

Evergreen Child Care Food Program

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August 2017 Newsletter

CALENDAR OF EVENTS

08/04/2017 – June 2017 Reimbursement Disbursement.

08/22/2017– Last day to submit provider meal benefit forms.

09/08/2017– The annual workshop video will be available in Evergreen’s website.

09/11/2017– Evergreen will mail providers the 2017-2018 Enrollment Renewal Reports.

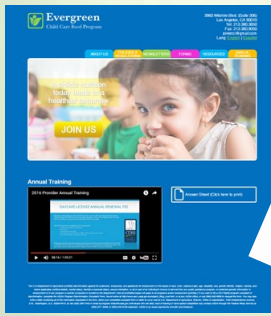
09/22/2017– Last day to submit the 2017-2018 Enrollment Renewal Report and the annual training answer sheet.

REIMBURSEMENT REMINDER

The June 2017 Federal reimbursement was disbursed if your claim was submitted on time.

Manual Claiming Providers: All August claim forms must be submitted by no later than September 5, 2017. If documents are submitted anytime later, meal claims will be considered a late (adjustment) claim.

MANDATORY ANNUAL TRAINING



The mandatory annual workshop will be available **online** as of:

Friday, September 8, 2017

**Provider's that do not have access to a computer may contact ECCI in late August to request the workshop video in DVD and answer sheet.

Providers must fulfill their annual workshop requirement (as stated on the Permanent Agreement). This year, providers are required to watch a video and answer the 20 questions that will appear throughout the video. Furthermore, providers must answer all the answers correct in order to receive credit for this year's workshop.

Evergreen will be uploading the workshop video on our website under the ANNUAL TRAINING TAB. On the Annual Training Tab providers will find the workshop video, an instructions page and the answer sheet (In PDF format). **The workshop answer sheet must be submitted to ECCI by no later than**

Friday, September 22, 2017

A guide has been created by ECCI to educate providers on the upcoming meal pattern changes. We highly suggest you print the "New CACFP Meal Pattern Guide" to get a head start on the information that will be discussed in the annual training. The "New CACFP Meal Pattern Guide" is located under the policies and regulations tab of our website.

ELIGIBILITY RENEWAL (2017-2018)

Any providers who:

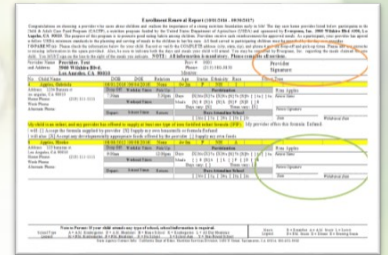
- Want to claim and/or continue to claim **their own children** (own /own foster child)
- Want to claim and or continue to claim children that live in the provider's residence
- Are in Tier 2 applying for Tier 1 rates

For those providers who fall in the categories listed above, the Meal Benefit Form for 2017-2018 has been uploaded to our website under the forms tab.

Any providers who wish to apply for eligibility must submit the completed Meal Benefit form by:

Friday, August 25, 2017

2017-2018 ENROLLMENT RENEWAL:



Coming in September!

Evergreen will be mailing the Enrollment Renewal Reports and instructions to all active providers on September 11, 2017. The Enrollment Renewal Reports need to be submitted to our agency by no later than

Friday, September 22, 2017

Providers are required to renew each child's application every year in September, through the Enrollment Renewal Report generated by us (Report name: **Enrollment Renewal Report 10/01/2017-09/30/2018**). 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 1st, 2017.

REMINDER! NEW CACFP MEAL PATTERN CHANGES ARE APPROACHING

USDA recently revised the CACFP meal patterns to ensure children and adults have access to healthy, balanced meals throughout the day. Under the updated child and adult meal patterns, meals served will include a greater variety of vegetables and fruit, more whole grains, and less added sugar and saturated fat. These changes made to the meal patterns are based on the Dietary Guidelines for Americans, scientific recommendations from the National Academy of Medicine, and stakeholder input.

CACFP centers and day care homes must comply with the updated meal patterns by

October 1, 2017

*Please note, during this year's mandatory annual training we will be covering ALL the changes. However, to get a head start, you may download the new CACFP meal pattern guide. It is located under the "Policies and Regulations" tab.

