFAST CEREAL



OTHER CEREALS – Less than 51% whole grain.

Kellogg's **Quaker**

Corn Flakes ● Special K – Original ● Corn Bran Crunch ●

Post/Malt-O-Meal

Honey Bunches of Oats – Honey Roasted ● Malt-O-Meal Hot Cereal – Original ● Oat Blenders with Honey ●

● **Crisp(y) Rice:**

- Best Yet
- First Street
- Food Club
- Great Value
- Hospitality
- HY-TOP
- Hy-Vee
- IGA
- Kiggins
- Kroger
- Malt-O-Meal
- Market Pantry
- Mill Select Early On*
- Parade
- Raley's
- Ralston Foods
- Red & White
- Shurfine
- Signature Kitchens
- Springfield
- Stater Bros.
- Sunny Select
- Valu Time
- Western Family
- WinCo Foods

* Cereal is 51% or more whole grain

CANNOT BUY ☹

- Any other brand, type, size, or flavor of breakfast cereal
- Grits
- Hot breakfast cereal with added fruits, nuts, sugars, or sweeteners (artificial, reduced-calorie, or no-calorie)

Helpful Hint: To buy the full 36 oz of cereal:



Link:

<https://archive.cdph.ca.gov/programs/wicworks/WIC%20Foods/WICAuthorizedFoodListShoppingGuide-3-28-2016.pdf>

Additionally, when you are at the grocery store, if you go to the cereal aisle and see “WIC approved” label next to the cereal brand, then that cereal is also creditable towards the CACFP.



SWEET CRACKERS: As part of the new regulations effective October 1, 2017, grain-based desserts are no longer creditable as a grain component for CACFP. However, sweet crackers are ***not*** identified as grained-based desserts. Sweet crackers are still creditable but can only be served for a maximum of twice a week for AM or PM snack only. ***Sweet crackers are identified as crackers that have a sweet flavor to them.*** So, what are examples of sweet crackers? Below are examples of common sweets crackers.

Sweet Crackers:

- Animal crackers
- Graham crackers
- ABC crackers

SOUP OR STEWS: Soups or stews are considered a ***combination*** dish and only ***ONE*** vegetable/fruit component can be counted in a combination dish.

For Example: If the beef stew or soup contains: stew meat, potatoes, carrots and onions, the stew could only count for ***one*** vegetable component and an additional fruit or vegetable that is not part of the stew or soup would need to be served. Here is how you menu should look like:

Meat/Meat Alt:	Beef
Bread/bread Alt:	WG brown rice
Vegetable:	carrots
Fruit:	apple sauce
Milk:	1% or fat-free milk

HARVEST OF THE MONTH: TOMATOES



This month's harvest of the month is tomatoes. Did you know tomatoes are considered berries? They are part of the nightshade family. The word "tomato" is derived from the Nahuatl (Aztec language) word, *tomatl*, meaning "something round and plump." More importantly, it's a great source of Lycopene. It is an antioxidant pigment found in tomatoes, watermelon, and pink grapefruit that gives their food reddish color. Lycopene is a carotenoid, which is an antioxidant that may decrease the risk of certain cancers and heart disease and also help to keep the immune system healthy. Here is a refreshing and healthy recipe for your breakfast:

HUEVOS RANCHEROS WITH FRESH TOMATOES



Makes 8 servings. *1 tortilla per serving.*

Cook time: 30 minutes

Ingredients:

- 8 (6-inch) whole grain-corn tortillas
- 1 tablespoon vegetable oil
- nonstick cooking spray
- 8 eggs
- 4 tablespoons shredded cheese
- 4 cups fresh tomatoes
- ½ teaspoon ground black pepper

Directions:

1. Preheat oven to 450 F.
2. Lightly brush tortillas with oil on both sides. Place on a baking sheet. Bake for 5 to 10 minutes or until tortillas are crisp on the edges. Remove from oven and set aside.
3. Spray a large skillet with nonstick cooking spray.
4. Cook each egg sunny side up in a skillet over medium heat for 2 to 3 minutes until eggs are cooked.
5. Place equal amounts of egg on each tortilla. Top each with ½ tablespoon cheese.

