

# Evergreen Child Care Food Program

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## March 2018 Newsletter

### CALENDAR OF EVENTS

**03/07/2018** – January 2018 Reimbursement Disbursement.

### REIMBURSEMENT REMINDER

The January 2018 Federal reimbursement was disbursed if your claim was submitted on time.

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





## Happy National Nutrition

**Month** (National CACFP week is March 11-17, 2018)

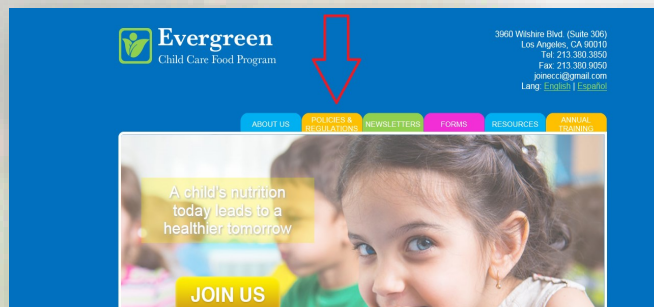
**WHAT IS CACFP WEEK?** According to the National CACFP Association, CACFP Week is a national education and information campaign sponsored annually the third week of March by the National CACFP Sponsors Association. The campaign is designed to raise awareness of how the USDA's Child and Adult Care Food Program (CACFP) works to combat hunger. The CACFP brings healthy foods to tables for across the country for children in child care centers, homes, and afterschool programs as well as adults in day care.

(Source: [www.cacfp.org](http://www.cacfp.org))

*As your sponsor, we want to give you big **THANKS** for your commitment to the CACFP and knowing the importance of strong nutrition foundation for your day care children early in life!*



**UPDATED PROVIDER MANUAL-** Please be advised, the updated manuals are now available on our website under the "Policies and regulations" tab. Please review it for updated information on CACFP.



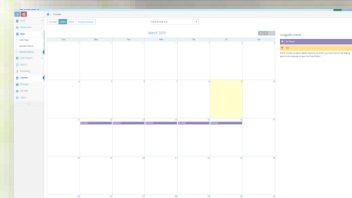
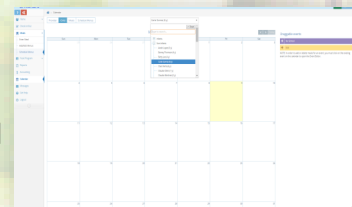
**SCHOOL AGE NOTE-** Do you have any school-age children who will be attending your daycare during spring break? If so, in order to receive reimbursement for their AM Snack & Lunch meals ensure to do the following:

**Providers Claiming on Scannable Forms:** Complete the bottom section of your monthly Claim Information Form (CIF). If you need additional space, you may write in the back of the of the CIF Ensure to provide the child's number, reason the child was not in school (in one or two words), dates in which the child was served AM Snack & Lunch.

**Example for March 2018 Claim: Child #2 Linda Smith (Spring break) 03/26/18-03/30/18**

### Providers Claiming Online:

When clicking on the attendance for an AM Snack and Lunch meal service for school age children, you need to log in the school out dates on the child's calendar before the current month ends. To do so click on **Calendar** on the side tool bar> On the top section, select the **Child** calendar> Then click on the drop down menu to select the **name of the child** you wish to access > Drag the **NO SCHOOL** OR **SICK** box to the applicable dates in which the child did not attend school.



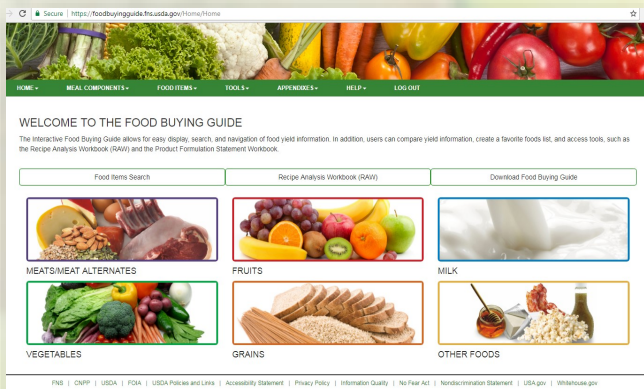
## FOOD BUYING GUIDE (FBG)

As your sponsor, we continue to educate you on the resources and tools you can utilize when purchasing food for your daycare.

