

Evergreen Child Care Food Program

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April 2019 Newsletter

CALENDAR OF EVENTS

04/04/2019 – February 2019 Reimbursement Disbursement Date.

REIMBURSEMENT REMINDER

The February 2019 Federal reimbursement has been disbursed if your claim was submitted on time.

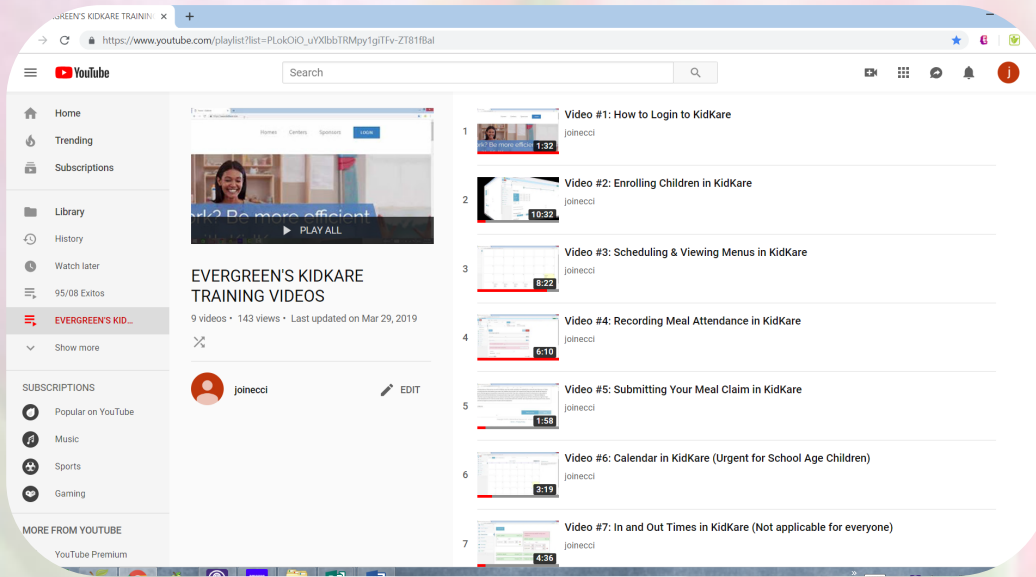
Manual Claiming Providers: All April claim forms must be submitted by no later than May 5, 2019. If documents are submitted anytime later, meal claims will be considered a late (adjustment) claim.

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!



IF YOU WISH TO TRANSITION TO ONLINE CLAIMING AS SOON AS POSSIBLE, THE TRAINING VIDEOS ARE NOW AVAILABLE ON YOUTUBE.

If you prefer to wait until we are given with a date when scannable forms will no longer be available, you may wait to transition.

Link to our **NEW** KidKare training videos (please click on link below):

<http://www.evergreencacfp.org/uploads/1553722344kidkare-training-video-links.pdf>

Please give us a call when you have watched the 9 videos. We will then provide you with your account user name and password. Afterwards, you will need to start claiming online the following month form when you contact us.

DON'T GET DISALLOWED OVER YOUR GRAINS/GRAIN ALTERNATES

Check the ingredient list in your grain and grain alternate products! All grain products served in the Child and



Adult Care Food Program (CACFP) must be made with enriched or whole grain meal or flour, or bran or germ in order to be creditable. In order to ensure that our providers are meeting CACFP meal pattern requirements, our monitors will ask to see your grain/grain alternate components (bread, rice, pastas, tortillas, cereals, crackers, etc.) during monitoring visits. Therefore, please ensure to save the packages of the grain/grain alternate products you have been serving in reimbursable meals.

What is enriched? Enriched means nutrients that were lost during food processing have been added back. Foods made with white flours, to be considered enriched, will have to contain the following nutrients in the ingredient list: **Iron, folic acid, riboflavin, niacin, thiamine.**

Whole Grain-Rich Guide: Please see the "Identifying Whole Grain-Rich Guide" available in our website to help you identify whole grain-rich foods. The guide is located under the Policies and Regulations tab at

www.evergreencacfp.org.

IS YOUR WHITE & BROWN RICE CREDITABLE?

