

Evergreen Child Care Food Program

3960 Wilshire Blvd. Suite 306 Los Angeles, CA 90010

Tel. 213-380-3850/5345 Fax. 213-380-9050

E-mail: joinecci@gmail.com

October 2018 Newsletter

CALENDAR OF EVENTS

10/03/2018 – August 2018 Reimbursement Disbursement.

10/08/2018– ECCI office will be closed in observance of Columbus Day (Meals are eligible for reimbursement on this holiday).

REIMBURSEMENT REMINDER

The August 2018 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, 2018. If documents are submitted anytime later, meal claims will be considered a late (adjustment) claim.

REMINDER! NEW CACFP MEAL PATTERN CHANGES ARE NOW ENFORCED

Please be advised, any meals that do NOT follow the new meal pattern requirements, will be automatically disallowed effective October 1, 2018

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

2018-2019 ENROLLMENT RENEWAL REPORT: Please be advised, if you have not turned in

your Enrollment Renewal Report, it is now ***past due***. For providers who have not turned in their completed Enrollment Renewal Reports, their active daycare children were automatically withdrawn as of October 1, 2018.

- If you have not turned in your Enrollment Renewal Report please do so immediately. Any meals claimed for the daycare children will not be subject to reimbursement until the ***day after*** we receive a completed Enrollment Renewal Report.
- If you have children who were automatically withdrawn on October 1, 2018 due to no parent signature on the Enrollment Renewal Report, you will need to complete a new enrollment form.

Online claiming providers: Please contact ECCI to reinstate the children in your KidKare account to enable you to print their enrollment applications. The parents and provider must sign and date the enrollment applications.

Scannable forms claiming providers: Please complete a scannable enrollment form for those children not renewed. The parent and provider must sign and date the new enrollment application.

****Reminder:** As part of Record Retention Policy, we will be asking to see a copy of the current enrollments for all children present during the monitoring visits. This includes the 2018-2019 Enrollment Renewal Report and any newly and updated enrollments. ******

2018 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 will be posted in our website under the “annual training” tab on Friday, October 12, 2018. 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. Failure to fulfill the annual training requirement is a Serious Deficiency.

If you have NOT completed the annual workshop, you must complete and turn in your annual workshop answer sheet by no later than **Friday,**

October 19, 2018. Providers who fail to complete and pass the annual training by the extended due date will be determined as a Serious Deficient provider and will be issued a Serious Deficiency letter.

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!*

Lilit Antonyan

Sharon Baker-Stewart

Charlotte Bard

Yaffa Basson

Rosilyn Batiste

Cynthia Beezer

Diana Camarena

Hyang Choi

Maxine Cooley

Katherine Cornish

Maria Escobedo

Bilha Escun

Faye Jean Evans

Meronica Franklin

Sonia Gonzalez

Shemier Green

Alba Guerreiro

Hortencia Gutierrez

Porsche Hillman

Aura Huete

Leonila Irias

Joy Jakes-Shackleford

La Tricia D Johnson

Ramatu Kamara

Clara Beom Kim

Karine Kirakosyan

Selina Lay

Yoon Hee Lee

Melinda Luis

Sara Mendoza

Isabel Mundy

Brenda Phillips

Julia Salazar

Angela Swoope

Francis Tomas

Simona Tsinman

Doris Van Norton

Mikyong Yi

Siranoosh Yousefi

In accordance with Federal civil rights law and U.S. Department of Agriculture (USDA) civil rights regulations and policies, the USDA, its agencies, offices, and employees, and institutions participating in or administering USDA programs are prohibited from discriminating based on race, color, national origin, sex, disability, age, or reprisal or retaliation for prior civil rights activity in any program or activity conducted or funded by USDA.

Persons with disabilities who require alternative means of communication for program information (e.g. Braille, large print, audiotape, American Sign Language, etc.), should contact the Agency (State or local) where they applied for benefits. Individuals who are deaf, hard of hearing or have speech disabilities may contact USDA through the Federal Relay Service at (800) 877-8339. Additionally, program information may be made available in languages other than English.

To file a program complaint of discrimination, complete the USDA Program Discrimination Complaint Form, (AD-3027) found online at: http://www.ascr.usda.gov/complaint_filing_cust.html, and at any USDA office, or write a letter addressed to USDA and provide in the letter all of the information requested in the form. To request a copy of the complaint form, call (866) 632-9992. Submit your completed form or letter to USDA by:

(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.



This institution is an equal opportunity provider.