### What is the Food Buying Guide?

The FBG is an interactive web-based tool where you can search different components to see whether or not they are creditable in the CACFP. In addition, the FBG will determine how much of each product you need to purchase to meet the minimum serving sizes for your daycare children.

You may access the FBG via USDA website: <https://foodbuyingguide.fns.usda.gov/>



## WHOLE-GRAIN ON KIDKARE

Recent claim reviews show that there are many providers who are still not indicating which meal they are offering the whole grain-rich product per day on their menu. Please remember that you are now required to serve at least one whole grain rich product per day. In order for us to distinguish which product is whole grain you must do the following on Kidkare:

Go onto the calendar> make sure “schedule menus” is highlighted in blue>double click on the day you wish to schedule your menus for>enter the menu> under bread/alternate (if it is a whole grain rich product)> click on YES.

Please note: any daily menus that do not indicate a whole-grain rich product per day, you will automatically be disallowed a meal for that day.

## INFANT MENU

As a reminder, effective October 1, 2017, Whole egg is creditable for infants (0-11 months). Please be advised that just egg yolk is no longer creditable in the CACFP. In order to receive credit for serving egg, you must serve the WHOLE EGG not just the egg yolk. Ensure to indicate “whole egg” on your menus.

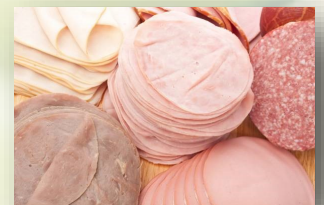
## PROCESSED FOOD LIST

Please be advised, we have now added **Hillshire Farms Naturals Slow Roasted Turkey Breast luncheon meat** to our processed food list. Please be advised, 2 ounces of this product will yield 1 ounce of the meat/meat alt. component of your menu. Please look into your food chart to distinguish the minimum serving size for each age category per meal/snack.

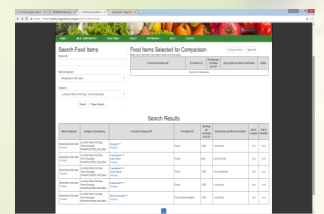


## LUNCHEON MEATS IN THE CACFP

**What are luncheon meats?** Luncheon meats are meats sold in slices for sandwiches; cold cuts (Examples : Ham, turkey ham , roast beef, turkey breast, bologna, salami, and pastrami).



To be in absolute compliance with regulations, only luncheon meats that are listed in the Food Buying Guide or that have a Child Nutrition Label should be served. However, in lieu of a CN label, Product Formulation Statements (PFS) from manufacturers can be used to determine creditable amounts of meat. The creditable ingredients listed on the PFS must match or have a similar description to a food item listed in the Food Buying Guide.



ECCI will be providing more information on luncheon meats in the upcoming newsletters.



# HARVEST OF THE MONTH:

## STRAWBERRIES

This harvest of the month featured fruit is strawberries. Did you know that strawberries are also known as the “accessory fruit”? This is because they come from genus *Fragaria* in the rose family. Here’s a little slice of history, European explorers discovered strawberries in North America in 1588 when they landed on the shores of Virginia. More importantly, strawberries are an excellent source of Vitamin C. Vitamin C acts as an antioxidant, which means, it may help reduce damage to cells caused by oxidation. It also may be linked to its prevention in degenerative diseases, certain cancers, and cardiovascular diseases. We cannot produce vitamin C in our bodies. Therefore, we obtain it from food we eat and strawberries can be a great source of vitamin C. Here are some shopper tips when purchasing strawberries.



