

Evergreen Child Care Food Program

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November 2018 Newsletter

CALENDAR OF EVENTS

10/31/2018 – September 2018 Reimbursement Disbursement.

11/22 & 23/2018– ECCI office will be closed in observance of Thanksgiving Day (Meals for Friday, November 23 are eligible for reimbursement).

REIMBURSEMENT REMINDER

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

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

Whole Grain-Rich (WGR): Recent claims show that providers have been labeling WGR on products that are NOT WGR. Please be advised in order to distinguish the difference between products that are WGR, the product must say 100% whole **WHEAT** or use the “Rule of Three”.

What is the “Rule of Three”? The rule of three is defined as the 1st ingredient must be a whole-grain and the next two **grain** ingredients are creditable grains.

Here are common bread/bread alternate items that are creditable but NOT considered WGR:

- Enriched Wheat Bread
- Corn Flakes
- 100 % Whole-grain Ritz Crackers
- 100% Whole-grain Wheat Thins
- Rice Krispy cereal

Additionally, the following common bread alternate grains must be made from enriched or whole grain, as the 1st ingredient, to ensure these items are CREDITABLE GRAINS:

- Couscous
- Semolina
- Long grain white rice
- White rice
- Farina
- Durum Flour

For better practices: we highly recommend you write the 1st ingredient of these items onto your menu and have the original package ready for us to view during monitoring visits.

*****For more information, please refer to our WGR worksheet on “Identifying whole grains”, under our policies and regulations tab. *****

Juice Regulation: As a reminder, under the new CACFP regulations that became effective as of October 2017, 100% juice can only be served ONCE a day per **whole** day menu. It is important to understand that even though children are being claimed different meals, this regulation is based on your daily menu NOT based on different children eating different meal types of the day. Ensure to list 100% juice ONCE on your daily menu to avoid any disallowances.

If you have any questions, feel free to contact us. We are open Monday-Friday 8:30am to 5:00 pm.

Thanksgiving Tips for a Wholesome and Safe Holiday.

1. Thawing the turkey or any meat product on the counter might seem easier, but it's not safe. Thaw your turkey in the refrigerator, in cold water, or in the microwave oven.

2. As tempting as it is to leave out for all to admire, your pumpkin pie contains milk and eggs, so first bake it to the safe minimum internal temperature of 160 °F, then **refrigerate after baking.**

3. Using the same spoon for stirring and tasting is bad manners and oh yeah, it can spread bacteria and viruses.

4. No matter how good it looks, you can only tell if a whole turkey is safely cooked when the internal temperature reaches 165°F. Always use a food thermometer.

5. Wash hands with soap and warm water for at least 20 seconds before and after handling food and after using the bathroom, changing diapers, or handling pets.

6. Never stuff your turkey the night before cooking it. To avoid harmful bacteria growth and food poisoning, the wet and dry ingredients can be prepared the night before and refrigerated separately. Mix the ingredients and stuff the turkey just before cooking.

7. More leftovers than usual?
Refrigerate leftovers in shallow containers within 2 hours of cooking and use within 3-4 days or freeze. Reheat thoroughly to 165 °F.

Learn more about
holiday food safety at:
www.foodsafety.gov



Happy Birthday *Evergreen Providers!*

Nune Balasanyan

Claudia Calderon

Patricia Castillo

Norma Cotton

Margarita Cruz

Carla Elliott

Oralia Estrada

Crystal Gabourel

Blanca Garcia

Melanie Guillemet

Ana Gutierrez-Dubose

Shelley Hughes

Soon Goo Jae

San Juana Juarez

Lea Kovnator

Bok Rye Lee

Maria Lopez De Jarrin

Rosa Maurtua de Duenas

Bria Miller

Darlene Morales

Maria Morla

Arsen Muradyan

Myung Park

Linda Quezada

Adriana Ruiz

Cecilia Santana

Effat Tabae

Tommy Thompson

Maria Trujillo

Grigoriy Tsinman

Virginia Valencia

Darlene Wilson

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