

Evergreen Child Care Food Program

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June 2019 Newsletter

CALENDAR OF EVENTS

06/04/2019 – April 2019 reimbursement disbursement.

REIMBURSEMENT REMINDER

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

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

ATTENTION PROVIDERS CLAIMING ON SCANNABLE FORMS

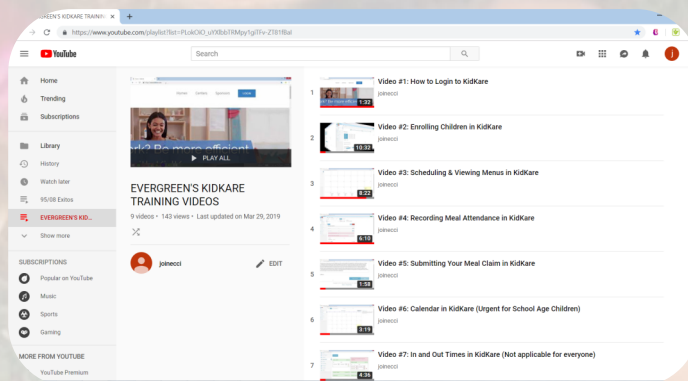


ECCL was recently informed by Minute Menu Systems that they will soon stop providing their manual claiming services (scannable forms) nationwide, not just for Evergreen. A date has not been provided as to when the manual claiming services need to stop. However, they have advised us to begin transitioning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

New Creditable Food Items in the CACFP: We have great news! The U.S. Department of Agriculture (USDA) issued the following policy memoranda. The policy memos expand the flexibilities for crediting foods in the Child and Adult Care Food Program (CACFP). The USDA Food and Nutrition Service (FNS) remains committed to simplifying menu planning for all providers to ensure menu planners and participants have a wide variety of nutritious food choices. With that said, six new food items are now creditable in the CACFP:

1.) Crediting shelf-stable, Dried and Semi-Dried Meat, Poultry, and Seafood Products in the CACFP: This refers to beef jerky or summer sausage and other dried poultry and seafood that is now credible as a meat in the CACFP. These food items are not in the food buying guide because industry production standards for these products vary widely. In order to get reimbursed for any of these items, **a Product Formulation Statements (PFS) or Child Nutrition labels (CN label) are required to document meal contributions from dried meat, poultry, and seafood products.**

2.) Crediting Coconut, Hominy, Corn Masa and Corn Flour in the CACFP:

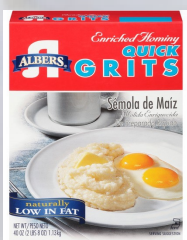
Coconut: Because coconut has versatility, providers may credit **fresh or frozen** coconut as a fruit based on volume served. Ensure to look at your meal pattern chart for proper portion per child/age category. **Juices labeled as 100% juice**, including coconut water, will continue to credit toward the fruit component per volume served. **Please note that dried coconut (example: coconut flakes), as well as coconut flour and coconut oil, are NOT creditable in the CACFP.**



Hominy: Hominy is a traditional food in Mexican and Native American cultures commonly served as a vegetable or as a milled grain product (example: hominy grits). *Depending on how hominy is served, it may now credit towards a vegetable or a grain component. Providers may credit hominy as follows:*



Whole hominy can be claimed as a vegetable- ¼ cup of canned, drained whole hominy credits as ¼ cup **vegetable**.



Dried hominy can be claimed as a whole grain-rich food (example: hominy grits)- ½ cup cooked or 1 oz (28 grams) of dry hominy grits credits as 1 oz equivalent **grains**.



Corn Masa, Corn Flour, and Cornmeal: Masa is a dough or flour made from milled corn that has typically been soaked and cooked in an alkaline (lime) solution, which offers increased bioavailability of certain nutrients with a nutritional profile similar to whole grain corn. Therefore, **corn masa, corn flour, and cornmeal are now creditable as Whole Grain-Rich (WGR) ingredients and any corn products made with 1st ingredient as corn masa flour, corn flour, and cornmeal meets the WGR criteria.** Ensure to look at your meal pattern chart posted in your kitchen for correct portions per child per age group.

Ingredients: Corn masa flour, water, contains 2% or less of: cellulose gum, guar gum, and propionic acid, benzoic acid and phosphoric acid (to maintain freshness).