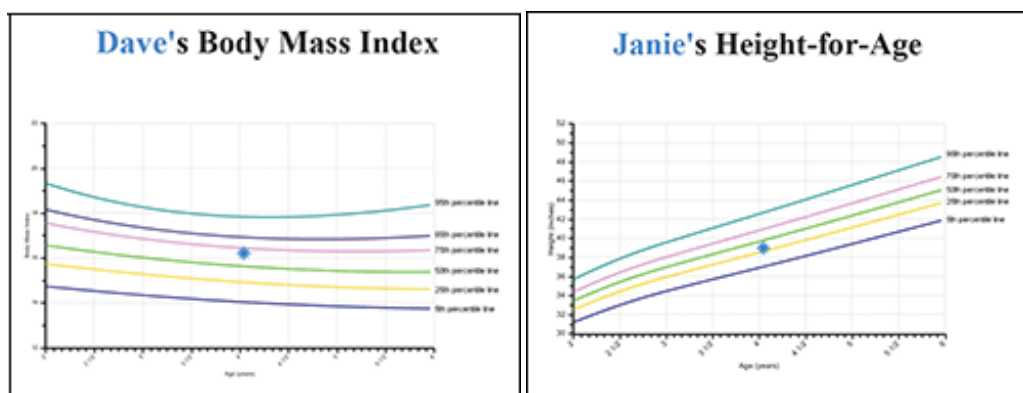
6. Place under the broiler for about 2 minutes until cheese is melted. Spoon ½ cup fresh tomatoes over each tortilla and top with ground black pepper. Serve warm and serve with 1% or fat-free milk for a healthy breakfast

Nutrition information per serving: Calories 146, Carbohydrate 16 g, Dietary Fiber 3 g, Protein 13 g, Total Fat 4 g, Saturated Fat 1 g, Trans Fat 0 g, Cholesterol 3 mg, Sodium 255 mg

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

Source for recipe: (Adapted from: Everyday Healthy Meals, Network for a Healthy California, 2007)

SEPTEMBER 2017 NUTRITION EDUCATION SERIES: GROWTH DURING THE PRE-SCHOOL YEARS



Is my child growing the way he or she should be? There is a wide range of "normal" growth. Between the ages of 2 and 5, the average child grows about 2½ inches, and also gains 4 to 5 pounds each year. Growth charts are a good way to monitor your child's growth and health. You and your preschooler's doctor are partners in maintaining your child's health. Visit your doctor regularly. As part of the visit, the doctor will weigh and measure your child. He or she can then plot your child's information on a growth chart. Over time, the curve of the growth chart will show your child's growth pattern and whether height and weight growth are increasing at the same rate. Your doctor will monitor the growth chart to be sure your child continues to follow the same "curve" over time and the growth pattern does not unexpectedly change. Your preschooler's growth is an important sign of good health and nutrition.

Here is a link to get your own growth chart that should be based on the child's age, gender, height:

<https://www.choosemyplate.gov/preschooler-growth-chart>

What influences growth?

Growth is one of the best indicators of good health and nutrition in children. Heights and weights differ depending on:

- Family History – Tall parents tend to have tall children. Short parents tend to have short children.
- Sex – Preschool boys tend to be taller than preschool girls. Boys and girls tend to have similar weights until puberty.
- Nutrition – *Healthy food choices are necessary for your child's growth.*

- Sleep – Preschoolers need 11-14 hours of sleep a day, including naps and nighttime sleep.
- Health status – Chronic illness or other special needs in children can also affect growth. Children who are sick often or have special needs should be closely monitored by their doctor.

SOURCE: <https://www.choosemyplate.gov/preschoolers-growth>

We want to wish the following providers a Happy Birthday:

Phyllis Anka

Senik Avetisyan

Ruth Brooks

Brenda Broome

Randi Colar

Angel Dalpathado

Susan Garcia

Shlomit Hayun

Cheryl Howard

Farzaneh Javadi

Hector Jurado

Rosa Lara

Johana Legazpi

Ana Maria Lopez

Maria Olid

Valerie Rendon

Mirian Taura

Hye Ran Yun