

Evergreen Child Care Food Program

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May 2019 Newsletter

CALENDAR OF EVENTS

05/07/2019 – March 2019 Reimbursement disbursement.

05/27/2019 – ECCI office will be closed in observance of Memorial Day (Meals on this holiday are not subject for reimbursement).

REIMBURSEMENT REMINDER

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

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

ATTENTION PROVIDERS CLAIMING ON SCANNABLE FORMS

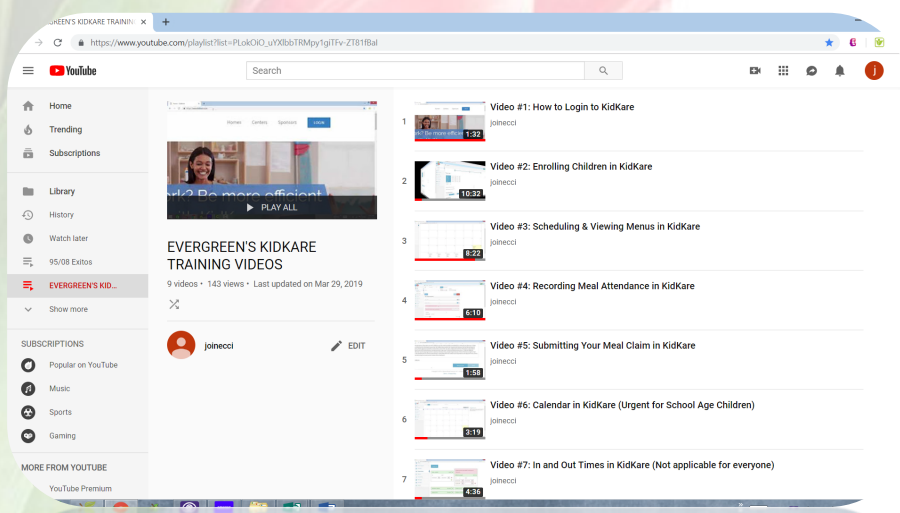


ECCI was recently informed by Minute Menu Systems that they will soon stop providing their manual claiming services (scannable forms) nationwide, not just for Evergreen. A date has not been provided as to when the manual claiming services need to stop. However, they have advised us to begin transitioning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

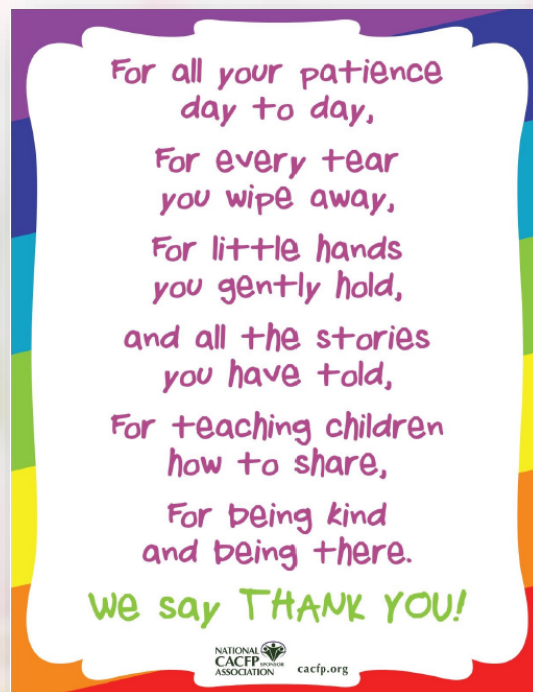
[http://www.evergreencacfp.org/
uploads/1553722344kidkare-training-video-links.pdf](http://www.evergreencacfp.org/uploads/1553722344kidkare-training-video-links.pdf)

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 from when you contact us.



PROVIDER APPRECIATION DAY (MAY 10, 2019):

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!



CHEESE: As a reminder, any cheeses that are labeled as “Imitation cheese” or “cheese product” is NOT creditable in the CACFP. For example:

NON-CREDITABLE: The product below is labeled as “cheese product” and therefore is **NOT** creditable in the CACFP.



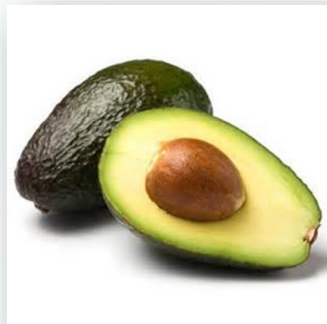
CREDITABLE: The product below is neither labeled as a “cheese product” nor as an “imitation cheese” and therefore **IS** creditable in the CACFP.

****Use the guide to help you below to help you determine which cheeses can be served to your day care children. ****

https://dpi.wi.gov/sites/default/files/imce/community-nutrition/pdf/creditable_noncreditable_cheese.pdf



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:

- Wrap tortillas in foil; warm in a 400 degree F oven.
- While the tortillas heat, sauté bell pepper and onion in butter until soft, about 5 minutes.
- Meanwhile beat together eggs and salt.
- When vegetables are done, pour egg into pan; gently stir in avocado.
- Cook, over medium-low heat, stirring constantly, until soft curds form, about 3 minutes.

- Put 1/4 of the egg mixture down the center of one warmed tortilla; sprinkle with 2 tablespoons cheese.
- Fold in top and bottom of each tortilla.
- Roll up from side.
- Repeat with each tortilla.
- 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>)

MAY 2019 NUTRITION EDUCATION SERIES: ARE YOU SERVING THE RIGHT AMOUNT OF PORTIONS TO YOUR DAYCARE CHILD?



As a provider, it is your responsibility you provide healthy meals and snacks that meets the CACFP requirements. For this purpose, all children will be able to get the full nutritious benefits for both their major and snack services. With that said, we have meal pattern chart that is required to be posted in your kitchen at all times to show that minimum portions required per meal/snack for each age group. We understand that measurements might not be the best way to understand how much of each food groups a child should be offered. So, here are some easier and better ways to know how your daycare child portion should look like. Remember that, healthy meals start with a variety and balance of foods from each food group. Aim to consume less sodium, saturated fat, and added sugars.

Source: <https://www.fns.usda.gov/cacfp-meal-pattern-posters>



Happy Birthday *Evergreen Providers!*

Houba Assaad

Maria Baquix

Olga Barrera

Gevorg Bosnoyan

Rhonda Brooks

Estrella Chavez

Sherie Cigar-James

Guadalupe Cortez-Moreno

Erdenebileg Shinetsetseg

Jacqueline Evans

Rita Fuentes

Yeran Ghazaryan

Irinea Hurtado

Sun Jo

Anita Kaufman

Mary Keum

Rosa Madrigal

Shaprae Morris

Mari Cruz Rivas

Angelica Rodriguez

Renaldo Sanders

Marta Urbano Cano

Maria Vasquez Hernandez

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Office of the Assistant Secretary for Civil Rights

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Washington, D.C. 20250-9410;

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

(3) email: program.intake@usda.gov.



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