

Evergreen Child Care Inc.

Nutrition Program

Newsletter

January 2020

CALENDAR OF EVENTS

01/09/2020 – November 2019 Reimbursement Disbursement.

01/20/2020 – ECCI office will be closed in observance of Martin Luther King Day. Meals on this holiday are not subject for reimbursement.

REIMBURSEMENT REMINDER

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

Manual Claiming Providers: All January claim forms must be submitted by no later than February 5, 2020. If documents are submitted anytime later, meal claims will be considered a late (adjustment) claim.



MAJOR HOLIDAYS (2020):

The following major holidays are NOT eligible for meal reimbursement:

- New Year's Day (Wednesday, January 1, 2020)
- Martin Luther King Day (Monday, January 20, 2020)
- Presidents Day (Monday, February 17, 2020)
- Memorial Day (Monday, May 25, 2020)
- Independence Day (Saturday, July 4, 2020)
- Labor Day (Monday, September 7, 2020)
- Veterans Day (Wednesday, November 11, 2020)
- Thanksgiving Day (Thursday, November 26, 2020)
- Christmas Day (Friday, December 25, 2019)

**** If you have a holiday closure lists, please provide it to our agency ahead of time. Also, as part of ECCI's Call-in policy, if the holiday falls on a weekend, please call us ahead of time to let us know what weekday you will be observing the holiday (if applicable) ****

TAX REPORT

It's that time again! Tax season is upon us. Here are instructions on obtaining your 2019 Tax report:

- **For providers claiming on KidKare:** Under **REPORTS**>select a category> **CLAIM STATEMENTS**>select a report>**TAX REPORT**>select a year> **2019**>then click **RUN**
- **For providers claiming on scannable forms:** Please contact us at the office and request for your 2019 tax report. We are open Monday-Friday (8:30am-5:00pm).

UPDATE ON OUR PROCESSED MEATS LIST

Please be advised that we have added more processed foods to our approved processed meats list. The list also informs you of the minimum required serving size per age group. The list can be found in our website under the policies and regulations tab (File name: Approved Processed Meats)

[http://www.evergreencacfp.org/uploads/1579287158approved-processed-meats-\(2019\).pdf](http://www.evergreencacfp.org/uploads/1579287158approved-processed-meats-(2019).pdf)

MONITORING VISTS

ECCI will like to make this year's monitoring visits better and smoother. To accomplish that we will need to have the following documents readily available:

- Food package labels for the current month
- 2019-2020 Enrollment Renewal & new children's enrollments (from September 2019 to current day)
- Milk containers
- Menus & attendance records
- Meal pattern chart (Needs to be posted in your kitchen)

SCANNABLE FORMS WILL BE GOING AWAY SOON!



ATTENTION: PROVIDERS CLAIMING ON SCANNABLE FORMS

Minute Menu Systems will soon stop providing their manual claiming services (scannable forms) nationwide, not just with our agency. 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!

Should you wish to transition in advance, please contact our office at

(213) 380-3850

HARVEST OF THE MONTH: EAT YOUR BEETS



Did you know the color of beet roots can range from dark purple to bright red, yellow and white? If you cut them certain way the roots show light and dark rings. Another known fact is that beet juice is also used as a natural dye to give pink and red coloration to processed foods. More importantly, cooked beet greens are an excellent source of Riboflavin. Riboflavin is also known as Vitamin B2. Riboflavin works with other B vitamins to help your body grow and release energy. It is also important for building healthy red blood cells.

Here are some shopper tips when purchasing beets:

- Look for smooth, hard, and round beets that are free of cuts and bruises.
- When possible, choose fresh beets with green tops still attached. The greens should look healthy, not wilted or brown.
- Remove the green tops from beets and store each in separate plastic bags.
- Keep beets in the refrigerator for up to two weeks. Cook the green tops within one to two days.
- Choose low-sodium or no salt added canned beets. Use before expiration date.

Healthy Serving Ideas

- Steam beets and slip off the skins. Sprinkle lightly with seasonings and enjoy.
- Roast beets with skins on in the oven at 375 degrees for about 40 minutes.
- Add fresh sliced or canned beets to spinach salads.
- Sauté beet greens with chopped onion and garlic for a healthy side dish.

Mandarin Beet Salad:

Makes 8 servings. 1 cup per serving.

Prep time: 10 minutes



Ingredients:

4 cups of canned beets

2 cups canned mandarin oranges in 100% orange juice.

2 cups of currants or raisins.

Directions:

1. Drain the mandarin oranges but keep $\frac{1}{4}$ cup of the orange juice.
2. In a bowl, combine beets, mandarins, currants and $\frac{1}{4}$ cup of the reserve juice. Mix well.
3. Serve immediately or chilled.

Source: (https://harvestofthemonth.cdph.ca.gov/documents/Winter/021712/ED_Beets_Newsletter_Final.pdf)

Happy Birthday *Evergreen Providers!*

Estela Carrera

Rita Collins

Brenda De Leon

Yesmin Escalante

Maria Garcia

Linda Garrett

Hana Hwang

Teresa Jacobo Ramirez

Mary Huei-Chung Jaw

Maria Pabla Jimenez

Audrey Kim

Dalvanice Lacerda

Mahnaz Malekebrahimi

Yehudit Maouda

Maria Michea

Felipa Pacheco Melchor

Amanda Quintanilla

Aurora Porsche Reyes

Myra Shepherd

Eun Ja Song

Josefa Vasquez

Jeanne Yu

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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.



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