

Evergreen Child Care Food Program

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October 2017 Newsletter

CALENDAR OF EVENTS

10/04/2017 – August 2017 Reimbursement Disbursement.

10/09/2017– ECCI office will be closed in observance of Columbus Day (Meals are eligible for reimbursement on this holiday).

REIMBURSEMENT REMINDER

The August 2017 Federal reimbursement was disbursed if your claim was submitted on time.

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

REMINDER! NEW CACFP MEAL PATTERN CHANGES ARE NOW EFFECTIVE

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. These 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. If you need to print out the updated meal pattern charts please print the following:

Link to new child meal pattern:

https://fns-prod.azureedge.net/sites/default/files/cacfp/CACFP_childmealpattern.pdf

Link to infant meal pattern:

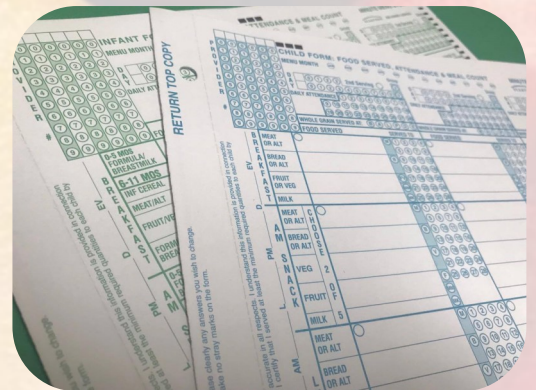
https://fns-prod.azureedge.net/sites/default/files/cacfp/CACFP_infantmealpattern.pdf

For more information you may download the new CACFP meal pattern guide. It is located under the "Policies and Regulations" tab.

NEW MENU FORMS & TRAINING VIDEO (FOR PROVIDERS CLAIMING ON SCANNABLE FORMS):

To ensure you are in compliance with the new meal pattern requirements, new scannable forms for both infants and non-infants have been created by Minute Menu Systems. We have a training video (see link below) with instructions on how to claim on the new scannable forms. Please be advised, you will be required to use the new scannable forms by **November 1, 2017**.

Please contact the office if you will be needing forms before November 1, 2017. We are open Monday-Friday from 8:30 a.m. to 5:00 p.m.



Training Videos Links:

New Children Menu Training Video: <https://www.youtube.com/watch?v=hb4uxVpE5CA&t=0s>

New Infant Menu Training Video: <https://www.youtube.com/watch?v=Uhlx4uZ06Y&t=0s>

2017 ANNUAL WORKSHOP RESULTS: Evergreen Child Care Inc. (ECCI) would like to thank those providers who have completed the annual workshop. The results of the annual workshop are posted in our website under the "annual training" tab. Once you click on annual training tab, click on the icon titled GRADES. If you did not receive "20/20" on your test, please contact the office immediately to instruct you on how to provide us with the correct answer.

Please be advised, providers must fulfill their annual workshop requirement (as stated on the Permanent Agreement). In addition, providers must answer all the answers correct in order to receive credit for this year's workshop.

WHOLE-GRAIN RICH REGULATION: As a reminder, part of the new meal pattern requirements, you are now required to serve at least ONE whole-grain rich product on your menu/per day. In order for us to know you serve the required component on your menu. You must do the following:

PROVIDERS CLAIMING KIDKARE: Ensure to click “yes” on the question “Is this a whole-grain rich product?” on the particular menu you which you will be serving the whole-grain rich product. Also, in the event that the button is not working in you account, you *MAY* indicate on the comment section which meal has a whole-grain rich product.

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). 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.

On the new scannable menus there is a section for you to bubble at which meal you served a whole-grain. Therefore, there is no need to write “WG” on the menu. It will be the provider’s responsibility to bubble this section.

EXAMPLES OF WHOLE-GRAIN RICH PRODUCTS:

- Whole-grain cereal (See image)
- Whole-grain corn tortilla
- Whole wheat bread
- Whole wheat pasta
- Whole oats/Oatmeal
- Brown rice
- Whole rye
- Whole-grain barley
- Wild rice
- Buckwheat
- Triticale
- Bulgur (cracked wheat)
- Millet
- Quinoa
- Sorghum
- 100% whole wheat flour

WHOLE GRAIN CEREALS – 51% or more whole grain.

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 Foods
- Springfield
- Stater Bros.
- Sunny Select Family
- Western
- WinCo Foods

NEW CREDITABLE TORTILLA CHIPS:

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

LATE JULY SNACKS ORGANIC CHIA AND QUINOA RESTAURANT STYLE TORTILLA CHIPS: 1st ingredient whole ground corn

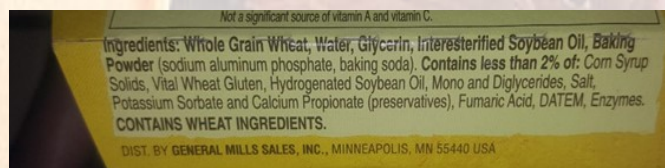


LATE JULY SNACKS SEA SALT THIN & CRISPY RESTAURANT STYLE TORTILLA CHIPS:

