

Evergreen Child Care Food Program

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February 2018 Newsletter

CALENDAR OF EVENTS

02/01/2018 – December 2017 Reimbursement Disbursement.

02/19/2018 – ECCI office will be closed in observance of President's Day (Meals are NOT eligible for reimbursement on this holiday).

REIMBURSEMENT REMINDER

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

Manual Claiming Providers: All February meal claim forms must be submitted by no later than March 5, 2018. If documents are submitted anytime later, meal claims will be considered a late (adjustment) claim.



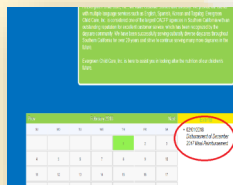
Antonia Trumbull

On behalf of all of us at Evergreen, we thank you for 10 years of service with us. We appreciate you and wish you a happy retirement.

REIMBURSEMENT CHECKS/DIRECT DEPOSITS

ITS: As a reminder, If you need information on when the reimbursement checks will be sent out, you can obtain the information in several ways (please note: direct deposits will be deposited the day after checks have been mailed):

Via our website: www.evergreencacfp.org, it will be under our calendar of events section.



Via our voicemail: If you call our office, the date when the reimbursement checks will be announced in our automated system.

UPDATED FOOD LIST ON KIDKARE: Please be advised, as of December 31, 2017, the following food items have been removed from our KidKare list and will no longer be an option to use:

Macaroni & Cheese Box

If you will be using the "Kraft" macaroni and cheese box to fulfill your bread/bread alternate section on KidKare, the items must be separated. For example:

Lunch

Meat/Alternate: Chicken Breasts (021)

Bread/Alternate: **Macaroni Noodles (056)**

Is this whole grain-rich? (1) No

Vegetables: Broccoli (161)

Fruit/Vegetable 1: Bananas (004)

Milk: 1% (age 2 & over) (7) Whole (age 1) (7)

Pork & Beans

If you will be using canned Pork & Beans to fulfill your vegetable component section on KidKare, the items must be separated. For example:



Lunch

Meat/Alternate: Cheddar Cheese (080)

Bread/Alternate: Hawaiian Bread (016)

Is this whole grain-rich? (1) No

Vegetables: **Baked Beans (154)**

Fruit/Vegetable 1: Bananas (004)

Milk: 1% (age 2 & over) (7) Whole (age 1) (7)

CHEESE:

As a reminder, any cheeses that are labeled as "imitation cheese" or "cheese product" is NOT creditable in the CACFP. For example:

NON-CREDITABLE:

This product has is labeled as "cheese product" and therefore is **NOT** creditable in the CACFP



CREDITABLE:

This product is neither labeled as a "cheese product" nor as an "imitation cheese" and therefore **IS** creditable in the CACFP.



****Use the guide to help you below to help you determine which cheeses can be served to your day care children. ****

https://dpi.wi.gov/sites/default/files/imce/community-nutrition/pdf/creditable_noncreditable_cheese.pdf

MILK:

As part of the new meal pattern requirements, providers are required to **specify the milk type** served to the daycare children on the menus. For example:

IF YOU ARE CLAIMING ON SCANNABLE FORMS: If you have a mixture of children who are 1 year -1 year and 11 months and children who are 2 years and above, please do the following:

OPTION 1:

P M S N A C K	MEAT OR ALT	CHOOSE	5	6	7	8
	BREAD OR ALT		9	10	11	12
	VEG	2	13	14	15	16
	FRUIT	3	17	18	19	20
	MILK	5	21	22	23	24
	MEAT		25	26	27	28
			29	30	31	

Carrot sticks
Apple sauce
1% - WHOLE

OPTION 2: If you have a mixture of children who are 1 year -1 year and 11 months and children who are 2 years and above, please write the following examples on separate sheet of paper on 1st day of month:

"I serve whole milk to children 1 year to 1 year and 11 months. I serve 1% or FF milk to children 2 years and above"

IF YOU ARE CLAIMING ON KIDKARE: please choose the correct milk option, under the milk section of each menu.

INFANT FORMULA OFFERED:

As a day care home provider participating in the food program, you are **required** to offer a brand of iron-fortified infant formula to all parents who have infants (0-11 months). Please remember, It is the parent's choice whether or not to use this formula based on preference and infant's needs.



