

April is National Brunch Month

“April showers bring May flowers,” or so they say. Now that spring has arrived, Colorado and Wyoming should be experiencing warmer weather and starting to see trees and flowers greening and blooming. Hopefully, the snow and the cold winds will start to die down as well. April is a good time to start getting outside to enjoy some sunshine and vitamin D. April is also a good time to do some spring cleaning. And of course there’s April Fools’ Day. But this newsletter will focus on April as National Brunch Month.

Brunch originated in England in the 19th century as a light afternoon meal following extended church services. In the 1930s in Chicago, brunch was introduced to the United States. Today, brunch is a fashionable occasion for getting together with friends and family over conversation, good food and beverages. Who doesn’t love breakfast for lunch or even dinner?! Eggs, potatoes, fresh seasonal fruits, ham, turkey sausages (with a CN label or PFS, of course), salads and, of course, bread! Fresh-baked breads, biscuits, French toast, pancakes, fancy waffles. Yum!

Other month-long celebrations in April include National Soy Foods Month, National Financial Literacy Month, National Garden Month, and National Humor Month. Continue reading in this newsletter for craft ideas, food-related jokes and tips to help you be successful in the food program!

What happened after an explosion at the French cheese factory?
All that was left was de brie!

Menu Planning Tips

2% milk is not creditable, including lactose free milk. Notify Wildwood if you are unable to get creditable milk in stores, as there may still be lingering shortages in some areas.

Speaking of milk, remember that **only some milks are creditable on the CACFP** like cow’s milk, goat’s milk, buttermilk and some soy milks. Remember, too, that flavor and fat content matter. Finally, if a child has an allergy or medical condition that requires a non-creditable milk like oat or almond milk, a completed Special Diet Statement signed by a medical professional is required and must be on file with Wildwood.

For **National Grilled Cheese Sandwich Day** on April 12, remember that individually sliced and wrapped American cheese at the grocery store is not creditable. Instead, choose hard cheeses like cheddar and gruyere that are rich in fat, protein and calcium.

For **National Zucchini Bread Day**, note that fruit and vegetable breads credit only as the grain in the CACFP. Go ahead and serve raisin bread at Breakfast or zucchini bread at Snack, but be sure to provide a full serving of recognizable fruits or vegetables if required at that meal.

Paper Plate Bird Craft

What you need:

- Paper Plates (various sizes and colors)
- Scissors
- Cardstock
- Glue
- Markers

Optional

- paint
- paintbrush
- feathers
- wiggly eyes
- brads



For **geese**, cut plate in half for body. Cut wings and neck from other half of plate. Use cardstock for beak and markers for eyes.



For **swans**, cut a “D” shape, leaving most of the plate intact for the body and neck. Add a cardstock beak, and use a marker to make the eye. Optionally paint the plate in fun spring colors.



For **flying birds**, cut plate in half for body, use remaining half to cut wedges for wings and attach with brads. Use markers or paint to decorate in fun colors, and add optional wiggly eyes.

What did the cupcake say to the frosting?
“I’m muffin without you!”

When do you go at red and stop at green?
When you’re eating a watermelon!



CLAIMS

CORNER

Claims Corner has reminders to help providers receive the most money possible each month.

- Contact Sue (sue@wildwoodcacfp.org, 303-730-0460) immediately if you find mistakes with your claim. Don't wait months if you see an error that might result in higher reimbursement, as Wildwood has only 60 days from the claim month to reprocess claims.
- Renew/update Child Enrollment Forms annually. Send new or updated CEFs to Sue by the 25th of the month to allow time to update records before the start of a new claims month.
- Submit claims by the 5th of the month for on-time processing and payment. Claims received after the 5th of the month will be marked late and will be processed the following month.
- If you're still submitting manual claims, consider switching to online. Pair with direct deposit for fast, secure claim submission and reimbursement.
- When a child is no longer in your care, Wildwood recommends waiting until at least the end of the claim period to withdraw them in KidKare.
- Give Wildwood prior notice by updating your calendar and notifying your field representative or the Colorado office when you will be closed. This includes illness, changes to days of the week you are regularly open, vacation and field trips. If your field rep attempts an in-person site visit during a scheduled mealtime and is unable to complete the visit because prior notice was not given, Wildwood must disallow reimbursement for that meal.

What do you call blueberries playing the guitar?
A jam session.

Did you hear about the carrot detective?
He got to the root of every case.

Why couldn't the sesame seed leave the casino?
He was on a roll!

Events in April

- April 1 - April Fools' Day
- April 3 - National Vitamin C Day
- April 12 - National Grilled Cheese Sandwich Day
- April 18 - National Animal Crackers Day
- April 23 - National Picnic Day
- April 25 - National Zucchini Bread Day
- April 28 - National Superhero Day

Often-Missed Questions on Wildwood Training:

All Wildwood providers are required to complete annual training in Civil Rights, Nutrition and Program. Here are some questions that have stumped providers recently in Wildwood's training courses:

What Are Combination Foods? (2024)

Q: Condiments, like cream cheese, ranch dressing and mayonnaise, credit as milk components.

A: False. Condiments like cream cheese, ranch, mayonnaise, ketchup and jelly do not credit as food at all! Only fluid, drinkable milk credits as the milk component. And, as mentioned earlier in this newsletter, only certain types of milk are creditable, and flavor and fat content matter.

Updated Meal Patterns (2023)

Q: All meals and snacks always must include a whole grain rich food component.

A: False. At least one meal per day must include a whole grain-rich food item. All other grains must be made from whole grain or enriched flour. If there is not at least one whole grain-rich food item per day, the lowest reimbursement meal containing a grain will be deducted.

It can be difficult to determine which grain items are whole grain-rich because packaging on store-bought foods often makes statements like "contains whole grain" or "made with whole grain" but do not meet the 51% or greater whole grain condition. For example, Ritz crackers "baked with whole wheat" and Saltines "with whole grain" have as their first and heaviest ingredient unbleached enriched flour rather than a whole grain flour. Some great whole grain-rich crackers include Wheat Thins, Goldfish "baked with whole grain" and Triscuits.

To access FREE training, visit Wildwood's homepage and click **CACFP | Home Child Care | FREE Online Training**, and use the password **milk2014**. All trainings have been approved for state licensing requirements in CO and WY.

*The last day Wildwood can receive original WY & CO March claims for processing is May 24, 2024.

*The last day Wildwood can receive original WY & CO April claims for processing is June 25, 2024.

My neighbor texted me, "I just made synonym buns!"
I texted back, "You mean like grammar used to make?"
I haven't heard from her since!

Why did the butcher work extra hours at his shop?
To make ends meat!

This institution is an equal opportunity provider.