# March 2022 Newsletter

### **March is National Nutrition Month!**

**#NationalNutritionMonth** 

eqt<sup>•</sup> Academy of Nutrition right• and Dietetics

#### CALENDAR OF EVENTS

03/11/2022 – January 2022 Federal & State Reimbursement Disbursement

## Evergreen Child Care, Inc. Child Nutrition Program

#### National CACFP Week is March 13-19, 2022

#### What is National Nutrition Month about?

National Nutrition Month<sup>®</sup> is an annual campaign created by the Academy of Nutrition and Dietetics. During the month of March, everyone is invited to learn about making informed food choices and developing healthful eating and physical activity habits.

Source: https://www.eatright.org/food/resources/national-nutrition-month

#### What is CACFP week?

CACFP week is a national education and information campaign sponsored annually, every third week of March by National CACFP Sponsors Association. The campaign is designed to raise awareness of how USDA 's Child and Adult Care Food Program works to combat hunger. The CACFP brings healthy foods to tables across the country for children in childcare centers, homes, and afterschool programs, as well as adults in daycare.

In honor of CACFP week, here is a link of various fun activities you can do with your daycare children to raise awareness about fruits and vegetables: <u>https://www.cacfp.org/</u> <u>assets/pdf/2022+Non-SS+CACFP+Week+Activity+Pages+cacfp.org/</u>

Source: https://www.cacfp.org/news-events-conferences/national-cacfp-week/

#### **Ounce Equivalent Announcement**

Effective October 1, 2022, ounce (oz) equivalents will be used as measurements for creditable grains in CACFP. Previously we have been using cups/servings as a form of measurement, however it will no longer be valid and we will begin using ounce (oz) equivalents as a form to calculate the creditable grains to serve each age category on October 1, 2022. With that said, we will begin a training on how to calculate various common grains used into oz. equivalents. Please stay tuned for more information on the training.

# Happy Birthday Evergreen Providers !

Nadia Battle	Stephanie Jenkins	Ana Adilia Perez
Deanna Brown	Eun Ha Kim	Edith Prudhomme
Graciela Ceja	Hyei Jin Kim	Tameka Runnels-Gibso
Sandra Chica	Diane Lee	Linda Williams
Monique Duarte	Heshmat Lotfizadeh	Hannah Kyoung Woo
Anna Galstyan	Laura Maldonado	Margarit Zakevosyan
Gabriela Garcia-Armenta	Mariza Mendoza	Sylvia Zamora
Teresa Gevorkyan	Diedre Mitchell-Miller	
Shelly Gray	Kehinde Olokun	

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(3) email: program.intake@usda.gov.



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