

# Evergreen Child Care Food Program

3850 Wilshire Blvd. Suite 210 Los Angeles, CA 90010

Tel. 213-380-3850/5345 Fax. 213-380-9050

E-mail: [joinecci@gmail.com](mailto:joinecci@gmail.com)

## July 2019 Newsletter

### CALENDAR OF EVENTS

**07/10/2019** – May 2019 Reimbursement Disbursement.

### REIMBURSEMENT REMINDER

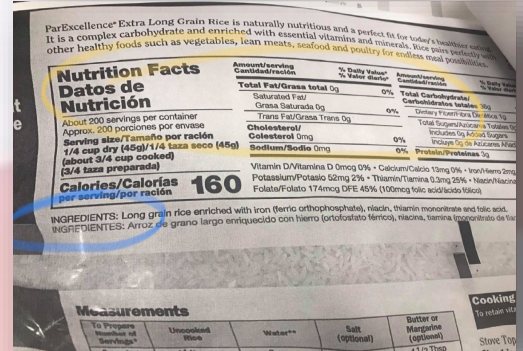
The May 2019 Federal reimbursement was disbursed if your claim was submitted on time.

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

**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 CACFP 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:

- Front label of the item
- List of ingredients
- Nutrition facts label

**Foods that require you to save the packaging- 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.

## MEAL BENEFIT FORMS:

Attention to providers who:

- Want to claim and/or continue to claim **their own children** (biological/adopted)
- Want to claim your foster child(ren), who lives in your residence.
- Are in Tier 2 applying for Tier 1 rates

For those providers who fall in the categories listed above, the Meal Benefit Form for 2019-2020 is required to be updated in **August (do not take any action in the month of July, since the Meal Benefit Form for 2019-2020 CAN NOT be signed prior to August)**. Therefore, please ensure to read our upcoming August Newsletter for further instructions.

## ONLINE MANDATORY ANNUAL TRAINING VIDEO (ALL PROVIDERS):

It's that time of the year again. The annual MANDATORY workshop is coming. This year's annual training will be online. Check next month's newsletter for more details:

<http://www.evergreencacfp.org/newsletters>



# NUTRITION EDUCATION SERIES:

## Life, Liberty and Pursuit of Healthy Eating!



This month we're celebrating the Independence of America and what better way to celebrate it with fireworks, sunny weather and barbecues the healthy way. After all, Thomas Jefferson once said, "Our greatest happiness does not depend on the condition of life in which chance has placed us, but is always the result of a good conscience, **good health**, occupation, and freedom in all just pursuits."

Let's celebrate America's independence by following these healthful tips:

**Life:** This month be full of life, get out and get active! Let your day care children play outside, or host physical activity games such as; musical chairs, freeze dance, or limbo dance. In honor of 4<sup>th</sup> of July, we challenge you to try at least 4 new physical activities with your day care children this month.

**Liberty:** Feel free to switch up your classic American recipes by adding more fruits and vegetables, and stay hydrated by drinking water with a twist (add fresh strawberries or oranges).

**Health:** As a day care provider, we understand that work may sometimes feel overwhelming. So, we suggest on your days off, spend time with your family and friends this holiday month. It is said that family, good friends and laughter is one of the best medicines. If you're being healthy most of the time, it's ok to splurge once in a while and enjoy that burger or ice cream along with the fireworks!

Source: (<http://www.letsmove.gov/blog/2013/07/03/july-4th-celebrate-life-liberty-and-pursuit-health>)

## HARVEST OF THE MONTH: CORN



July's harvest of the month is corn. Did you know fresh California grown corn is in peak season during the summer? More importantly, a ½ cup of corn is about half ear of corn which is a good source of thiamin. Thiamin is also known as Vitamin B1 and is a water soluble vitamin. It helps keep the body's nerves healthy. Here are some shopper tips when purchasing fresh corn at your local grocery stores and recipe for corn:

### Shopper Tips:

- Choose fresh, green husks with clean silk ends. Look for ears that are well-covered with plump, shiny kernels.
- Avoid yellow, shriveled, or dried husks and rotted silk ends.
- Store fresh corn in a cool place or in the refrigerator for up to three days.
- When buying canned corn, look for low-sodium varieties.

### Recipe: Corn Salsa

Makes 14 servings. 1/4 cup each.

### Ingredients:

2 cups canned corn (drained)

2 cups mild, chunky salsa

64 whole wheat crackers

Napkins and paper plates

1. Combine corn and salsa together in medium bowl. Mix well.
2. Serve ¼ cup corn salsa with whole wheat crackers on a plate.

Source: Monrovia Unified School District, 2009. (<http://harvestofthemonth.cdph.ca.gov>)





# Happy Birthday *Evergreen Providers!*

*Faye Brim*

*Maria Caniz*

*Angela Conley*

*Anait Dagesian*

*Connie Dao*

*Yolanda Duckett*

*Anatoly Furer*

*Josefina Garza*

*Olivia Gonzalez*

*Ollie Mae Goosby*

*Angelica Gutierrez*

*Sona Hovsepyan*

*Fidencia Jimenez*

*Patrick Karschamroon*

*Betty Lee*

*Sun Ja Lee*

*Naira Meliksetyan*

*Ayaz Nabiyeu*

*Viktor Pastukhov*

*Marla Reid*

*Monica Rivera*

*Ok Hee Ro*

*Alina Taub*

In accordance with Federal civil rights law and U.S. Department of Agriculture (USDA) civil rights regulations and policies, the USDA, its agencies, offices, and employees, and institutions participating in or administering USDA programs are prohibited from discriminating based on race, color, national origin, sex, disability, age, or reprisal or retaliation for prior civil rights activity in any program or activity conducted or funded by USDA.

Persons with disabilities who require alternative means of communication for program information (e.g. Braille, large print, audiotape, American Sign Language, etc.), should contact the Agency (State or local) where they applied for benefits. Individuals who are deaf, hard of hearing or have speech disabilities may contact USDA through the Federal Relay Service at (800) 877-8339. Additionally, program information may be made available in languages other than English.

To file a program complaint of discrimination, complete the USDA Program Discrimination Complaint Form, (AD-3027) found online at: [http://www.ascr.usda.gov/complaint\\_filing\\_cust.html](http://www.ascr.usda.gov/complaint_filing_cust.html), and at any USDA office, or write a letter addressed to USDA and provide in the letter all of the information requested in the form. To request a copy of the complaint form, call (866) 632-9992. Submit your completed form or letter to USDA by:

(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).



**This institution is an equal opportunity provider.**