Ingredientes: Harina de maíz nixtamalizado, agua, contiene 2% o menos de: goma de celulosa, goma guar, y ácido propiónico, ácido benzoico y ácido fosfórico (para mantener la frescura).



3.) Crediting Popcorn in the CACFP: Popcorn a whole grain food and a good source of fiber. The Dietary Guidelines of Americans 2020 (DGA) states that many children do not get enough fiber in their diet and is public health concern. Crediting popcorn as a WGR item, especially since it is a popular and budget-friendly food item for children, could help address the public health concern. Here are the crediting information for popcorn:



- ¾ cup (or 0.25 oz. (7 grams)) of popped popcorn as ¼ oz equivalent of whole grains in a reimbursable meal or snack.
- 1 ½ cups (or 0.5 oz (14 grams)) of popped popcorn as ½ oz equivalent of whole grains in a reimbursable meal or snack.
- 3 cups (or 1oz (28 grams)) popped popcorn as 1 oz equivalent of whole grains in a reimbursable meal or snack.

Please note: We understand that the high volume of popcorn required to credit may be **too much** for some children, especially young children. So, we highly suggest serving it with **another creditable grain**.

4.) Crediting Surimi Seafood in the CACFP: Surimi seafood is pasteurized, ready-to-eat, restructured seafood usually made from Pollock fish. Surimi is available in many forms and shapes, including chunks, shredded, and flaked and does not require additional preparation. A common item of surimi seafood is **imitation crab**. Surimi seafood can be incorporated into a wide variety of menu items, such as seafood salads, sushi-style rolls, sandwiches, tacos and ramen. Therefore, crediting surimi seafood will allow providers to add new and diverse menu items for their day care children. Below are crediting information for surimi seafood:



****PLEASE NOTE:** please look at portion sizes and how it is credited in the CACFP as 4.4 ounces of surimi seafood for an equivalent of 1.5 ounces minimum serving size would be double the size of meat/meat alternate that you would normally serve to your daycare children.**

Surimi Seafood	Meat/Meat Alternate
(ounces)	(ounce equivalents)
4.4	1.5
3.0	1.0
1.0	0.25

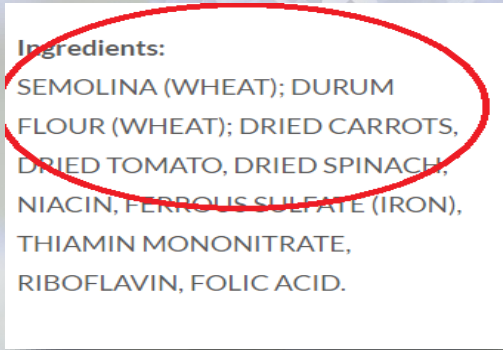
5.) Crediting Pasta products made of vegetable flour in the CACFP: Any pasta products made of 100% vegetable flour may credit as a vegetable in the CACFP. Ensure to look at portion charts in your kitchen for crediting information on vegetables. For example; ½ cup of vegetable pasta made of 100% vegetable flour(s) credits as ½ cup of vegetables.



*****PLEASE NOTE:** Any pasta products made from 100% legume flour may be credited as a meat alternate OR vegetable. It cannot be credited towards both in one meal service. For example; ½ cup of cooked pasta made from 100% legume flour can count as 2 ounce equivalent of meat alternate OR count as ½ cup of vegetables**

Pasta products made from *multiple* vegetables can only be credited in the CACFP by having a product formulation statement from the food manufacturer detailing the actual volume of each vegetable per serving.

Pasta products made of vegetable flour(s) and other non-vegetable ingredients: These products require a product formulation sheet statement detailing the actual volume of vegetable flour per serving.



6.) Crediting Tempeh in the CACFP: Tempeh is used as a meat alternate in a variety of recipes, including stir-fry, sandwiches, and salads. Tempeh is a highly nutritious fermented soybean cake traditionally made from whole soybeans. According to the DGA (2020), soy products as protein foods are a good source of copper, manganese, and iron. With that said, USDA decided to make tempeh creditable in the CACFP. Making tempeh creditable in the CACFP will help providers improve their menus by adding an additional vegetarian option to meet the dietary needs of children with vegetarian preferences or dietary restrictions for cultural and religious reasons.



