



Evergreen Child Care Food Program

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May 2018 Newsletter

CALENDAR OF EVENTS

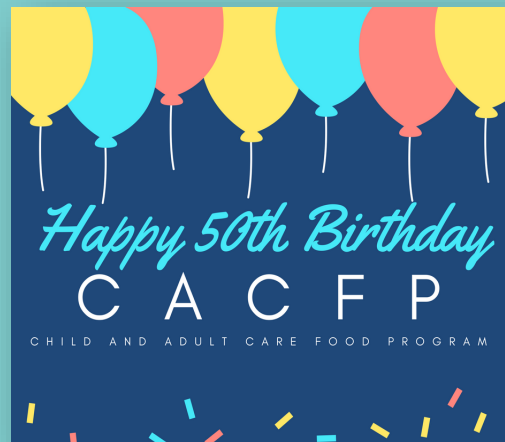
05/02/2018 – March 2018 Reimbursement Disbursement.

05/28/2018– In observance of Memorial Day our office will be closed. Meals on this holiday are not subject for reimbursement.

REIMBURSEMENT REMINDER

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

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



Happy 50TH Birthday CACFP (May 8, 2018)

PROVIDER APPRECIATION DAY (MAY 11, 2018):

As your sponsoring agency, we want to say huge thanks for choosing us as your sponsor. We have been a sponsor since 1994 and we appreciate all providers who have been with us, old and new. So again, THANK YOU for your continued support in the nutrition and well-being of the day care children. We appreciate YOU!





Elнора Rozell- On behalf of Evergreen, we thank you for 15 years of service with us. We appreciate you!

ECCI IS NOW SERVING ORANGE COUNTY AND CITY OF LONG BEACH:

BEACH: We have great news! We have expanded our services and we are now serving all areas of Orange County and the city of Long Beach. If you know of daycare providers in Orange County and city Long Beach that are not participating in the CACFP please feel free to provide them with our contact information. We will be delighted to assist them in becoming part of this wonderful program and will be honored to make them part of our ECCI family.

SCHOOL AGE NOTE: Do you have any school-age children who will be attending your daycare during summer vacation? If so, in order to receive reimbursement for their AM Snack & Lunch meals ensure to do the following:

Providers Claiming on Scannable Forms: Complete the bottom section of your monthly Claim Information Form (CIF). If you need additional space, you may write in the back of the of the CIF Ensure to

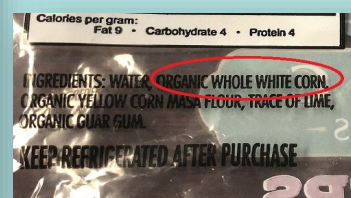
write the child's number, reason the child was not in school (in one or two words), dates in which the child was served AM Snack & Lunch.

Example for March 2018 Claim: Child #2 Linda Smith (summer vacation) 06/1-6/30/18

Providers Claiming on KidKare: Click on Calendar on the side tool bar> On the top section, select the child calendar> Then click on the drop down menu to select the name of the child you wish to access >Drag the NO SCHOOL OR SICK box to the applicable dates in which the child did not attend school.

NEW CREDITABLE TORTILLA: The creditable tortilla list has been updated and we have now added the following:

Mi Rancho Organic Corn Tortilla Taco Sliders (Organic Whole White Corn)



HARVEST OF THE MONTH:

AVOCADO

Did you know that avocados are actually a fruit, not a vegetable? Many people think avocados are vegetables but they are not. Avocado comes from an evergreen fruit tree of the flowering plant family called, Lauraceae.

There are more than 80 different types of avocados that are grown in

California. However, the most common avocado is the Hass avocado. More importantly, they are an excellent source of monosaturated fat (healthier fat). Monosaturated fat are nutrients that help make cells, help absorb vitamins, help lower the "bad" cholesterol levels (LDL cholesterol) in your body and may raise the "good" cholesterol levels (HDL) in your body.



