

The background of the entire page is a rustic wooden surface. On the left side, there are several bright orange pumpkins and scattered autumn leaves in shades of orange, red, and yellow.

Evergreen Child Care Food Program

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October 2019 Newsletter

CALENDAR OF EVENTS

10/09/2019 – August 2018 Reimbursement Disbursement.

10/14/2019– ECCI office will be closed in observance of Columbus Day (Meals are eligible for reimbursement on this holiday).

REIMBURSEMENT REMINDER

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

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

2019 ANNUAL WORKSHOP RE-

SULTS: Evergreen Child Care Inc. (ECCI) would like to thank those providers who have completed the annual workshop. The results of the annual workshop will be posted in our website under the “annual training” tab on **Friday, October 18, 2019**. Once you click on annual training tab, click on the icon titled GRADES. If you did not receive “20/20” on your test, please contact the office immediately to instruct you on how to provide us with the correct answer(s).

THE FLU VACCINE FOR STAFF AND WHAT YOU NEED TO KNOW:



Flu season is here. As recommended by the Centers for Disease Control and Prevention (CDC), everyone should be vaccinated on an annual basis. We recommend educating children and your employees about the flu, including any tips to prevent the spread of the virus, such as:

- Vaccinate annual
- Handwash with soap and water
- Stay home when sick
- Sneeze and cough into the elbow
- Avoid touching the eyes, nose, or mouth.
- Maintain clean and disinfected common areas and objects that may be contaminated with germs.
- If you encounter and outbreak of the flu in your center or home, contact the local health department for information on outbreak management.

(Source: <https://www.caqualityearlylearning.org/>)

UPDATE TO OUR CREDITABLE

PROCESSED MEATS: Please be advised that the CACFP requires processed meats to have a child nutrition label (also known as CN Label) or a Product Formulation Sheet. ECCI is making updates to our creditable processed foods list. Please stay tuned for our upcoming newsletter to obtain the updated list. The updated list will be available on both our website, under policies and regulations tab, and on KidKare. The list will also be including the required serving sizes by ages in order to assist our providers in making sure that they are meeting the CACFP Meal Pattern requirements.

HAM: Has now been changed to “over the counter ham” on the online claiming program, KidKare. This is also known as ham from the deli counter or from the butcher. In addition, any sandwich meats that you purchase from the butcher or deli counter does NOT require a child nutrition label or product formulation sheet. If you do decide to purchase these types of sandwich meats, simply keep the package with the labels that states the lbs. of meat and the type of meat for crediting purposes in the CACFP.



EARLY EDUCATION WORKERS

UNITED: We have great news! It has been brought to our attention by **Renaldo Sanders**, one of our daycare home providers, that AB378 is one step from passing and changing child care in California. AB378, also known as Building a Better Early Care and Education System Act, is a bill that will allow childcare providers to have the right to negotiate with the state about their benefits, pay, training, regulations and more.

A big THANKS to our provider **Renaldo Sanders** for being a voice and making a statement for childcare providers to have a union.

For more updates on AB378 check out: www.seiu99.org/childcareforall

NUTRITION EDUCATION SERIES: HEALTHY CELEBRATIONS, LASTING MEMORIES



The holiday season is around the corner. What better way to include nutritious foods and active play during the season events to come. As a provider, make healthy habits a part of the fun activities you create for your day care children. Ensure to serve nutritious foods that fit each theme or harvest of the month and plan fun activities such as music, art and games to encourage physical activity. Here are some fun ideas to try with your day care children:

Create Fun Food: Use cookie cutters to cut fruits, low-fat cheese, or bread into shapes that fit the theme (such as; pumpkins, Christmas trees, or snowflake shapes).

Get Moving: Plan activities like dance, soccer, obstacle courses, tag, ball tosses or jump rope to encourage more physical activity.

Get Colorful: Choose fruits and vegetables that fit the festivities, such as red fruits like watermelon or strawberries for Valentine's Day.

Go simple with Drinks: Water and low-fat (1%) or fat-free (skim) milk are good choices for preschoolers. Serve drinks in colorful cups that match the event theme.

Decorate Together: Children love to create centerpieces, signs, placemats, and garlands using basic arts and craft supplies. Supervise activities with scissors.

Source: (https://fns-prod.azureedge.net/sites/default/files/resource-files/NibblesHealthyCelebrations_Eng.pdf)

Spanish version: https://fns-prod.azureedge.net/sites/default/files/resource-files/NibblesHealthyCelebrations_Sp.pdf

HARVEST OF THE MONTH: KIWI

October's harvest of the month is kiwi. Did you know that California is the only state that commercially produces kiwis for the United States production? California kiwis represent about 95% of all kiwis grown in the United States. More importantly, the kiwi fruit is a champion source for Vitamin C and considered one of the most nutrient-dense fruits. Vitamin helps heal the body from cuts and bruises and help lower infection.



Here are some healthy serving ideas for kiwi:

- Kiwis are a great “fast” food. Just grab, cut and scoop.
- You can even eat the skin for extra fiber!
- Add kiwis to fruit salads and serve on top of a papaya wedge.
- Blend kiwis with orange juice. Freeze in paper cups to make a healthy alternative to ice cream.

Fruit Salad Recipe:

Makes 4 servings. ½ cup each (ensure to adjust accordingly to the number of your daycare children)

Prep time: 15 minutes

Ingredients:

1 medium kiwifruit, peeled and sliced

1 small banana, peeled and sliced

½ cup chopped apple

½ cup grapes

½ cup 100% orange juice

1. In a medium bowl, mix all ingredients.
2. Serve immediately or chilled

Nutrition information per serving:

Calories 64, Carbohydrate 16 g, Dietary Fiber 2 g,

Protein 1 g, Total Fat 0 g, Saturated Fat 0 g,

Trans Fat 0 g, Cholesterol 0 mg, Sodium 2 mg

Source: Network for a Healthy California, 2010 (<http://harvestofthemonth.cdph.ca.gov>)

Happy Birthday *Evergreen Providers!*

Lilit Antonyan

Sharon Baker-Stewart

Yaffa Basson

Rosilyn Batiste

Cynthia Beezer

Hyang Choi

Dion Conner

Maxine Cooley

Katherine Cornish

Maria Escobedo

Bilha Escun

Faye Jean Evans

Meronica Franklin

Sonia Gonzalez

Shemier Green

Alba Guerreiro

Hortencia Gutierrez

Porsche Hillman

Leonila Irias

Dominique Jackson

Joy Jakes-Shackleford

La Tricia D Johnson

Clara Beom Kim

Karine Kirakosyan

Selina Lay

Yoon Hee Lee

Melinda Luis

Teryll Maynard

Sara Mendoza

Isabel Mundy

Sarah Olive-Burton

Brenda Phillips

Julia Salazar

Simona Tsinman

Cynthia Turner

Doris Van Norton

Mikyong Yi

Siranoosh Yousefi

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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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