



# Evergreen Child Care Food Program

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## March 2019 Newsletter

### CALENDAR OF EVENTS

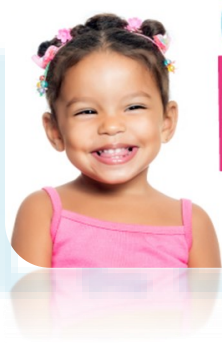
**03/05/2019**—Disbursement of January 2019 meal claim reimbursement

### REIMBURSEMENT REMINDER

The January 2019 Federal reimbursements have been disbursed on 03/05/19 if your claim was submitted on time.

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

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



**SCANNABLE FORMS WILL BE  
GOING AWAY SOON!**



## What is CACFP week?

CACFP week is a national education and information campaign sponsored annually, every third week of March by National CACFP Sponsors Association. The campaign is designed to raise awareness of how USDA's Child and Adult Care Food Program works to combat hunger. The CACFP brings healthy foods to tables across the country for children in childcare centers, homes, and afterschool programs, as well as adults in daycare.

Source (<https://www.cacfp.org/news-events-conferences/national-cacfp-week/>)

## 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:

- **Friday, March 29, 2019 @ 9:30am**
- **Tuesday, April 30, 2019 @ 9:30am**

**Additional classes will be announced in our upcoming newsletter**

**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!**





# 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.

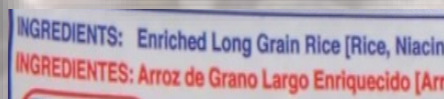
**What is enriched?** Enriched means nutrients that were lost during food processing have been added back. Foods made with white flours, to be considered enriched, will have to contain the following nutrients in the ingredient list: **Iron, folic acid, riboflavin, niacin, thiamine.**

**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](http://www.evergreencacfp.org).

## IS YOUR WHITE & BROWN RICE CREDITABLE?

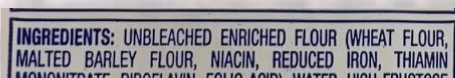
**White Rice** must be **enriched**. If your rice simply says "Long-grain rice" or "Milled Rice" in the ingredients list, it is NOT creditable. Take a look at the ingredients list and ensure that the first ingredient is "ENRICHED RICE" OR "ENRICHED LONG-GRAIN RICE".



**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")

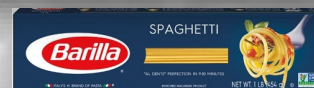


**Wheat Bread** - In order for wheat bread to be creditable as whole grain-rich, the wheat bread must meet the whole grain-rich requirement (please see whole grain-rich guide in our website). **CONVINIENT TIP: LOOK FOR THE WORD WHOLE WHEAT!** If the front package says "WHOLE WHEAT" then you do not need 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: 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.

# 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](#)



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.



# Happy Birthday *Evergreen Providers!*

Miguela-Lyn Adams

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Ramirez

Teresa Contreras

Oksano Danylchenko

Saira Estrada

Deanna Featherstone

Jenik Galoustian

Lafrunde Glenn

Angelica Guerrero

Ozra Lottfizadeh

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Gabina Rodriguez-  
Santiago

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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](mailto:program.intake@usda.gov).



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