SANDWICH MEAT: As a reminder, all sandwich meats purchased in the sandwich isle of the grocery store require a CN label or product formulation sheet. However, any deli meats purchased behind the deli counter does NOT require CN label or product formulation sheet. If you purchase your ham from the deli counter, please keep a picture of the deli package on file for review purposes. With that said, there are two types of sandwich meats that are credible in CACFP AND we (ECCI) already have product formulation/CN label on file. These two items include:



MONITORING VISITS: As part of our monitoring visit policy, we are required to ensure all food items listed in your menus are creditable and meet the meal pattern requirements. If you were already visited these past two months, you will have noticed that we ask to see food packaging for food items on the current weekly/monthly/daily menus. The California Department of Education (CDE) requires us to **review all menu item packaging, which include an image of the item, list of ingredients, and nutrition facts label for ALL commercially prepared items which include and not limited to; yogurt, all grain/bread items, juices, tofu (if offered), processed meat items (such as lunch meat, hot dogs, etc.).**

Therefore, we ask all providers to keep their packaging on the actual food items in your kitchen for review. We understand the storage of items differ based on the provider's preferences. So, if you store your food item elsewhere, other than in the original packaging (i.e cereal in a cereal container), we ask that you keep the original package in a separate folder available for us to review at all times. We will continue to ask for these packages during all monitoring visits.

If you have any questions, feel free to give us a call at (213) 380-3850, we are open Monday – Friday from 8:30AM-5:00PM.

HARVEST OF THE MONTH:

GRAPES

Did you know that Grapes are one of the oldest fruits dating back to 8,000 years ago?

The early Romans and Egyptians used grapes in wine production and also produced a wide variety of grapes. The name “grapes” came from the old French term *grap*, which means bunch or cluster and is also the term for a long hook used to harvest these clustered fruits. Nowadays, most grapes are grown in California. More importantly, eating at least a ½ cup of grapes is a good source of Vitamin C and Vitamin K. They are also a great source of carbohydrates in forms of simple sugars. Simple sugars are good natural sugars found in fruits, vegetables and milk. Everyone needs carbohydrates for energy.



Shopper's Tips

- Look for firm, plump, brightly colored clusters of grapes with flexible stems.
- Remove any soft, brown grapes before storing.
- Put fresh grapes in a sealed container or plastic bag. Keep in the refrigerator for up to one week.
- Wash grapes under cool water just before eating.

Healthy Serving Ideas

- Add sliced grapes to pita sandwiches, chicken salads, and pasta.
- Rinse and freeze grapes for a quick snack.
- Carry raisins with you for a ready, on-the-go snack.
- Drink 100% fruit and vegetable juices instead of sugary drinks.
- Frozen, canned, and dried fruits and vegetables are just as nutritious as fresh. Keep a variety in your kitchen for more meal options.

Grape Tea Sandwich:

Makes 36 servings at ¼ sandwich per serving



Ingredients:

- 1 pound red grapes, washed, halved
- 1 (8-ounce) container lowfat cream cheese
- 18 slices whole wheat bread
- Paper plates and napkins

1. Lightly spread 2 teaspoons of cream cheese on each slice of bread.
2. Place eight grape halves on top of the cream cheese for each slice of bread.
3. Put sandwiches together and slice into quarters.
4. Serve immediately.

****add 1% or Fat-Free milk for children ages 2 years and above and whole-milk for children under 2 years for a complete AM/PM snack****

Nutrition information per serving: Calories 56, Carbohydrate 9 g, Dietary Fiber 1 g, Protein 2 g, Total Fat 1 g, Saturated Fat 1 g, Trans Fat 0 g, Cholesterol 3 mg, Sodium 96 mg

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

Recipe: (http://harvestofthemonth.cdph.ca.gov/documents/Summer/Grapes/Grapes%20-%20Educator%27s%20Newsletter_FINAL.pdf)

