



May 2023

Evergreen Child Care, Inc.  
*Child Nutrition Program*



## 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.***

***Failure to comply with the traditional meal service times s of July 1, 2023 will result in meal disallowances.***





# EXPIRING: PANDEMIC ERA FLEXIBILITIES & FUNDING

## Why are these changes happening?

A bill that congress passed in response to the pandemic, the *Keep Kids Fed Act*, is expiring.

The *public health emergency* due to the COVID-19 pandemic has been declared over.

## DETAILS

The Act addressed many of the needs for schools, summer meals, and the Child and Adult Care Food Program (CACFP). For the purpose of this brief, the focus will be on the CACFP. The Keep Kids Fed Act enabled CACFP operators to:

- Receive an **additional 10 cents** for every creditable CACFP meal or snack served (two meals and one snack or two snacks and one meal). This is for all CACFP programs.
  - This was for one year only and will **expire on June 30, 2023**
- Eliminated, for one year, area eligibility for family child care providers. **All family child care providers were paid tier I rates (the highest rate possible)** regardless of where their homes were located or their own income or the income of the families for whom they care.
  - This will **expire on June 30, 2023**, and providers who are tier II will be paid at the tier II rates beginning July 1, 2023.
- Enabled USDA to extend **no-cost nationwide waivers** throughout the school year 2022-2023 as well as meal pattern waivers.
  - This will **expire on June 30, 2023**
  - Remote monitoring is ending and all monitoring visits will be in person

## WHAT ARE MY FCC REIMBURSEMENT RATES GOING TO BE?

Reimbursement rates are published by USDA in the Federal Register in July of every year. For **family child care providers** they are based on the Consumer Price Index, Food at Home. These are the rates for July 1, 2022, through June 30, 2023. It is difficult to predict what these rates will be.

*If* the rates were to stay exactly as they are:

- Tier I reimbursement rates would be 10 cents less than they currently are so for example lunch would be \$2.94 instead of \$3.04.
- Tier II reimbursement rates would reflect the tier II rates. For example, tier II providers would receive \$1.78 for lunch.

## WHAT CAN I DO?

We know you're still experiencing the emotional trauma and budgetary fall out of the last three years and just because the stated public health emergency is over does not mean it is over for you. Contact your representatives in Congress and tell them your story. The Roundtable works to lift up your voice to policymakers and leaders. Share your story directly with Samantha at [samantha@ccfproundtable.org](mailto:samantha@ccfproundtable.org) or [stories@ccfproundtable.org](mailto:stories@ccfproundtable.org).

**PROVIDER APPRECIATION DAY (MAY 12, 2023):** As your sponsoring agency, we want to say huge thanks for choosing us as your sponsor. We have been a sponsor since 1994 and we appreciate all providers who have been with us, old and new. So again, THANK YOU for your continued support in the nutrition and well-being of the day care children. We appreciate YOU!



## CHEESE:

As a reminder, any cheeses that are labeled as “Imitation cheese” or “cheese product” is NOT creditable in the CACFP.

For example:

### NON-CREDITABLE:



This product is labeled as “cheese product” and therefore is **NOT** creditable in the CACFP

### CREDITABLE:



This product is neither labeled as a “cheese product” nor as an “imitation cheese” and therefore **IS** creditable in the CACFP.

**\*\*Use the guide to help you below to help you determine which cheeses can be served to your day care children. \*\***

[https://dpi.wi.gov/sites/default/files/imce/community-nutrition/pdf/creditable\\_noncreditable\\_cheese.pdf](https://dpi.wi.gov/sites/default/files/imce/community-nutrition/pdf/creditable_noncreditable_cheese.pdf)

# HARVEST OF THE MONTH:

## AVOCADO



Did you know that avocados are actually a fruit, not a vegetable? Many people think avocados are vegetables but they are not. Avocado comes from an evergreen fruit tree of the flowering plant family called, Lauraceae. There are more than 80 different types of avocados that are grown in California. However, the most common avocado is the Hass avocado. More importantly, they are an excellent source of monosaturated fat (healthier fat). Monosaturated fat are nutrients that help make cells, help absorb vitamins, help lower the “bad” cholesterol levels (LDL cholesterol) in your body and may raise the “good” cholesterol levels (HDL) in your body.

### CALIFORNIA AVOCADO BREAKFAST BURRITO:



Serves: 8

Preparation time: 8 minutes

Serving Size: about 1 burrito per child

#### Ingredients:

- 8 (11-in. diameter)-whole-wheat flour tortillas
- 1 cup-Diced red bell pepper
- 1 cup-Diced green bell pepper
- 2/3 cup-chopped onion

- 6 Tbsp.-butter
- 16-Eggs
- 1/2 tsp.-salt
- 1 cup-shredded low-fat pepper jack cheese
- 2 ripe, Fresh California Avocado seeded, peeled and diced
- As needed sour cream for garnish
- As needed Tomatillo or tomato salsa for garnish

#### How To:

1. Wrap tortillas in foil; warm in a 400 degree F oven.
2. While the tortillas heat, sauté bell pepper and onion in butter until soft, about 5 minutes.
3. Meanwhile beat together eggs and salt.
4. When vegetables are done, pour egg into pan; gently stir in avocado.
5. Cook, over medium-low heat, stirring constantly, until soft curds form, about 3 minutes.
6. Put 1/4 of the egg mixture down the center of one warmed tortilla; sprinkle with 2 tablespoons cheese.
7. Fold in top and bottom of each tortilla.
8. Roll up from side.
9. Repeat with each tortilla.
10. Garnish each burrito with a dollop of sour cream and a spoonful of salsa.

*Serve with 1% or FF milk for children ages 2 and above and whole milk for children ages 1-1 yr. and 11 months. Make this plate a great addition for your daycare children's breakfast menu.*

***\*\*An important fact: whole-wheat tortilla will fulfill your one whole-grain rich product a day\*\****

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

Recipe: (<https://www.californiaavocado.com/recipe-details/view/31596/california-avocado-breakfast-burrito>)



# Happy Birthday *Evergreen Providers!*

Marisol Almanzar

Houba Assaad

Maria Baquiaux

Gevorg Bosnoyan

Rhonda Brooks

Sherie Cigar-James

Jacqueline Evans

Rita Fuentes

Claudette Fuller

Yeran Ghazaryan

Ana Gomez Garcia

Sun Jo

Mary Keum

Rosa Madrigal

Shaprae Morris

Estrella Mundy

Michelle Osipian

Mari Cruz Rivas

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Renaldo Sanders

Marta Urbano Cano

Vicki West

Latania Young Howard

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

email: [Program.Intake@usda.gov](mailto:Program.Intake@usda.gov)



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