GRAIN-BASED DESSERTS-REVISION (AS OF OCTOBER 1, 2017)

Please be advised that we just received word that USDA made revisions in regards to the definition of grain-based desserts. Although grain-based desserts will not allowable in the CACFP as of October 1, 2017, SWEET CRACKERS (i.e. animal crackers, graham crackers) are ***not*** considered in the category for grain-based desserts. As of October 1, 2017, sweet crackers (i.e. animal crackers, graham crackers) will continue be reimbursable in the CACFP.

Since sweet crackers are high is sugar content, please limit to serving them to a maximum of ***twice*** a week for snacks only.

REQUIRED MENU COMMENTS (FOR PROVIDERS CLAIMING ONLINE)

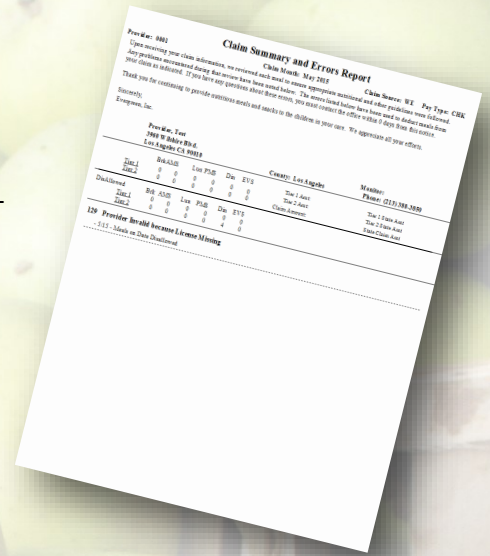
Please be advised, any menus which include; processed foods, tortillas, grits and/or cold cereal MUST include the brands on the comment section of your daily meal claim. Also:

- If you have infants, you are required to put the name and ounces (oz) on the comment section of your daily meal claim.
- If you will be serving homemade food (i.e. home-made pizza) you must indicate "HM pizza" on your menus comments.
- If you are using the same brands throughout the whole month, (i.e cold cereal = cheerios) you may enter it on the 1st serving of the month in order to receive credit for the entire month. Please note: you will only receive credit from the day you entered the name brands and/or ounces up to the end of the month. For example, if you put your chicken nuggets brand (Tyson) on your August 15, 2017 menu comment, you will only receive credit for chicken nuggets from August 15, 2017-August 30, 2017.

REPEATED CLAIM ERRORS

Recent claim reviews show that there are numerous providers whose monthly meal claims have produced repeated claim errors. Please be advised, any repeated errors found in the Monthly Claim Error Report may be considered a serious deficiency. Any providers found with repeated claim errors in any subsequent months will be subject to the following:

- First offense- Written warning will be given by monitor or reviewer (found during claim review or monitoring visit)
- Second offense - Written warning will be given with a corrective action request
- Third offense – Begin Serious Deficiency or Proposed to Terminate process



Therefore, it is VERY important you check your error reports on a monthly basis to prevent this from occurring.

HOW CAN I ACCESS MY ERROR REPORT?

Providers claiming on KidKare: On side tool bar select REPORTS>FROM THE DROP DOWN MENU, SELECT CLAIM STATEMENTS>CLAIMED SUMMARY AND ERROR>SELECT THE MONTH YOU WISH TO REVIEW>CLICK THE RUN BUTTON

Providers claiming on WebKids: CLICK ON REVIEW CLAIMS (CHILD CLIMBING ON THE BARS)>SELECT THE MONTH YOU WANT TO REVIEW>CLICK DETAILS>UNDER CHOOSE REPORTS >CLICK CLAIM SUMMARY AND ERROR REPORTS

Providers claiming on scannable forms: You will receive your error report in the mail along with your Claim Information Form (CIF) around the 12th of each month.

If you have any questions regarding your error report, feel free to give us a call at (213) 380-3850. We are open Monday-Friday from 8:30am-5:00pm.

HARVEST OF THE MONTH: SALAD GREENS



This month's harvest of the month is salad greens. Salad greens consist of different types of lettuces such as butterhead, crisphead (iceberg lettuce), loose leaf, and romaine lettuce. As a cultivated crop, they were one of the first vegetables to be brought to the new world by Christopher Columbus. According to research, green salad is the most commonly eaten vegetable among children living in California. More importantly, salad greens are an excellent source of Vitamin K. Vitamin K helps stop cuts from bleeding too much and starts the healing process faster. With Calcium, Vitamin K is also good for your bones and teeth. Our body only stores small amounts of Vitamin K. So, we need to obtain the Vitamin K from foods we eat. Leafy green vegetables are an excellent source of Vitamin K.

