

Evergreen Child Care Food Program

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January 2019 Newsletter

Happy New Year

CALENDAR OF EVENTS

01/01/2019—ECCI office will be closed in observance of New Year's Day (Meals are not subject for reimbursement of this holiday)

01/15/2019—Disbursement of October & November 2018 meal claim reimbursement

01/21/2019—ECCI office will be closed in observance of Martin Luther King Jr. Day (Meals are not subject for reimbursement of this holiday)

REIMBURSEMENT REMINDER

The October and November 2018 Federal reimbursements will be disbursed on 01/15/19 if your claim was submitted on time.

Manual Claiming Providers: All January claim forms must be submitted by no later than February 5, 2019. If documents are submitted anytime later, meal claims will be considered a late (adjustment) claim.

MAJOR HOLIDAYS (2019): The following major holidays are NOT eligible for meal reimbursement:

New Year's Day (Tuesday, January 1, 2019)
Martin Luther King Day (Monday, January 21, 2019)
Presidents Day (Monday, February 18, 2019)
Memorial Day (Monday, May 27, 2019)
Independence Day (Thursday, July 4, 2019)
Labor Day (Monday, September 2, 2019)
Veterans Day (Monday, November 11, 2019)
Thanksgiving Day (Thursday, November 28, 2019)
Christmas Day (Wednesday, December 25, 2019)

**** If you have a holiday closure lists, please provide it to our agency ahead of time. Also, as part of ECCI's Call-in policy, if the holiday falls on a weekend, please call us ahead of time to let us know what weekday you will be observing the holiday (if applicable)****

TAX REPORT: It's that time again! Tax season is upon us. Here are instructions on obtaining your 2018 Tax report:

- For providers claiming on KidKare: Under **REPORTS**>select a category> **CLAIM STATEMENTS**>select a report>**TAX REPORT**>select a year> **2018**>then click **RUN**
- For providers claiming on scannable forms: Please contact us at the office and request for your 2018 tax report. We are open Monday-Friday (8:30am-5:00pm).

AUDIT UPDATE: Please be advised that our audit has begun. It is important for providers to be in compliance with all regulations. Please continue to serve on time and have your daily documents updated and readily available. If you are making any changes to your day-care operation (i.e: meal service times, daycare closure, elimination of a meal service, etc.), please notify us in advance via email and/or telephone.

ECCI would like to thank you for your business and appreciates your cooperation

WHOLE-GRAIN RICH REGULATION: Recent claim reviews and monitoring visits show that there is some confusion on what bread/bread alternate items are considered whole-grain rich. As your sponsor, we try our best to communicate and educate all our providers on the difference between whole-grain rich vs. enriched bread/bread alternate items. Please be advised that if the product packaged states "100% whole-WHEAT" then this is automatically a whole-grain rich (WGR) bread/bread alternate. However, if the item said "100% whole-GRAIN" you must use the rule of 3 to determine whether this item is considered WGR.



Please refer to our website and go under policies and regulations and "Identifying whole grain" icon, to determine if the bread/bread alternate item is WGR.

http://evergreencacfp.org/uploads/1543949589identifying_whole_grain_rich_cacfp.org.pdf

Additionally, we understand that using the rule of 3 might be challenging. Therefore, if you need assistance in identifying a bread/bread alternate item as WGR, please take a picture of the front and back packaging (ingredient label) and email out office (Joinceci@gmail.com). From there, we can determine whether the item is a credible whole grain rich bread/bread alternate and notify you.

HARVEST OF THE MONTH: CABBAGES



Did you know that cabbages come from the French word “caboche” meaning “head”? It is because of its shape and form. Cabbages are also known as cruciferous vegetable. They are plants that contain indoles and isothiocyanates, which are phytochemicals and have anti-cancer properties. Phytochemicals work with other nutrients and fiber to provide health benefits. Additionally, they are also an excellent source of Vitamin C and Vitamin K.

Here are some shopper tips when purchasing cabbages:

- Choose firm cabbage head that feel heavy and are tightly-packed.
- Store whole or chopped cabbage in a sealed plastic bag in the refrigerator and use within one week.
- Before use, rinse cabbage thoroughly and remove tough outer leaves. Cut in half and trim core.

