

March 2023

Newsletter

CALENDAR OF EVENTS

03/10/2023 – January 2023 Reimbursement Disbursement.

03/31/2023– ECCI office will be closed in observance of Cesar Chavez Day. Meals on this holiday are not subject for reimbursement.

New Added Holiday: Cesar Chavez Day, March 31st

As mentioned in the January 2023 Newsletter, we have added Cesar Chavez Day to our holiday list. Please note, meals on this holiday are not subject for reimbursement and our office will be closed.

In Person Monitoring Visits & Traditional Meal Service Times will be back as of July 1, 2023

The waivers that currently allow us to work remotely and have flexible meal service times are set to expire on June 30, 2023.

As of July 1, 2023 Evergreen is set to start conducting monitoring visits in person.

With the meal service time waiver, some providers opted to have their dinner before 4PM and meals have less than 2 hour spacing between meals. Please review your current schedule and contact us before June 30, 2023 to update your schedule to comply with the traditional meal service times. Please ensure that your meal services start on or before the following times:

- Breakfast: after 7AM and before 9 AM
- AM Snack: after 9 AM (two hours after breakfast and/or two hours before lunch)
- Lunch: between 11 AM to 1:30 PM
- PM Snack: two hours after Lunch or two hours before dinner
- Dinner: after 4 PM to 7PM

Must have at least 2 hour space between each meal and 3 hour space between each major meal.

National CACFP Week is March 12-18, 2023



This year MyPlate's theme for National Nutrition Month®, "Find the Recipe to a Healthier You," is an ode to healthy eating at every age: It's never too early, or too late to eat healthfully. During the month of March, everyone is invited to learn about making informed food choices and developing healthful eating and physical activity habits.

The benefits of healthy eating add up over time, bite by bite and small changes matter.

Nutrient Needs May Change with Age

Pregnancy and Breastfeeding: Making healthy food choices and staying active will support your baby's growth. This will also help you stay healthy during your pregnancy and while breastfeeding.

Infants: Start your infant off on the path of lifelong healthy nutrition. The first year of a child's life is very important time for proper growth and development. Since infants eat and drink such small amounts at this stage, it's important to make every bite count!

Toddlers: Give your toddler healthy choices as they explore new foods and flavors. Toddlers are learning to feed themselves and to eat new foods during this important time of growth and development. Young children have small stomachs and are learning what foods they like and dislike. So, make every bite count!

Preschoolers: Help your preschooler eat well, be active, and grow up healthy! Young children look to you as they learn, develop and grow healthy eating habits. Make every bite count.

Kids: Get kids started on a healthy eating adventure with these games and activities! Teach them about MyPlate and the 5 food groups to set them on a path towards a healthy future.

Teens: Make healthy choices as you grow. During the teenage years, you're beginning to make your own decisions – and that's pretty awesome! One of the ways you can make smart choices is in the foods you eat. We get it, life is busy between school and friends, but starting with small changes now will not only help keep your mind and body growing healthy, but it will also help set you up for success later on.

Source: <https://www.cacfp.org/2023/03/08/march-is-national-nutrition-month/>

Happy Birthday *Evergreen Providers!*

Nadia Battle

Deanna Brown

Graciela Ceja

Sandra Chica

Yoshinoya Corley

Monique Duarte

Gerelmaa Erdenbat

Anna Galstyan

Gabriela Garcia-Armenta

Teresa Gevorkyan

Shelly Gray

Stephanie Jenkins

Eun Ha Kim

Yong Jin Kwon

Heshmat Lotfizadeh

Laura Maldonado

Valjean McCray

Mariza Mendoza

Diedre Mitchell-Miller

Gohar Mnatsakanyan

Ana Adilia Perez

Edith Prudhomme

Tameka Runnels-Gibson

Linda Williams

Margarit Zakevosyan

Sylvia Zamora

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fax: (833) 256-1665 or (202) 690-7442; or

email: Program.Intake@usda.gov



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