

Evergreen Child Care Inc.

Nutrition Program

Newsletter

February 2020

CALENDAR OF EVENTS

02/04/2020 – December 2019 Reimbursement Disbursement.

02/17/2020 – ECCI office will be closed in observance of Presidents Day. Meals on this holiday are not subject for reimbursement.

REIMBURSEMENT REMINDER

The December 2019 Federal reimbursement was disbursed if your claim was submitted on time.

Manual Claiming Providers: All February claim forms must be submitted by no later than March 5, 2020. If documents are submitted anytime later, meal claims will be considered a late (adjustment) claim.



MONITORING VISITS

ECCI will like to make this year's monitoring visits better and smoother. To accomplish that we will need to have the following documents readily available:

- Food package labels for the current month
- 2019-2020 Enrollment Renewal & new children's enrollments (from September 2019 to current day)
- Milk containers
- Menus & attendance records
- Meal pattern chart (Needs to be posted in your kitchen)

What part of the package need to be presented:

- FRONT LABEL
- NUTRITION FACTS LABEL
- INGREDIENTS LIST



Nutrition Facts	
Serving Size	17 Crackers (15g)
Servings Per Container	About 23
Amount Per Serving	
Calories 70	Calories from Fat 30
% Daily Value*	
Total Fat 3g	6%
Saturated Fat 0.5g	10%
Trans Fat 0g	0%
Cholesterol 0mg	0%
Sodium 150mg	6%
Total Carbohydrate 10g	2%
Dietary Fiber 0g	0%
Sugars 1g	
Protein less than 1g	
Vitamin A 0%	Vitamin C 0%
Calcium 0%	Iron 0%

INGREDIENTS: UNBLEACHED ENRICHED FLOUR (WHEAT FLOUR, NIACIN, REDUCED IRON, THIAMINE MONONITRATE (VITAMIN B1), RIBOFLAVIN (VITAMIN B2), FOLIC ACID), SOYBEAN AND/OR PALM OIL, WHEY (FROM MILK), SUGAR, PARTIALLY HYDROGENATED COTTONSEED OIL, HIGH FRUCTOSE CORN SYRUP, CHEDDAR CHEESE POWDER (PASTEURIZED MILK, CHEESE CULTURE, SALT, ENZYMES), SUNFLOWER OIL, SALT, LEAVENING (BAKING SODA AND/OR CALCIUM PHOSPHATE), DISODIUM PHOSPHATE (STABILIZER), SOY LECTIN, DRIED YEAST, MALTODextrin, ARTIFICIAL COLOR (INCLUDES YELLOW 6), NATURAL FLAVOR, MODIFIED TAPIOCA STARCH, BUTTERMILK, MALTED BARLEY FLOUR, LACTIC ACID.

SAVING FOOD PACKAGING REQUIREMENT

During our 2019 program review (audit), providers visited by the program reviewers were required to provide the food packages to demonstrate compliance with the CACFP meal pattern. It is stated in a state wide Management Bulletin (by the California Department of Education) that the auditors will look at 1 months menus to ensure that the foods served are subject for reimbursement.

Our providers were required to send the requested food packages to our agency and it took providers by surprise and took time from their busy schedules to get the labels together. From that audit, it was brought to our attention by our program reviewer that providers should be able to have the packaging available. As part of our agencies corrective action plan, we stated that we would have provider's have the monthly packages stored. Hence, why you see this requirement in our agencies prover manual.

Evergreen wants to ensure the following:

- 1) That provider's food items are creditable and are audit ready.
- 2) Allow provider's to have peace of mind when visited by food program staff, as the provider will know that their products that they have are creditable.
- 3) If provider has uncreditible items, our staff will provide immediate on site training to the provider.

Which food items require to save the packaging:

- ALL GRAIN /BREAD COMPONENTS (EXAMPLES: BREAD, RICE, CEREAL, PASTA, CRACKERS, TORTILLAS, ETC.)
- JUICES
- YOGURT
- TOFU
- PROCESSED FOODS

How to save the packages

Providers can cut and save the packaging and store them in a folder -OR- can take pictures of the labels, print them and store them in a folder. Please be advised that images downloaded from online will NOT be accepted, we must see your labels.

** Please inform your staff where you store your labels in the event that you, the provider, are not available.*

GRAIN PRODUCTS IN THE CACFP NEED TO BE ENRICHED OR WHOLE

(CACFP—Child and Adult Care Food Program)

Grain products include: Crackers, pastas, breads, cereals, rice, etc.

* Food labeled as **ORGANIC** does not mean that the product is made from enriched flour or whole wheat flour.

All grain products served in the CACFP must be made with enriched or whole grain meal or flour or bran or germ in order to be creditable.