Healthy Serving Ideas

- Make a “rainbow coleslaw” by using a mix of green and red cabbage. (See recipe.)
- Boil or steam cabbages to use in stews, soups, and casseroles.
- Provide raw, crunchy fruits and vegetables as snacks for your child.
- Look for a farmers’ market in your area to find low-cost fruits and vegetables.

For more ideas, visit:

<https://www.fruitsandveggiesmorematters.org/>

Rainbow Coleslaw

Makes 12 servings. ½ cup per serving.

Prep time: 15 minutes



Ingredients:

- 2 cups thinly sliced red cabbage
- 2 cups thinly sliced green cabbage
- ½ cup chopped yellow or red bell pepper
- ½ cup shredded carrots
- ½ cup chopped red onion
- ½ cup fat free mayonnaise
- 1 tablespoon red wine vinegar
- ¼ teaspoon celery seed (optional)
- ½ cup lowfat Cheddar cheese, cubed

Directions:

1. In large bowl, combine vegetables.
2. In small bowl, combine mayonnaise, vinegar, and celery seed to make the dressing.
3. Pour dressing over the vegetables in large bowl. Toss until well coated.
4. Add cheese and serve chilled.

Nutrition information per serving:

Calories 30, Carbohydrate 4 g, Dietary Fiber 1 g,
Protein 2 g, Total Fat 1 g, Saturated Fat 0 g,
Trans Fat 0 g, Cholesterol 2 mg, Sodium 145 mg

Adapted from: Soulful Recipes: Building Healthy Traditions, Network for a Healthy California, 2008.

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

January 2019 Nutrition Education Series: Help your preschooler eat well, be active, and grow up healthy!

At the preschool age is the stage where they develop healthful eating habits. This is where YOU come in. As a provider, you are one of their role models, it is important you create an environment that will promote healthy eating and living. These children need your help to develop healthful eating habits. Your preschooler's needs depend on how fast he or she is growing plus other individual factors. Each child's needs may differ from the average, and appetites can vary from day to day.

Use the table below as a general guide to how much your child should eat from each food group to meet their needs. Here's how to get the right plan:

1. Find the suggested calorie level based on your preschooler's age, sex, and physical activity level.
2. Print a MyPlate Plan to help you stay on track.
3. View the Meal and Snack Patterns for examples of food that can fit into your child's plan.

Tips:

- Your preschooler may not eat the exact amounts suggested every day. Try to balance the amounts over a few days or a week. Offer **different foods** from day to day. Encourage your child to choose from a variety of foods.
- Serve foods in small portions at scheduled meals and snacks.
- Choose healthy snacks for your preschooler. Beverages count too! Make smart beverage choices.

Source: <https://www.choosemyplate.gov/how-much-does-my-preschooler-need>

Age	Sex	Daily Activity	MyPlate Plan
2	Boys & Girls	Any level	1000 calories Meal & snack ideas
3	Boys	<30 min	1200 calories Meal & snack ideas
		30-60 min	1400 calories Meal & snack ideas
		>60 min	1400 calories Meal & snack ideas
	Girls	<30 min	1000 calories Meal & snack ideas
		30-60 min	1200 calories Meal & snack ideas
		>60 min	1400 calories Meal & snack ideas
4-5	Boys	<30 min	1200 calories Meal & snack ideas
		30-60 min	1400 calories Meal & snack ideas
		>60 min	1600 calories Meal & snack ideas
	Girls	<30 min	1200 calories Meal & snack ideas
		30-60 min	1400 calories Meal & snack ideas
		>60 min	1400 calories Meal & snack ideas

Happy Birthday *Evergreen Providers!*

Estela Carrera

Rita Collins

Brenda De Leon

Yesmin Escalante

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Linda Garrett

Hana Hwang

Teresa Jacobo Ramirez

Mary Huei-Chung Jaw

Maria Pabla Jimenez

Audrey Kim

Dalvanice Lacerda

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Maria Michea

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Office of the Assistant Secretary for Civil Rights

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Washington, D.C. 20250-9410;

(2) fax: (202) 690-7442; or

(3) email: program.intake@usda.gov.



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