

Wildwood CACFP Newsletter – April 2022

Happy Easter



Online Training

Wildwood offers several free online training courses. These are not only for the hours required for the food program, but they can be credited towards licensing hours. Wildwood will print commonly missed questions on different trainings and give you the correct answers. This is to clear up any misunderstandings and open communication should you have questions.

Nutrition Made Easy: #10) All grain items are considered creditable regardless of whether they are savory or sweet. This is **False**. Grain-based desserts are not creditable for the CACFP program. Some of these items are cookies, sweet pie crust, doughnuts, cereal bars and granola bars. Scones, can be considered sweet or savory, depending on the filling. The savory scones can be creditable.

Ready to Eat Cereal: #7) More than 30% of milk consumed by children is eaten with cereal. This is **True**.

Changing Behaviors: #27) When you plan out all the activities for the day, things will always go smoothly. This is **False**. Always have a back-up plan because things change.

Nutrition Made Easy: #5) A meat/or meat alternate can be served in place of a grain every day for Breakfast. This is **False**. Grains can only be replaced at Breakfast, no more than 3 times a week.

Nutrition Made Easy: #7) A snack cannot include milk and juice as 2 separate components. This is **True**.

Reduce Food Waste: #2) The average American household throws away 75% of the food they purchase. This is **False**. They throw away approximately 25% of what they purchase.



Easter is almost here and a lot of children are on Spring Break. Sit them down and watch them create masterpieces for their homes.

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CLAIMS CORNER



We want you to receive the most money possible each month. Here are a few reminders and hints to help with this.

- Meat is getting very expensive. Remember beans, cheese, eggs and tofu are a few items that can replace meat and be creditable on the food program.
- If you are having any problems with purchasing whole wheat, milk or anything else that is necessary for the food program, make sure you contact this office and make a note of what you can't find on your claim.
- Online claimers. Be sure to review your claim prior to submitting it. Once it's submitted, nothing can be changed.
- Mark school age children out of school if they are on Spring Break. Minute Menu will deduct children that should be in school unless you let us know.

- **The last day** Wildwood can receive original CO & WY February claims for processing is April 22, 2022
- **The last day** Wildwood can receive original CO & WY March claims for processing is May 23, 2022

Provider Appreciation Day - May 6th, 2022



National Provider Appreciation Day is on May 6 this year. Childcare workers are celebrated on this day, including teachers, nannies, and caregivers, all of who are essential workers in helping working parents continue to provide for their families. The day focuses on building awareness of the holiday, thanking childcare workers.

For all your patience
day to day,
For every tear
you wipe away,
For little hands
you gently hold,
and all the stories
you have told,
For teaching children
how to share,
For being kind
and being there.
We say THANK YOU!

Please let Wildwood know if you have a Covid Closure. We try to keep track, and mark your calendar accordingly.

2022 National Child Nutrition Conference
April 18-22 2022 | New Orleans, Louisiana
CACFP · Afterschool Meals · Summer Food
<https://www.cacfp.org/conference/2022-conference-virtual-sessions/>

Most providers have completed your required training. Thank you. For those who have not; the following is required yearly: Civil Rights; 1 hour Nutrition and 1 hour Professionalism.

Here are a couple ideas for Breakfast for the children in your care.

1. Breakfast quesadilla. It's the same idea as making a regular whole-wheat quesadilla, except that you'll stuff a pair of tortillas with breakfast fillings, such as scrambled eggs and grated cheese. You could add spinach, tomatoes, or pieces of ham, too. Put your chosen fillings between two large tortillas and sear the quesadilla, flipping once, until the cheese melts. Try using different cookie cutters to create interesting shapes — these might tempt a picky eater.

2. Egg in a hole. Using a cookie cutter, cut out a circle or heart from the inside slice of whole-wheat bread. Toast one side of the bread in a skillet with butter. Flip it over and then crack an egg into the hole. Cook until the egg is set and sprinkle sparingly with salt.

All you need to add is milk and you have a creditable breakfast.

This institution is an equal opportunity provider.