

Evergreen Child Care Food Program

3850 Wilshire Blvd. Suite 210 Los Angeles, CA 90010

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

E-mail: joinecci@gmail.com

February 2019 Newsletter

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CALENDAR OF EVENTS

02/12/2019—Disbursement of December 2018 meal claim reimbursement

02/18/2019—ECCI office will be closed in observance of Presidents' Day (Meals are not subject for reimbursement of this holiday)

REIMBURSEMENT REMINDER

The December 2018 Federal reimbursements will be disbursed on 02/12/19 if your claim was submitted on time.

Manual Claiming Providers: All February claim forms must be submitted by no later than March 5, 2019.

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

RECALL ON TYSON PANKO CHICKEN NUGGETS AND GOLD MEDAL ALL PURPOSE FLOUR:

On Wednesday, January 30, 2019, Tyson Foods, Inc. issued a voluntary recall of potentially contaminated chicken nugget products:

5-lb. plastic packages of "Tyson WHITE MEAT PANKO CHICKEN NUGGETS" with a "BEST IF USED BY" date of "NOV 26 2019," case code "3308SDL03" and time stamps 23:00 through 01:59 (inclusive).



If you have purchased this item at Costco or any retailer, please return it immediately or throw it away. For further information on this recall, please visit the USDA Tyson Foods News Release web page at <https://www.fsis.usda.gov/wps/portal/fsis/topics/recalls-and-public-health-alerts/recall-case-archive/archive/2019/recall-009-2019-release>.

Additionally, another item has also been recalled. General Mills Unbleached Flour-Gold Medal Unbleached flour. On Tuesday, January 29, 2019, General Mills issued a voluntary recall of potentially contaminated five pound bags of Gold Medal Unbleached Flour.

Gold Medal Unbleached All Purpose 5LB Flour

Package UPC: 000-16000-19610-0

Recalled Better if Used by Date:
20APR2020KC



Contact Information

Consumers or program operators with questions about the Gold Medal Unbleached Flour recall may call the General Mills customer relations hotline by phone at 1-800-230-8103 or visit the General Mills web page at <https://www.generalmills.com/flour>.

SCANNABLE FORMS WILL BE GOING AWAY SOON!



ATTENTION: PROVIDERS CLAIMING ON SCANNABLE FORMS

ECCI was recently informed by Minute Menu Systems that they will soon stop providing their manual claiming services (scannable forms) nationwide, not just for Evergreen. A date has not been provided as to when the manual claiming services need to stop. However, they have advised us to begin transitioning providers before the required date.

We want our providers claiming manually (on scannable forms) to not fear this change. **KidKare**, the program used to claim online, is easy to use and can be accessed through all mobile and tablet devices. We will ensure to provide you with QUALITY training and materials to make your transition as smooth as possible. We are here to help!

Should you wish to transition in advance, please contact our office at **(213) 380-3850** to register for one of the following training online claiming orientations:

Thursday, February 28, 2019 @ 9:30am.

Friday, March 29, 2019 @ 9:30am

Tuesday, April 30, 2019 @ 9:30am

*** PROVIDERS THAT ARE INTERESTED MUST REGISTER IN ADVANCE TO ATTEND DUE TO LIMITED SPACING ***

If, for any reason, you cannot attend any of the above trainings, you have an option to be trained online on your own. Please contact our office for more information.

Don't wait until the last minute :)

REGISTER TODAY!

IDENTIFYING WHOLE-GRAIN RICH PRODUCTS:

Please be advised the updated version on how to identify whole grain rich products is now up on our website, under policies and procedures. We have it available in both English and Spanish.

http://evergreencacfp.org/uploads/1548722546web_final_file_identifying_whole_grain-rich_guide.pdf



WHEAT THINS UPDATE:

Please be advised, the update on identifying whole-grain rich products gave us a closer look and a re-evaluation of wheat thins to determine if it meets Whole-grain rich criteria. After reviewing the update on WGR, the 100% whole grain wheat thins are creditable as a WGR product. You may use this product as your WGR product for the day.



HARVEST OF THE MONTH: SWEET POTATOES

Did you know that sweet potatoes are often confused as yams? The confusion came about 100 years ago when farmers and stores marketed sweet potatoes as yams. Although they are different, they have similar vitamin properties in them. They are part of the dark orange vegetables which are strong for the immune system, help good vision and may help reduce the risk of heart diseases. Additionally, sweet potatoes are one of the richest plant sources for beta carotene, which helps the body convert it to vitamin A.



Here are some shopper tips when purchasing cabbages:

- Choose firm, dark, dry, and smooth sweet potatoes without wrinkles, bruises, sprouts or moldy spots. One decayed spot can make the entire sweet potato taste bad, even if you cut away the moldy part.
- Do not store sweet potatoes in the refrigerator. To keep fresh, store in a dry, cool place, like a pantry or garage.
- Do not wash sweet potatoes until you are ready to cook them.
- At room temperature, sweet potatoes should be used within one week. If stored properly, sweet potatoes can keep for one month or longer.

Sweet Potato Hash

Makes 6 servings. 1 cup per serving.