1st ingredient Whole Ground Corn



OLD EL PASO WHOLE WHEAT TACO BOATS: 1st ingredient Whole Grain Wheat



NUTRITION EDUCATION SERIES: CUT BACK ON SWEETS



Halloween is around the corner. What better way to educate your day care children on limiting the amount of sweets they eat and drink. Many sweet treats and sugary drinks are considered calorie dense food/drinks. What are calorie dense food/drinks? This means the sweet treats and sugary drinks have lots of calories and only a few nutrients. Most added sugars come from sodas; sports, energy, and fruit drinks. In addition, they also come from cakes, cookies, ice cream, CANDY, and other desserts. Set your kids on a path for life long healthy eating by limiting the amount of sugars they eat. Here are some tips to help your day care children limit sweets:

Serve small portions: Show kids that a small amount of treats can go a long way. Use smaller bowls and plates for these foods and serve them in bite-size portions.

Sip smarter: Soda and other sugar-sweetened drinks contain a lot of sugar and are high in calories. Offer water when kids are thirsty.

Choose not to offer sweets as rewards: By offering food as a reward for good behavior, children learn to think that some foods are better than others. Reward your child with kind words and comforting hugs, or give them non-food items, like stickers, to make them feel special.

Make fruit the first choice: offer a variety of fruits in different ways. Make fruit kabobs using cantaloupe, bananas, and strawberries or offer whole fruits such as pears, clementines, or apples.

Make food fun: Sugary foods that are marketed to kids are advertised as “fun foods.” Make nutritious foods fun by preparing them with your child’s help and being creative together. Create a smiley face with sliced bananas and raisins. Cut fruit into fun and easy shapes with cookie cutters.

Encourage kids to invent new snacks: Make your own snack mixes from dry whole-grain cereal, dried fruit, and unsalted nuts or seeds. Let school-age kids choose the ingredients to create their own snack.

Make treats not an everyday food: Treats are okay once in a while. Just don’t make treat foods an everyday thing. Limit sweet treats to special occasions.

If kids don’t eat their meal, they don’t need sweets: Keep in mind that candy or cookies should not replace foods that are not eaten at meal time.

Source: (https://choosemyplate-prod.azureedge.net/sites/default/files/tentips/DGTipsheet13CutBackOnSweetTreats_0.pdf)

HARVEST OF THE MONTH: APPLES



October's harvest of the month is Apples. Did you know that there are more than 2,500 varieties of apples grown in the United States alone? Additionally, more than 7,500 apples are grown worldwide. California alone grows these type of varieties of apple that include, the Red Delicious, Golden Delicious, Gala, Fuji, Granny Smith, McIntosh, Rome, Jonathon, and Pink Lady. More importantly apples are a good source of Fiber. Fiber is a carbohydrate and is one of the main sources of energy for your body. Apples are best when eaten with the peel, as that is where most of the fiber and antioxidants are found. Here is an easy and healthy breakfast recipe to serve to your day care children.

Homemade Apple Oatmeal: Makes about 12 servings (1 cup)

Ingredients:

3 large apples, cored

3 cups of quick cooking oats (whole-grain)

½ tablespoon of ground cinnamon

5 cups of 100% apple juice

Salt to taste

Directions:

1. Chop apples into bite-sized chunks.
2. Combine apple chunks, oats, cinnamon, salt, and apple juice in a large microwave-safe bowl. Cover bowl with lid or plastic wrap. Leave a little opening for steam to get out.
3. Microwave on high for 3-4 minutes, stirring once after 2 minutes.
4. Stir and let cool 1 minute before serving.

**Serve with 1% or Fat-free milk for children ages 2 years and above and whole milk for children under 2 years for a healthy and delicious breakfast for your day care children **

Nutrition information per serving: Calories: 52, Carbohydrate 11 g, Dietary Fiber 1 g, Protein 1 g,

Total Fat 0 g, Saturated Fat 0 g, Trans Fat 0 g, Cholesterol 0 mg, Sodium 26 mg

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

Happy Birthday *Evergreen Providers!*

Sharon Baker-Stewart

Charlotte Bard

Yaffa Basson

Rosilyn Batiste

Cynthia Beezer

Hyang Choi

Maxine Cooley

Katherine Cornish

Maria Escobedo

Faye Jean Evans

Meronica Franklin

Sonia Gonzalez

Alba Guerreiro

Hortencia Gutierrez

Aura Huete

Leonila Irias

Stephanie Jackson

Joy Jakes-Shackleford

La Tricia D Johnson

Ramatu Kamara

Clara Beom Kim

Jim ju Kim

Karine Kirakosyan

Yoon Hee Lee

Melinda Luis

Janine Martinez

Isabel Mundy

Kevlin Obienu

Brenda Phillips

Julia Salazar

Angela Swoope

Nicole Trimble

Simona Tsinman

Michelle Valencia

Doris Van Norton

Roxana Beatriz Velasco

Mikyong Yi

Siranoosh Yousefi

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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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