

Evergreen Child Care Food Program

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August 2019 Newsletter

CALENDAR OF EVENTS

08/06/2019— June 2019 Reimbursement Disbursement.

08/30/2019— Last day to submit provider Meal Benefit Forms.

09/01/2019— Mandatory Annual Workshop will be available in our website.

09/09/2019— 2019-2020 Enrollment Renewal Reports will be mailed to providers' on the week of September 9th.

09/27/2019— Last day to submit the 2019-2020 Enrollment Renewal Report and the Annual Training Answer Sheet.

REIMBURSEMENT REMINDER

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

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

MEAL BENEFIT FORMS:

As a reminder, any providers who:

- Want to claim and/or continue to claim **their own children** (biological/adopted)
- Want to claim their foster child(ren), who live in the provider's residence
- Are in Tier 2, applying for Tier 1 rates

For those providers who fall in the categories listed above, the Meal Benefit Form needs to be updated this month of August for 2019-2020. The Meal Benefit Form has been uploaded to our website under the forms tab (Titled- **Meal Benefit Form (Day Care Homes)**)

FOSTER CHILDREN: Require their own Meal Benefit Form. Therefore, please submit one Meal Benefit Form per foster child. Also, provider's household income (Part 3) is **not required** to be completed when applying for eligibility for foster children.

Any providers who wish to apply for eligibility must submit the completed Meal Benefit Form by:

Friday, August 30, 2019

ONLINE MANDATORY ANNUAL TRAINING

(ALL PROVIDERS): It's that time of the year again. The annual MANDATORY workshop is coming. This year's annual training will be online and available via our website (Annual Training tab) on, **September 1, 2019.**

This year there will not be a video, providers will be reading the published training material and need to answer the 20 questions that are listed throughout the reading material. Providers must answer the questions in the provided answer sheet, which will also be available under the Annual Training Tab.

Please be advised, the answers sheets are due no later than

Friday, September 27, 2019

Providers must answer all the answers correct in order to receive credit for this year's workshop. Failure to complete the annual training is grounds for Serious Deficiency.

2019-2020 ENROLLMENT RENEWAL (FOR ALL PROVIDERS):

Coming in September!

Evergreen will be mailing the Enrollment Renewal Reports and instructions to all active providers in the second week of September. The Enrollment Renewal Reports need to be submitted to our agency by no later than:

Friday, September 27, 2019

Providers are required to renew each child's application every year in September, through the Enrollment Renewal Report generated by us (Report name: **Enrollment Renewal Report 10/01/2019-09/30/2020**). The report will include information of each child enrolled in your daycare and requires the signature of each parent/guardian in order for us to renew your daycare children's enrollment as of October 1st, 2019.

2019-2020 CACFP REIMBURSE-

MENT RATES: We have good news! The 2019-2020 reimbursement rates have increased. The following chart reflects the annual adjustment reimbursement rates in the Child and Adult Care Food Program (CACFP) for State Fiscal Year 2019-2020. Included are the federal rates for Tier 1 and Tier 2 established by the U.S. Department of Agriculture (USDA) for the CACFP.

Day Care Homes (Child Care Only) Federal Reimbursement
Effective July 1, 2019 through June 30, 2020

	Breakfast	Lunch	Dinner	Snacks
Tier I	\$ 1.33	\$ 2.49	\$ 2.49	\$.74
Tier II	\$.48	\$ 1.50	\$ 1.50	\$.20

HARVEST OF THE MONTH:

ZUCCHINI

Did you know that zucchinis are type of “summer squash”? When you eat a summer squash, they are completely edible. You can eat the skin, seeds and flesh. You can even eat them raw or cooked. More importantly, they are a great source of Manganese. Manganese is a micronutrient just like a vitamin and mineral in your body. What does this mean? This means they are naturally present in the body but only in small amounts. So, you would need to consume them in your diet. Manganese also helps with bone formation and connective tissue development. Here are some ways you can add Zucchini to your menus.



Healthy Serving Ideas

- Sauté chopped zucchini, yellow squash, onions, and peppers.
- Add to chicken enchiladas, burritos, or quesadillas.
- Dip raw zucchini slices into low-fat salad dressing for a light summer snack.
- Sauté chopped zucchini with garlic and a dash of oregano.
- Sprinkle with low-fat cheese and serve as a warm side dish.

Herbed Vegetable Combo:

Makes 8 servings. 1/2 cup per serving.

Cook time: 10 minutes

Ingredients:

- 4 tablespoons water
- 2 cups thinly sliced zucchini
- 2 1/2 cups thinly sliced yellow squash
- 1 cup green bell pepper, cut into strips
- 1/2 cup celery, cut into 2-inch strips
- 1/2 cup chopped onion
- 1 teaspoon caraway seeds
- 1 teaspoon garlic powder
- 1 medium tomato, cut into wedges

Heat water in medium pan. Add zucchini, squash, bell pepper, celery, and onion. Cover and cook over medium heat until vegetables are crisp-tender (about 4 minutes). Sprinkle vegetables with seasonings. Top with tomatoes. Cover again and cook over low 4. heat until tomatoes are warm (about 2 minutes). Serve warm.

****Add this as your vegetable components for your lunch or dinner meal service****

Nutrition information per serving: Calories 24, Carbohydrate 5 g, Dietary Fiber 2 g, Protein 1 g, Total Fat 0 g, Saturated Fat 0 g, Trans Fat 0 g, Cholesterol 0 mg, Sodium 11 mg

Adapted from: *Everyday Health Meals, Network for a Healthy California*, 2007.

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

Recipe: (http://harvestofthemonth.cdph.ca.gov/documents/Summer/Zucchini/Zucchini_Fam.pdf)

Nutrition Education Series: Nutrition Tips for Families



Make half your plate fruits and vegetables

Fresh, frozen, and canned fruits and vegetables are all smart choices. Look for sales and buy some of each to last until your next shopping trip.

- Choose frozen vegetables that do not have added fat, salt, or sugars.
- Buy canned fruits packed in “100% juice” or water.
- Look for canned vegetables that say “No added salt.”

Start every day the whole-grain way

Serve whole-grain versions of cereal, bread, or pancakes at breakfast.

- Whole grains with more fiber will help your kids feel fuller longer so they stay alert in school.
- Choose foods with “100% whole wheat” or “100% whole grains” on the label. Or check the ingredient list to see if the word “whole” is before the first ingredient listed (for example, whole-wheat flour). If it is, it’s whole grain.

Milk matters

Children of every age, and adults too, need the calcium, protein, and vitamin D found in milk for strong bones, teeth, and muscles.

- Drink fat-free or low-fat (1%) milk at meals.
- If you’re lactose intolerant, try lactose-free or lactose-reduced milk or calcium-fortified soy beverages. Ensure you use the soy beverages that meet CACFP guidelines (ex. 8th continent soy milk).

Source: (<https://choosemyplate-prod.azureedge.net/sites/default/files/audiences/MyPlateAtHome-adults.pdf>)

Happy Birthday *Evergreen Providers!*

Alenoosh Alexandy

Gloria Arango

Silvia Bahena

Suetonius Carrera

Ye Boon Chae

Lourdes Duarte

Joeslyne Flores-Ochoa

Ani Gharibian

Diane Gillett

Jasmine Green-Simmons

Yana Grigorieva

Toni Hayes

Ramesh Javan

Alma Kim

Cha Lee

Elsa Oxlaj

Hye Kyung Oh Park

Zhanneta Peresechanskaya

Mi Sook Rhee

Yolanda Sandoval

Albertina Torrico

Scherie Vance

Debra Wells

Elvira Zamora

Joanne Zorrilla

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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

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