Cook time: 40 minutes



Ingredients:

- ¼ cup vegetable oil
- ¼ cup vegetable oil
- 2 cups frozen or fresh chopped bell peppers and onions
- 2 pounds sweet potatoes (about 2 medium potatoes), peeled and cut into small cubes
- 1 teaspoon cumin
- 1 teaspoon salt
- 1 teaspoon red pepper flakes

Directions:

1. Heat oil in a large skillet over medium-high heat.
2. Sauté bell peppers and onions until tender, about 5 minutes.
3. Add remaining ingredients and reduce heat to medium.
4. Cook for 20-25 minutes, stirring frequently. Sweet potatoes may begin to stick to the skillet, but continue to stir gently until they cook through. Serve hot.

Source: (http://harvestofthemonth.cdph.ca.gov/documents/Winter/SweetPotatoes/Sweet%20Potatoes%20-%20Educator%27s%20Newsletter_Final.pdf)

FEBRUARY 2019 NUTRITION EDUCATION SERIES: ALL ABOUT OILS



Oils are an important part of the diet. Although they are not part of the food group, they provide essential nutrients and part of USDA recommendations to eat. Note: only small amounts of oils are recommended. The good types of fatty acids that are found in oils are the Polyunsaturated and Monounsaturated fats. These types of fatty acids help maintain the healthy cholesterol (HDL). Because oils contain these essential fatty acids, there is an allowance for oils in the food guide. More importantly these fatty acids are found in fish, nuts, and vegetable oils and contain Vitamin E, which are a major source in the American diet.

How do I count the oils that I eat?

A person's allowance for oils depends on age, sex, and amount and level of physical activity they do. Others consume enough oils in the foods they eat such as;

- Nuts
- Fish
- Cooking oil
- Salad Dressings

Below is an oil table for your references:

OIL TABLE				
	AMOUNT OF FOOD	AMOUNT OF OIL	CALORIES FROM OIL	TOTAL CALORIES
		Teaspoons/grams	Approximate calories	Approximate calories
Oils:				
Vegetable oils (such as canola, corn, cottonseed, olive, peanut, safflower, soybean, and sunflower)	1 Tbsp	3 tsp/14 g	120	120
Foods rich in oils:				
Margarine, soft (trans fat free)	1 Tbsp	2 ½ tsp/11 g	100	100
Mayonnaise	1 Tbsp	2 ½ tsp/11 g	100	100
Mayonnaise-type salad dressing	1 Tbsp	1 tsp/5 g	45	55
Italian dressing	2 Tbsp	2 tsp/8 g	75	85

Thousand Island dressing	2 Tbsp	2 ½ tsp/11 g	100	120
Olives*, ripe, canned	4 large	½ tsp/ 2 g	15	20
Avocado*	½ med	3 tsp/15 g	130	160
Peanut butter*	2 T	4 tsp/16 g	140	190
Peanuts, dry roasted*	1 oz	3 tsp/14 g	120	165
Mixed nuts, dry roasted*	1 oz	3 tsp/15 g	130	170
Cashews, dry roasted*	1 oz	3 tsp/13 g	115	165
Almonds, dry roasted*	1 oz	3 tsp/15 g	130	170
Hazelnuts*	1 oz	4 tsp/ 18 g	160	185
Sunflower seeds*	1 oz	3 tsp/ 14 g	120	165

*Avocados and olives are part of the Vegetable Group; nuts and seeds are part of the Protein Foods Group. These foods are also high in oils. Soft margarine, mayonnaise, and salad dressings are mainly oil and are not considered to be part of any food group.

OILS AS PART OF A HEALTHY EATING STYLE

Oils provide essential fatty acids and vitamin E. They are found in different plants such as soybeans, olives, corn, sunflowers, and peanuts. Choosing unsaturated oils instead of saturated fat can help you maintain a healthy eating style. A few plant oils, including coconut and palm oil, are higher in saturated fat and should be eaten less often.

Choose foods higher in unsaturated fat and lower in saturated fat as part of your healthy eating style.

- Use oil-based dressings and spreads on foods instead of butter, stick margarine, or cream cheese.
- Drink fat-free (skim) or low-fat (1%) milk instead of reduced-fat (2%) or whole milk.
- Buy lean cuts of meat instead of fatty meats or choose these foods less often.
- Add low-fat cheese to homemade pizza, pasta, and mixed dishes.
- In recipes, use low-fat plain yogurt instead of cream or sour cream.

For more information: <https://www.choosemyplate.gov/saturated-unsaturated-and-trans-fats>

Happy Birthday *Evergreen Providers!*

Miguela-Lyn Adams

Karine Alebyan

Laura Bilodeau

Margarita Chavero-
Ramirez

Teresa Contreras

Oksano Danylchenko

Saira Estrada

Deanna Featherstone

Jenik Galoustian

Lafrunde Glenn

Angelica Guerrero

Ozra Lotfizadeh

Sevinj Mirza Tagi

Alexis Parker

Gabina Rodriguez-
Santiago

Armen Sargsyan

Rouzanna Sarkisian

Jermaine Thompson

Kimiko Whittaker

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(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.



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