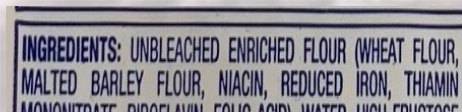
White Rice must be **enriched**. If your rice simply says "Long-grain rice" or "Milled Rice" in the ingredients list, it is NOT creditable. Take a look at the ingredients list and ensure that the first ingredient is "ENRICHED RICE" OR "ENRICHED LONG-GRAIN RICE".



Brown Rice must say brown rice as the first ingredient (Long-grain brown rice or simply brown rice)

IS YOUR WHITE BREAD & WHEAT BREAD CREDITABLE?

White Bread must be **enriched**. Please ensure that the first ingredient is enriched flour (Please ignore the word "unbleached")

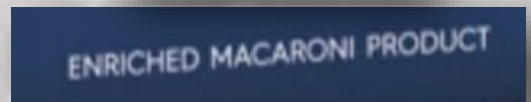


Wheat Bread - In order for wheat bread to be creditable as whole grain-rich, the wheat bread must meet the whole grain-rich requirement (please see whole grain-rich guide in our website). **CONVINIENT TIP: LOOK FOR THE WORD WHOLE WHEAT!** If the front package says "**WHOLE WHEAT**" then you do not need to look any further, that bread is creditable. However, if the front package says "Whole Grain" there is a possibility that it may NOT qualify. Also, be alert with foods advertised as "Made with whole wheat" (RITZ uses that statement on their "wheat crackers", which do not meet CACFP whole grain-rich requirements).

IS YOUR PASTA CREDITABLE?

Pastas must also be enriched or whole grain. If your pasta is made of regular SEMOLINA and/or DURUM flour, then it is NOT creditable.

Enriched white pastas usually say "Enriched macaroni product" in the front label. The first ingredient will usually not be "enriched". Therefore, look for "Enriched macaroni product" in the front label.



Whole wheat pastas will usually be labeled as "WHOLE WHEAT" or "100% Whole Wheat Pasta". The first ingredient should be "WHOLE DURUM WHEAT FLOUR "



Please feel free to e-mail us pictures of your grain/ grain alt. products so we can verify if your products are creditable. If doing so, please send a picture of the front label and the ingredients list, usually found in the back of the packages. Our e-mail address is:

Joinceci@gmail.com

HARVEST OF THE MONTH: ASPARAGUS



The harvest of the month featured vegetable is Asparagus. Did you know that during ancient and medieval times asparagus was used for medicinal purposes? In history, the Roman Empire would crush asparagus tips to reduce swelling and alleviate pains associated with bee stings, wounds and infections. More importantly, asparagus is a great source of Vitamin E. Vitamin E is an antioxidant that protects your body's cells and helps keep your immune system, skin, and hair healthy.

Here's a healthy recipe that highlights asparagus:

Asparagus Frittata:

Makes 4 servings. One cup per serving

Cook time: 30 minutes

Ingredients

- 16 stalks asparagus
- butter
- olive oil
- 8 large free-range eggs
- 4 tablespoons parmesan cheese, grated
- salt and pepper

Directions:

- Preheat oven to 180°C (350°F).
- Trim and wash the asparagus and cut into small pieces.
- Fry in butter and a touch of olive oil, gently until soft.
- Use a pan that you can place in the oven.
- Crack the eggs into a bowl, and mix with parmesan cheese, salt and pepper.
- When well mixed pour over the asparagus.
- Stir gently with a fork over a low flame, until you see the bottom of the frittata beginning to form.
- At this point place the pan in the oven where the frittata will cook in about 10 minutes, try not to overcook.
- Remove from the oven, run a spatula around the edges of the pan, tip it upside-down on a tray and then upside-down again onto a suitable plate.

Serve with a side of whole-wheat toast and 1% or fat-free milk for a delicious breakfast recipe. Make sure you check your food chart in order to serve the right amount of portions per child/age group.

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

Recipe: (<http://www.food.com/recipe/asparagus-frittata-88301?layout=desktop#activity-feed>)

Happy Birthday *Evergreen Providers!*

Gloria Barahona

Veronica Chavez

Karla Flores

Calette Gaines

Sheila Aline Garrett-Monroe

Liliya Ivazova

Irina Jackson

Annabelle Kim

Elizabeth Lizarraga

Shally Lwin

Nadine Mcguire

Tatyana Popescu

Silvia Camarena Preciado

Edna Sanchez

Lucina Marquez Santiago

Lynda Urbank

Griselda Urbina

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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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