Nutrition Education Series: Be Food Safe

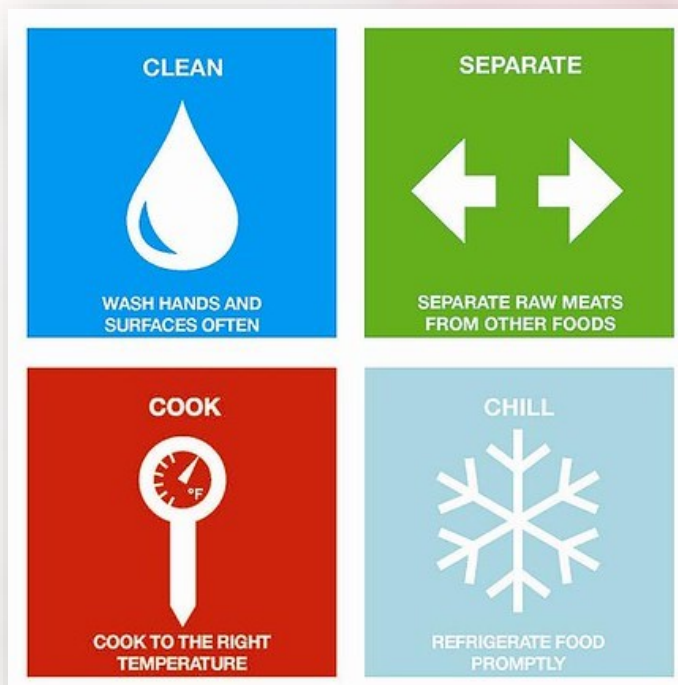
In honor of National Safety month, food safety also plays an important role in national safety month. Mishandling food is one of the major causes of food borne illness. Therefore, USDA has come up with a campaign called, Be Food Safe. Be Food Safe means to prevent food borne illnesses using the 4 easy steps approach: clean, separate, cook and chill. Here are some tips you as a day care home provider can take to prevent food borne illnesses among your day care children:

Always wash hands with warm, soapy water for 20 seconds:

- Before and after handling food
- After using the bathroom
- After changing a diaper
- After handling pets
- After tending to a sick person
- After blowing your nose, coughing, or sneezing
- After handling uncooked eggs or raw meat, poultry, or fish and their juices.

If your hands have any kind of skin abrasion or infection, always use clean disposable gloves. Wash hands (gloved or not) with warm, soapy water.

- Thoroughly wash with hot, soapy water all surfaces that come in contact with raw meat, poultry, fish, and eggs before moving on to the next step in food preparation. Consider using paper towels to clean kitchen surfaces. If you use dishcloths, wash them often in the hot cycle of your washing machine. Keep other surfaces, such as faucets and counter tops, clean by washing with hot, soapy water.
- To keep cutting boards clean, wash them in hot, soapy water after each use; then rinse and air or pat dry with clean paper towels. Cutting boards can be sanitized with a solution of 1 tablespoon unscented, liquid chlorine bleach per gallon of water. Flood the surface with the bleach solution and allow it to stand for several minutes; then rinse and air or pat dry with clean paper towels. Non-porous acrylic, plastic, glass, and solid wood boards can be washed in a dishwasher (laminated boards may crack and split). Even plastic boards wear out over time. Once cutting boards become excessively worn or develop hard-to-clean grooves, replace them.



- Don't use the same platter and utensils that held the raw product to serve the cooked product. Any bacteria present in the raw meat or juices can contaminate the safely cooked product. Serve cooked products on clean plates, using clean utensils and clean hands.
- When using a food thermometer, it is important to wash the probe after each use with hot, soapy water before re-inserting it into a food.
- Keep pets, household cleaners, and other chemicals away from food and surfaces used for food.
- When picnicking or cooking outdoors, take plenty of clean utensils. Pack clean, dry, and wet and soapy cloths for cleaning surfaces and hands.

Source: https://www.fsis.usda.gov/wps/wcm/connect/bd93c271-2cfc-4fbe-93c9-28d6070fa7bb/Cleanliness_Helps_Prevent_Foodborne_Illness.pdf?MOD=AJPERES



Happy Birthday *Evergreen Providers!*

Elsa Imelda Arango

Paula Anette Benton

Vijay Chandra

Erica Cortez

Inna Furer

Ave Maria Hamer

Annie Heath

Margarita Hernandez

Sheila Johnson-Wright

Moon Joo Jo

Narine Karibyan

Anna Jae Kim

Jea Kim

Svetlana Kovshilovskaya

Isabel Mata

Iris Mendes

Maria Mendoza

Olga Mera

Kristine Mesropyan

Karine Movsesyan

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- (2) fax: (202) 690-7442; or
- (3) email: program.intake@usda.gov.



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