

# Evergreen Child Care Food Program

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# August 2021

## CALENDAR OF EVENTS

**08/27/2021** – Last day to submit provider Meal Benefit Forms (Only for providers claiming their own children or own foster children).

## URGENT DATES THE MONTH OF SEPTEMBER

**09/01/2021** – Mandatory Annual Workshop will be available in our website.

**09/01/2021** – 2021-2022 Enrollment Renewal Reports will need to be printed by providers (may not be printed before 09/01/21). Instructions will be provided in our September Newsletter and through KidKare messages.

**09/24/2021** – Last day to submit the 2021-2022 Enrollment Renewal Report and the Annual Training Answer Sheet.

## 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

For those providers who fall in the categories listed above, the Meal Benefit Form needs to be updated this month of August for 2021-2022. The Meal Benefit Form has been uploaded to our website under the forms tab (Titled- **Meal Benefit Form (Day Care Homes)**).

<http://www.evergreencacfp.org/uploads/1583434914revised-dch-06-meal-benefit-form-for-providers.pdf>

**FOSTER CHILDREN:** 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 27, 2021**

## 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, 2021.**

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.

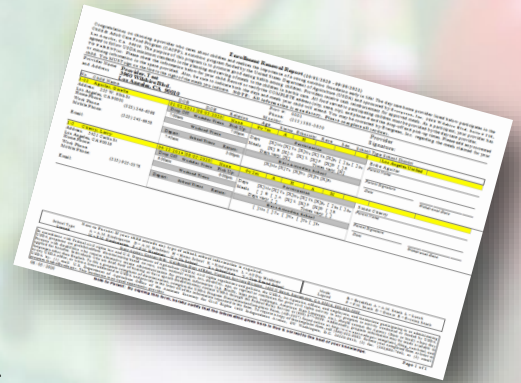
Please be advised, the answers sheets are due no later than

**Friday, September 24, 2021**

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.

## 2021-2022 ENROLLMENT RENEWAL (FOR ALL PROVIDERS)

All providers are required to renew each child's application every year in September, through the Enrollment Renewal Report (Report name: **Enrollment Renewal Report 10/01/2021-09/30/2022**).



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 1<sup>st</sup>, 2021.

**Evergreen will send providers a message on KidKare with the instructions and will also have the instructions available in our upcoming newsletter. Providers cannot print this report until the month of September.**

The Enrollment Renewal Reports for all providers need to be submitted to our agency by no later than:

**Friday, September 24, 2021**

## 2021-2022 CACFP REIMBURSEMENT RATES

We have good news! The 2021-2022 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 2021-2022. 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, 2021 through June 30, 2022

	Breakfast	Lunch	Dinner	Snacks
<b>Tier I</b>	\$1.40	\$2.63	\$2.63	\$0.78
<b>Tier II</b>	\$0.51	\$1.59	\$1.59	\$0.21

# NUTRITION EDUCATION SERIES: HEALTHIER CHOICES MADE EASIER



## HARVEST OF THE MONTH: PLUMS



Summer is almost over and school is approaching faster than expected. End the summer with some healthful tips to kick off the new school year for your daycare children. Here are some Tips for daycare providers with school-age children.

### 1. Make half your plates fruits and vegetables-on a budget.

- 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.
- Look for canned vegetables that say “No added salt.”

### 2. Start every day the whole-grain way.

- Serve whole-grain version of cereal, bread or pancakes for 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 1<sup>st</sup> ingredient ( i.e. **whole-wheat flour** ) . If it is, its whole grain.

### 3. 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% at meals (meal pattern requirement)
- If you’re lactose intolerant, try lactose-free or lactose reduced 1% or fat free milk.

Source: (<http://teamnutrition.usda.gov>)

August’s harvest of the month is Plums. Do you know where the plum comes from? The plum is a stone fruit tree of the Rose family. Like peaches, plums originated in China 4,000 years ago. Plums are related to other stone fruits such as peaches, apricots, and cherries, which are also drupes. The plum is more diverse than its relatives and grows in a wide range of shapes, sizes, colors, and flavors. More importantly it’s a great source of vitamin C. Vitamin C helps your body heal cuts and wounds, and maintains healthy gums.

### Here are some healthy serving tips:

- Pack whole ripe plums in lunches or enjoy as afternoon snacks.
- Add sliced plums to green salads.
- Make a stone fruit salad with peaches, plums, and apricots.
- Top low-fat yogurt with sliced plums and granola for breakfast or dessert.
- Blend fresh or frozen plums with low-fat 1% or fat-free milk. Or, substitute milk with low-fat frozen yogurt.
- Visit a local farmers’ market to find California grown plums—they taste great and usually cost less. Look for pluots and apriums, too!

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

# Happy Birthday *Evergreen Providers!*

**Alenoosh Alexandy**

**Gloria Arango**

**Silvia Bahena**

**Suetonius Carrera**

**Sandra Castro**

**Ye Boon Chae**

**Lourdes Duarte**

**Joeslyne Flores-Ochoa**

**Nino Gevorkova**

**Ani Gharibian**

**Jasmine Green-Simmons**

**Toni Hayes**

**Arman Igithkanyan**

**Cha Lee**

**Elsa Oxlej**

**Hye Kyung Oh Park**

**Zhanneta Peresechanskaya**

**Mahin Rastegari**

**Faye Mi Sook Rhee**

**Melissa Rivera Carreras**

**Yolanda Sandoval**

**Albertina Torrico**

**Scherie Vance**

**Debra Wells**

**Elvira Zamora**

**Lei Zhang**

**Joanne Zorrilla**

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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](mailto:program.intake@usda.gov).



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