Enriched Food Products- Enriched grains are refined grains that have been processed to remove the nutrient-rich bran and germ, and then have thiamin, riboflavin, niacin, folic acid, and iron added after processing. Similarly, a food that is fortified has certain vitamins and minerals added to increase the nutritional quality. Foods made from refined grains that meet at least one of the following are considered creditable:

1. The food is labeled as “enriched.” For example, long grain rice that is enriched will have the product name “enriched long grain rice.”
2. An enriched grain is listed as the first ingredient on the food’s ingredient list or second after water. The ingredient list will usually say “enriched flour” or “enriched wheat flour,” or there is a sub-listing of nutrients used to enrich the flour, for example, “yellow corn flour {iron, folic acid, riboflavin, niacin, and thiamine}.”

Whole Grain-Rich Food Products- Here is a guide on identifying foods that are whole grain-rich: http://evergreencacfp.org/up-loads/1548722546web_final_file_identifying_whole_grain-rich_guide.pdf

Non Creditable wheat food items: The following are **NOT** made from **WHOLE** wheat. Please take a look at the first ingredient.



INGREDIENTS: ORGANIC WHEAT FLOUR, ORGANIC CANE INVERT SYRUP, ORGANIC



INGREDIENTS: WHEAT FLOUR, WATER, PALM OIL, MILK CA MOZZARELLA CHEESE (MILK, CHEESE CULTURES, SALT, ENZYME(S)), SALT, YEAST, SUGAR, PRESERVATIVES (CAL



INGREDIENTS: WHEAT FLOUR, SALT, YEAS DISTILLED VINEGAR, DEXTROSE.

CREDITABLE FOODS



FRONT LABEL STATES **WHOLE WHEAT**.



FIRST INGREDIENT IS ENRICHED FLOUR.

INGREDIENTS: UNBLEACHED ENRICHED FLOUR (WHEAT I MATED BARLEY FLOUR, NIACIN, REDUCED IRON, T

HARVEST OF THE MONTH: GRAPEFRUIT

Did you know that California grown grapefruits are in season from winter to spring? California is the 2nd leading state to grow citrus fruits (2nd to Florida). There are more than 20 varieties of grapefruit grown in California.

More importantly, they are an excellent source of vitamin C. Vitamin C is good for your immune system. It helps maintain healthy bones and teeth. It is also an antioxidant that helps protect our bodies from free radicals. Here is a great breakfast recipe to incorporate grapefruit into your diet.

Breakfast Fruit Cup (Makes about 16 servings at ½ cup each)

Ingredients

- 4 large pink or red grapefruits
- 4 medium bananas peeled and sliced.
- ¼ cup raisins
- 1 1/3 cups of low-fat vanilla yogurt
- 2 teaspoons of ground cinnamon
- 16 Small paper cups and spoons

Directions:

- Peel grapefruit and remove seeds and slice into bite size pieces.
- In a large bowl, combine bananas and grapefruit.
- Divide fruit into cups
- Top with a spoonful of yogurt
- Sprinkle with cinnamon

****Serve with a whole wheat waffles and 1% or fat-free milk for a fresh and healthy breakfast****,

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



FEBRUARY NUTRITION EDUCATION SERIES: PHYSICAL ACTIVITY



Physical activity is just as important as eating nutritious meals. Being physically active helps your day care kids learn healthy habits. Children who participate in active play can get the physical activity they need to maintain a healthy weight, develop muscles and strong bones, and reduce their risk of developing chronic disease such as Type 2 diabetes. Here are some tips to stay active throughout the day.

1. Take 10

Do at least 10 minutes of activity at a time. For example, 10-minute walk and explore around your neighborhood with the kids. If you have an infant or toddler, take a long walk using the stroller and everyone gets some fresh air.

2. Mix it up

Start the week with a 10 minute walk after lunch time, then do a dance activity, or have them play physical activity games such as, musical chairs and/or freeze dance.

3. Find ways to move

Encourage your day care children to play actively several times a day. Active play can include playing in the playground, playing tag with friends, or throwing a ball.

4. Limit TV and computer time

Make sure TV and screen time is less than 2 hours day.

5. Be an active role model

Being active yourself tends to encourage children to be active as well. As a daycare provider, you are a role model. So, you influence your day care children's behavior, attitudes, and future habits. Set an example by being physically active yourself throughout the day.

Source: (<https://choosemyplate-prod.azureedge.net/sites/default/files/audiences/HealthyTipsforActivePlay.pdf>)

Happy Birthday *Evergreen Providers!*

Miguela-Lyn Adams

Karine Alebyan

Laura Bilodeau

Teresa Contreras

Oksano Danylchenko

Saira Estrada

Lafrunde Glenn

Angelica Guerrero

Ozra Lotfizadeh

Sevinj Mirza Tagi

Alexis Parker

Irahlyn Pogoy

Gabina Rodriguez-
Santiago

Armen Sargsyan

Rouzanna Sarkisian

Jermaine Thompson

Kimiko Whittaker

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Office of the Assistant Secretary for Civil Rights

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