CALIFORNIA AVOCADO BREAKFAST

BURRITO:

Serves: 8

Preparation time: 8 minutes

Serving Size: about 1 burrito per child

Ingredients:

- 8 (11-in. diameter)-whole-wheat flour tortillas
- 1 cup-Diced red bell pepper
- 1 cup-Diced green bell pepper
- 2/3 cup-chopped onion
- 6 Tbsp.-butter
- 16-Eggs
- 1/2 tsp.-salt
- 1 cup-shredded low-fat pepper jack cheese
- 2 ripe, Fresh California Avocado seeded, peeled and diced
- As needed sour cream for garnish
- As needed Tomatillo or tomato salsa for garnish



How To:

1. Wrap tortillas in foil; warm in a 400 degree F oven.
2. While the tortillas heat, sauté bell pepper and onion in butter until soft, about 5 minutes.
3. Meanwhile beat together eggs and salt.
4. When vegetables are done, pour egg into pan; gently stir in avocado.
5. Cook, over medium-low heat, stirring constantly, until soft curds form, about 3 minutes.
6. Put 1/4 of the egg mixture down the center of one warmed tortilla; sprinkle with 2 tablespoons cheese.
7. Fold in top and bottom of each tortilla.
8. Roll up from side.
9. Repeat with each tortilla.
10. Garnish each burrito with a dollop of sour cream and a spoonful of salsa.

Serve with 1% or FF milk for children ages 2 and above and whole milk for children ages 1-1 yr. and 11 months. Make this plate a great addition for your daycare children's breakfast menu.

*****An important fact: whole-wheat tortilla will fulfill your one whole-grain rich product a day*****

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

Recipe: (<https://www.californiaavocado.com/recipe-details/view/31596/california-avocado-breakfast-burrito>)

Nutrition Education Series: Kid-friendly Veggies and Fruits



As we approach the coming months for summer vacation, we want to add a variety of fruits and veggies that are kid-friendly for your day care children. Encourage your day care kids to eat fruits and vegetables by making it fun. Provide healthy ingredients and let kids help with preparation, based on their age and skills. Kids may try foods they avoided in the past if they helped make them. Here are some tips to help make fruit and veggies fun to eat.

- **Smoothie Creations:** Blend fat-free yogurt or milk with fruit pieces and crushed ice. Use fresh, frozen, canned or even overripe fruit. For example, bananas are much sweeter when they are overripe. Try berries, peaches and/or pineapple. If you freeze the fruit first, you can skip the ice!
- **Delicious Dippers:** Kids love to dip their food. Whip up a quick dip for veggies with yogurt and seasonings such as herb and garlic. Serve with raw vegetables such as; broccoli, carrots, or cauliflower. Fruit chunks go great with a yogurt and cinnamon or vanilla dip.
- **Caterpillar Kabobs:** Assemble chunks of melon, apple, orange, and pear in skewers for a fruity kabob. For a raw veggie version, use vegetables like zucchini, cucumber, squash, sweet peppers, or tomatoes.
- **Personalized pizzas:** Set up a pizza-making station in the kitchen. Use whole-wheat English muffins, bagels, or pita bread as the crust. Have a tomato sauce, low-fat cheese, and cut-up vegetables or fruits as toppings. Let kids choose their own favorites. Then pop the pizzas in the oven to warm.
- **Fruity Peanut Butterfly:** Start with carrots sticks or celery for the body. Attach wings made of thinly sliced apples with peanut butter and decorate with halved grapes or dried fruit.
- **Frosty Fruits:** Frozen treats are bound to be popular during warm months. Just put fresh fruits such as melon chunks in the freezer (rinse first). Make popsicles by inserting sticks into peeled bananas and freezing.
- **Bugs on a log:** Use celery, cucumber, or carrot sticks as the log. Top with dried such as raisins,

<https://choosemyplate-prod.azureedge.net/sites/default/files/printablematerials/DGTipsheet11KidFriendlyVeggiesAndFruits.pdf>

Happy Birthday *Evergreen Providers!*

Houba Assaad

Maria Baquiaux

Olga Barrera

Gevorg Bosnoyan

Rhonda Brooks

Estrella Chavez

Sherie Cigar-James

Guadalupe Cortez-Moreno

Shinetsetseg Erdenebileg

Jacqueline Evans

Rita Fuentes

Yeran Ghazaryan

Verna Henry

Victory Holley

Irinea Hurtado

Sun Jo

Mary Keum

Rosa Madrigal

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Marta Urbano Cano

Maria Vasquez Hernandez

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Washington, D.C. 20250-9410;

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

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