### Shopper tips:

- Look for plump berries with a natural shine, rich red color, bright green caps, and a sweet smell.
- Store unwashed strawberries in the refrigerator for up to three days.
- Before serving, use cool water to gently wash strawberries with green caps still attached.
- Look for no sugar added frozen strawberries.

## STRAWBERRY BANANA OATMEAL:

Serves: 12

Preparation time: 15 minutes

Serving Size: about ½ cup per child



### Ingredients:

- 7 ½ cups of water
- 4 ½ cups of quick cooking oats
- 30 fresh strawberries stemmed and finely chopped.
- 3 bananas finely chopped
- 3 teaspoons ground cinnamon
- 1 ½ teaspoons of brown sugar
- 6 teaspoons of vanilla extract
- 6 tablespoons of raisins

### How to:

- Combine water and oats in a pot and bring to boil.
- Cook about 1 minute over medium heat, stirring occasionally.
- Add strawberries, bananas, cinnamon, brown sugar, and vanilla to the pot.
- Remove from heat, cover, and let stand for 5 minutes, until thick and creamy.
- Divide into correct portions per child per age category and top with raisins. Serve while hot.

*Serve with 1% or FF milk for children ages 2 and above and/or whole milk for children ages 1-1 yr and 11 month. Make this plate a great addition for your daycare children’s breakfast menu.*

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

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

Recipe: (<http://eatfresh.org/recipe/breakfast/strawberry-banana-oatmeal#.Wpc8M7ynEdU>)

# MARCH 2018 NUTRITION EDUCATION SERIES:

## You have the Power!

As a daycare provider, you are a role model to your daycare children. They learn a lot from watching you. Be a role model and promote a healthy lifestyle. This will influence them to continue their healthy habits at home. Empower your daycare children to make healthful choices with both food and physical activity.



Providers can:	Kids can:
Keep fruits and vegetables in easy to reach places at home.	Help you choose fruits and vegetables to add to your menu
Include fruits and/or vegetables with every meal and snack.	Ask for fruits and vegetables they like to eat during non-meal times.
Offer new fruits and vegetables several times during the month. Prepare them in different ways (raw vs. cooked vs. whole) to find which way your daycare children like them best.	Try new foods and let you know what they like or do not like about them. Agree to try the same food several more times
Limit TV time (screen time) to 2 hours or less a day. Do not put TVs in all classrooms.	Choose to watch only their favorite TV shows. Take activity breaks during screen time. The more physical activity the better.

( Source: [www.CAchampionsforchange.net](http://www.CAchampionsforchange.net) )

## SOUTH CENTRAL LA CHILDCARE PROVIDERS SUPPORT GROUP

South Central LA Childcare Providers Support Group is a support group for family child care providers who serve South Central Los Angeles and surrounding areas.

Why you should join...

- Networking
- Socials
- Support
- Learn about workshops
- Information for free samples
- And much more!



## 1st Support Group Meeting



# Saturday, April 7, 2018

## 2:00PM – 3:00 PM

230 W. 104<sup>th</sup> St. Los Angeles, CA 90003

**For more information please contact**

Araceli Rodriguez

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Culturalgarden1@gmail.com



# Happy Birthday *Evergreen Providers!*

Nadia Battle

Rubilie Castaneda

Graciela Ceja

Sandra Chica

Aida Corona

Monique Duarte

Lenita Exner

Anna Galystan

Gabriela Garcia-Armenta

Teresa Gevorkyan

Shelly Gray

Stephanie Jenkins

Eun Ha Kim

Hyei Jin Kim

Yong Jin Kwon

Heshmat Lotfizadeh

Laura Maldonado

Mariza Mendoza

Diedre Mitchell-Miller

Fani De Moore

Ana Adilia Perez

Brenda Pilcher

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Toni Tyre

Linda Williams

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Office of the Assistant Secretary for Civil Rights

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Washington, D.C. 20250-9410;

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(3) email: [program.intake@usda.gov](mailto:program.intake@usda.gov).



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