HARVEST OF THE MONTH: Broccoli



Did you know that broccoli comes from the family of the cabbages and Brussels sprouts? They are referred to as "Cole-crops". This means they are grown from the heads they produce. More importantly, they are an excellent source of Folate. Folate is a water soluble vitamin that helps make healthy red blood cells in your body. It also helps protect you from heart disease. Here is a healthy kid-friendly recipe that includes broccoli:

Broccoli Quinoa "Fried Rice"

Ingredients:

- ½ cup of chopped onion
- ½ cup of chopped peppers
- ½ cup of chopped broccoli
- ¼Tbsp minced garlic
- 1 ½ cups of cooked quinoa rice
- Salt to taste
- 1 egg
- Olive oil



How To:

- Sauté the onions in oil. Add the other vegetables and cook until tender.
- Add the rice and season with salt.
- Make a little hole in the center of the rice and add the egg.
- Stir well to make scrambled eggs and mix all together.
- Add correct portions to each of your day care child's plate.

Make this plate a great addition for your day care children's lunch/ dinner menu.

****An important fact: Quinoa can fulfill your one whole-grain rich product per day****

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

Recipe: (http://www.momjunction.com/articles/broccoli-recipes-for-kids_00363886/#gref)

February 2018 Nutrition Education Series:

Eat More Fruits and Vegetables

Incorporating more fruits and vegetables to your children's diet is critical during children's growth years. The benefit of eating more fruits and vegetables gives children vitamins and minerals to help protect their body from sickness and diseases. As a provider, it is important to encourage your day care children to eat more fruits and vegetables as part of their daily diet. Here are ways to encourage children to eat more fruits and vegetables by making them fun:

Tips:

- **Smoothie Creations:** Blend fat-free or low-fat yogurt or milk with fruit pieces and crushed ice. Use fresh, frozen, canned and even overripe fruits. This would be a great addition to your AM or PM snack.
- **Delicious Dippers:** Kids love to dip their foods. Whip up a quick dip for veggies with yogurt and seasonings such as herbs or garlic. Serve with raw vegetables like broccoli, carrots, or cauliflower. Fruit chunks go great with a yogurt and cinnamon or vanilla dip.
- **Caterpillar Kabobs:** Assemble chunks of melon, apple, orange, and pear on skewers for a fruity kabob. For a raw veggie version, use vegetables like zucchini, cucumber, squash, sweet peppers, or tomatoes.
- **Personalized Pizzas:** Set up a pizza-making station in the kitchen. Use whole-wheat English muffins, bagels, or pita bread as the crust. Have tomato sauce, low-fat cheese, and cut-up vegetables or fruits for toppings. Let kids choose their own favorites. Then pop the pizzas into the oven to warm. This is a great addition to your lunch or dinner menu.
- **Fruity peanut butterfly:** Start with carrot sticks or celery for the body. Attach wings made of thinly sliced apples with peanut butter and decorate with halved grapes or dried fruit. You can substitute peanut butter with yogurt if you have children who are allergic to nuts.
- **Frosty Fruits:** Frozen treats are bound to be popular in the warm months. Just put fresh fruits such as melon chunks in the freezer (rinse first). Make "popsicles" by inserting sticks into peeled bananas and freezing.
- **Bugs on a Log:** Use celery, cucumber, or carrot sticks as the log and add peanut butter. Top with dried fruit such as raisins, cranberries, or cherries, depending on what bugs you want!
- **Homemade Trail Mix:** Skip the pre-made trail mix and make your own. Use your favorite nuts and dried fruits, such as unsalted peanuts, cashews, walnuts, or sunflower seeds mixed with dried apples, pineapple, cherries, apricots, or raisins. Add whole-grain cereals to the mix, too.
- **Potato Person:** Decorate half a baked potato. Use sliced cherry tomatoes, peas, and low-fat cheese on the potato to make a funny face.
- **Put kids in charge:** Ask your child to name new veggie or fruit creations. Let them arrange raw veggies or fruits into a fun shape or design.



(Source: <https://choosemyplate-prod.azureedge.net/sites/default/files/tentips/DGTipsheet11KidFriendlyVeggiesAndFruits.pdf>)

Happy Birthday *Evergreen Providers!*

Miguela-Lyn Adams

Shaneka Carter

Teresa Contreras

Oksano Danylchenko

Saira Estrada

Deanna Featherstone

Jenik Galoustian

Lafrunde Glenn

Ozra Lotfizadeh

Sevinj Mirza Tagi

Ji Park

Alexis Parker

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Rouzanna Sarkisian

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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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