Shopper tips:

Look for lettuce heads that are tight and firm.

Look for darker colored leaves; they have more nutritional value in them.

Wash and dry salad greens immediately, after you buy them.

To make it last longer, put it in a plastic bag with small holes and keep in the refrigerator for up to two weeks.

Here is a great recipe for your AM or PM snack,

Vegetable Wraps (Makes 12 servings)

CACFP Crediting Information: 1 wrap provides 1/2 cup vegetable and 1 serving grains/bread.

Ingredients

- 1.5 cups of ranch dressing
- 4 oz of fresh romaine lettuce, chopped, rinsed, dry
- 6 oz of fresh green bell peppers, chopped.
- 7 oz of fresh chopped onions.
- 5 oz of fresh carrots, sliced.
- 6 oz of fresh cucumbers, diced.
- 7 oz low-fat shredded cheddar cheese (optional)
- 12 whole-grain tortillas (size: 8 inches)



Directions: Combine ranch dressing, lettuce, bell peppers, onions, carrots, cucumbers, and cheese (optional) in a large bowl. Stir well. Set aside.

Steam tortillas in microwave for 1 minute until warm. This is to prevent tortillas from tearing when you fold them.

Scoop ½ cup of the vegetables mixture and place on the center of each tortilla.

Roll the tortilla in a form of a burrito and seal

Place wrap side down on a sheet pan and keep in fridge for about 30 min-1 hour.

Serve the wrap to the kids.

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

Source for recipe: (<https://whatscooking.fns.usda.gov/quantity/child-nutrition-cnp/vegetable-wrap-usda-recipe-schools#>)

AUGUST 2017 NUTRITION EDUCATION SERIES: FOOD CULTURE



America is a nation full of diverse cultures. Living in America helps us embrace other cultures through tradition, clothing and food. As a day care provider, what a fun and educational way to teach your day care kids about diversity through foods they eat. This involves being creative with favorite recipes by substituting foods with appealing ingredients that are from other cultures. Enjoy foods from other cultures while making it healthy.

HERE ARE TIPS TO CELEBRATE HEALTHIER FOODS AND CUSTOMS

Learn from others

Learn about cooking different and regional foods from others who use authentic recipes and ingredients and explore ways to improve nutrition of your own family recipes. Find ways to cook healthier options of your family favorites (i.e. healthier mac and cheese dish).

Blend cultures

Many popular foods and beverages in America blend cuisines of many cultures. Celebrate our Nation's diversity and be inspired by dishes that include more fruits and vegetables, whole-grains, beans, seafood, lean meats, and 1% or fat-free dairy.

Add a touch of spice

Combinations of herbs and spices often remind us of dishes from our own heritage or our favorite ethnic food. Add flavor with herb and spices that can replace added salt and saturated fat.

Use familiar foods to create exotic dishes

Use foods you know to create new recipes. For example, adding cilantro to brown rice or mango to salad or smoothie. Make half your plate fruits and vegetables.

Think about beverages

Many cultures offer tasty beverages such as fruit drinks. Consider using frozen fruits from other cultures and low-fat yogurt to create a healthy and culture smoothie for the summer.

Culture dancing

Teach your day care children about the different types of cultural dance routines. Learning a new cultural dance routine with your day care children is a great way to do physical activity and being culturally diverse.

History of your heritage

Children learn from their elders. Show kids how dishes from your own tradition are prepared and help them prepare it with you. Let them taste the foods they help prepare as you share stories and customs from your own heritage. This will expose and help them learn from other cultures.

SOURCE: <https://choosemyplate-prod.azureedge.net/sites/default/files/tentips/DGTipsheet31EnjoyFoodsFromManyCultures.pdf>

Happy Birthday *Evergreen Providers!*

Alenoosh Alexandy

Gloria Arango

Silvia Bahena

Dolores Campos

Suetonius Carrera

Ye Boon Chae

Lourdes Duarte

Joesylyne Flores-Ochoa

Ani Gharibian

Diane Gillett

Jasmine Green-Simmons

Yana Grigorieva

Toni Marie Hayes

Alma Kim

Sevan Manougian

Araceli Martin

Roxanna Mejia

Elizabeth Adriana Ocampo

Elsa Oxlaj

Hye Kyung Oh Park

Zhanneta Peresechanskaya

Mi Sook Rhee

Rosario Salazar

Yolanda Sandoval

Albertina Torrico

Scherie Vance

Debra Wells

Elvira Zamora

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.



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