

# Evergreen Child Care Food Program

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## *Happy Thanksgiving* November 2019 Newsletter

### CALENDAR OF EVENTS

**11/07/2019** – September 2019 Reimbursement Disbursement.

**11/28 & 29/2019**– ECCI office will be closed in observance of Thanksgiving Day (Meals for Friday, November 29 are eligible for reimbursement).

### REIMBURSEMENT REMINDER

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

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



**URGENT**

Don't get your milk & processed meats disallowed next month. Our approved processed meat list has been updated and many previously approved products have been eliminated.

## REMINDER #1 (FOR PROVIDERS CLAIMING ON SCANNABLE FORMS):

**Reporting that your milk is UNFLAVORED is now a requirement.** Please be advised that in the recent annual training we announced that providers are now required to indicate on their menus that the milk served is unflavored (it was one of the questions on the test). Be advised that the state of California passed legislation to establish nutrition standards for beverages served in licensed child care centers and homes; including banning flavored milk in all licensed child care facilities.

Therefore, on your menus, ensure to write **UNFLAVORED MILK + the fat content(s)**. Or, you can do so on the back of your CIF.

*Failure to report that your milk is unflavored is subject for meal disallowances*

**REMINDER #2 (FOR ALL PROVIDERS):** Our processed meats list has been updated. You will notice that we eliminated a few products (such as Fast Fixn' and State Fair products) as we are still waiting for the companies to reply to our Product Formulation Statement Request. Please make sure to read our upcoming monthly newsletters for updates on the list, such as products being added back, new or being eliminated.

Below is the link to the current approved processed meats list. The **serving sizes** pertaining to the products are available on the list. To access the list, please visit our website ([www.evergreencacfp.org](http://www.evergreencacfp.org)) under the Policies & Regulations tab and click on the file titled "Approved Processed Meats".

[http://www.evergreencacfp.org/uploads/1573254266approved-processed-meats-\(2019\).pdf](http://www.evergreencacfp.org/uploads/1573254266approved-processed-meats-(2019).pdf)

Approved Processed Meats List

EVERGREEN CHILD CARE FOOD PROGRAM

**Foster Farms**

Jumbo Chicken Corn Dogs  
(20 Jumbo Corn Dog Pack)  
UPC # 7527895126


**Meat/All**

**Breakfast and Snacks**  
Age 1-2: 1/4 corn dog  
Age 3-5: 1/4 corn dog  
Age 6-12: 1/4 corn dog

**Lunch and Dinner**  
Age 1-2: 1/2 corn dog  
Age 3-5: 1/4 corn dogs  
Age 6-12: 1 corn dogs

**Breakfast and Snacks**  
Age 1-2: 1/4 corn dog wrap  
Age 3-5: 1/4 corn dog wrap  
Age 6-12: 1/4 corn dog wrap

**Lunch and Dinner**  
Age 1-2: 1/4 corn dog wrap  
Age 3-5: 1/4 corn dog wrap  
Age 6-12: 1/4 corn dog wrap



**Foster Farms**

Chicken Corn Dogs  
(Value Pack- 36 Corn Dog Pack)  
UPC # 7527895109


**Meat/All**

**Breakfast and Snacks**  
Age 1-2: 1/4 corn dog  
Age 3-5: 1/4 corn dog  
Age 6-12: 1 corn dog

**Lunch and Dinner**  
Age 1-2: 1 corn dog  
Age 3-5: 1 1/4 corn dogs  
Age 6-12: 2 corn dogs

**Breakfast and Snacks**  
Age 1-2: 1/2 corn dog wrap  
Age 3-5: 1/2 corn dog wrap  
Age 6-12: 1 corn dog wrap

**Lunch and Dinner**  
Age 1-2: 1/2 corn dog wrap  
Age 3-5: 1/2 corn dog wrap  
Age 6-12: 1 corn dog wrap



**Hillshire Farm**

Club Sandwich Variety Pack  
UPC # 4450032970

**Meat/All**

**Breakfast and Snacks**  
Age 1-2: 1/4 corn dog  
Age 3-5: 1/4 corn dog  
Age 6-12: 1 corn dog

**Lunch and Dinner**  
Age 1-2: 1 corn dog  
Age 3-5: 1 1/4 corn dogs  
Age 6-12: 2 corn dogs

**Breakfast and Snacks**  
Age 1-2: 1/2 corn dog wrap  
Age 3-5: 1/2 corn dog wrap  
Age 6-12: 1 corn dog wrap

**Lunch and Dinner**  
Age 1-2: 1/2 corn dog wrap  
Age 3-5: 1/2 corn dog wrap  
Age 6-12: 1 corn dog wrap

# HARVEST OF THE MONTH:

## WINTER SQUASH

[https://harvestofthemonth.cdph.ca.gov/documents/Fall/21712/Ed\\_News\\_Winter%20Squash.pdf](https://harvestofthemonth.cdph.ca.gov/documents/Fall/21712/Ed_News_Winter%20Squash.pdf)

November's harvest of the month is Winter Squash. Did you know that squash is one of the oldest cultivated crops in the Western Hemisphere, dating back 10,000 years old? Winter squash became a staple food of early colonists and eventually travelled with Americans, producing better crops in warmer states, like California. More importantly, they have vitamins and minerals to help build a strong immune system, good vision and a healthy heart.



### Reasons to eat Winter squash:

- An excellent source of vitamin A (butternut, hubbard, and pumpkin).
- A good source of vitamin C (acorn, butternut, hubbard, and pumpkin).
- A good source of fiber (acorn, butternut, and hubbard).
- A good source of potassium (acorn and hubbard).
- A good source of magnesium, thiamin, and vitamin B6 (acorn).
- A source of iron\* (acorn)

### Shepherds Pie:

*Makes 11 servings*

6 oz per serving (ensure to adjust accordingly to the number of your daycare children)



### Ingredients:

- 2 cups of zucchini-sliced
- 2 cups of winter squash-sliced
- 2 cups of carrots-sliced
- 1 cup of red onion-sliced
- 2 tbsps of fresh garlic-minced
- 2 ½ lbs of potato's-for mashing
- 4 oz of Earth Balance
- 2 cups of soy milk
- 1 lb of mushrooms-sliced
- 2 tbsps of olive oil
- 2 tsps of salt

2tsps of pepper

### Instructions:

- Sauté zucchini, squash, carrots, red onions and garlic in 1 tbsp of olive oil. Set aside.
- Cook potatoes until tender; mash with Earth Balance and soy milk
- Sauté mushrooms in 1 tbsp of olive oil
- Finish by layering vegetables n bottom, then mushrooms, and top with mashed potatoes.
- Put in 400F oven an bake until potatoes are Golden Brown, about 20 mins.



# Happy Birthday *Evergreen Providers!*

**Nune Balasanyan**

**Patricia Castillo**

**Norma Cotton**

**Margarita Cruz**

**Carla Elliott**

**Oralia Estrada**

**Crystal Gabourel**

**Blanca Garcia**

**Melanie Guillemet**

**Ana Gutierrez-Dubose**

**Shelley Hughes**

**Soon Goo Jae**

**San Juana Juarez**

**Bok Rye Lee**

**Maria Lopez De Jarrin**

**Rosa Maurtua de Duenas**

**Darlene Morales**

**Arsen Muradyan**

**Myung Park**

**Linda Quezada**

**Adriana Ruiz**

**Cecilia Santana**

**Effat Tabae**

**Tommy Thompson**

**Maria Trujillo**

**Grigoriy Tsinman**

**Darlene Wilson**

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(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).



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