

April is Springtime and National Month of Hope

It's starting to get warmer outside, flowers are beginning to bloom, we've survived Daylight Saving Time and it's nearly Tax Day! Did you know April is also the National Month of Hope?

National Month of Hope was proposed by Rosalin Tomkins, founder of Mothers in Crisis, as a way to support women and families in need, bringing them hope and empowering them to find a new path. April has officially been recognized as the National Month of Hope since 2018. Some ways to share and celebrate hope include giving of your time, food or money to families in need, cleaning up trash in public areas like parks and beaches, reading to children and posting positive messages on social media using #NationalHopeMonth.

Fun Events in April

- April 2 - National Peanut Butter & Jelly Day
- April 6 - National Burrito Day
- April 7 - National No Housework Day
- April 15 - Tax Day
- April 17 - National Haiku Poetry Day
- April 19 - National Banana Day
- April 23 - National Talk Like Shakespeare Day
- April 28 - National Superhero Day

For National Haiku Poetry Day on April 17:

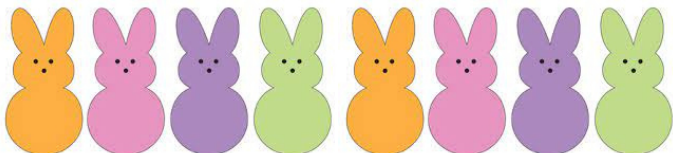
April has arrived
Flowers, sun and joy abound
Watch your Spring bulbs bloom!

In-Person Site Visits Beginning in June

Wildwood Representatives will begin conducting unannounced in-person site visits this June. It is important to remember that you *must* let your Field Rep know when you will be out of the home (prior notice). Visits are an opportunity to receive the newest free training from Wildwood and ensure you are maximizing your claim. Our team is excited to see you and the fun things you're doing with the children.

***The last day Wildwood can receive original WY & CO February claims for processing is April 25, 2023.**

***The last day Wildwood can receive original WY & CO March claims for processing is May 26, 2023.**



Fun, Easy Springtime Crafts



Make these beautiful pipe cleaner tulips and daffodils by following easy instructions at <https://onelittleproject.com/pipe-cleaner-daffodils-and-tulips/>



Grab some rocks from your yard, wash and dry them, paint them with fun springtime patterns and then place them in your garden or "hide" them at a local park.

Banana Sushi Roll

(celebrating National Banana Day April 19)

Snack Crediting for Ages 3-5 * Servings: 2 * Total Time: 5 minutes
Components: meat/meat alternate, grain



Ingredients:

- 100% whole wheat flour tortilla, small
- 1 large banana
- 2 tablespoons peanut butter

Directions:

Have a pair of children work together to make this snack. Give each pair a tortilla with the peanut butter, and let them spread it using the back of a spoon. Place peeled banana at one end and roll it up. Slice into eight pieces.



CLAIMS

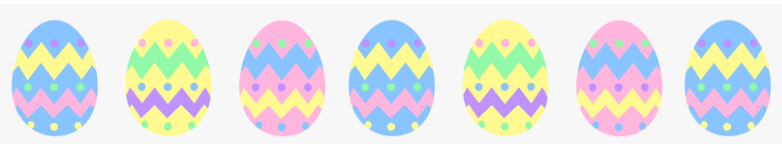
CORNER

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

- Submit your claim by the 5th of the month to be eligible for on-time payment. Claims received after that date will be processed and paid the following month.
- Remember that Child Enrollment Forms must be updated annually. Don't wait until forms expire and children "fall off" your roster. Send updated CEFs to Sue Crenner in the Colorado office to avoid deductions for expired children. Please bear in mind that the first two weeks of each month are the busiest time for processing claims.
- One Whole Grain Rich component is required each day. Remember to mark WGR items on your menu to avoid deductions. If a WGR item is not marked, the meal with the lowest reimbursement will be deducted.
- If you're not already claiming online, consider it! KidKare allows you to use a computer, tablet or smart phone to record menus and meals served. Online claims are fast and secure, and you can quickly and easily receive reimbursement via direct deposit. Save trips to the bank and post office, and don't worry about claim documents or checks getting lost or delayed in the mail.

Tax reports for manual claimers were mailed at the end of January. Providers in WY and CO may access 2022 tax statements in KidKare by clicking Reports | Claim Statements | Tax Report.

If you haven't already provided clients with a W-10 from 2022 showing the amount they paid for child care, you can still access blank W-10 forms at wildwoodonline.org under Child Care Homes | Forms & Docs.



Facebook is a great resource for recipes and crowd-sourced answers to common questions like "Is GoGurt creditable?" (Answer: "It depends" on the sugar content and portion size. One comment referenced the USDA webpage titled "Choose Yogurts that are Lower in Sugar."). Did you know Wildwood is on Facebook at "Wildwood CACFP Provider Group"? Click to join, then Follow for updates about office closures, trainings and special celebrations like National Flapjack Day.

This institution is an equal opportunity provider.

Often-Missed Questions on Wildwood Training:

All providers must complete annual training in Civil Rights, Nutrition and Program. Providers can also take additional training from Wildwood to fulfill requirements for licensing. The 2023 training year runs from October 1, 2022 to September 30, 2023. But you may take courses published in current *or* prior years to complete your training requirements. Here are some questions that have stumped providers in recent online training:

The New Meal Pattern: What's New (2017):

Q: Infants can now have ready-to-eat cereals at snack.

A: True. Infants may be served RTE cereals at Snack but not at any other meals. At Breakfast and Lunch, the only grain allowed for infants is iron-fortified infant cereal. Remember that RTE cereals must be low in sugar, no more than 6 grams of sugar per dry ounce.

Updated Meal Patterns 2023:

Q: When defining whether a food is a fruit or a vegetable, CACFP uses sweet or savory as a standard.

A: True. Food items like tomatoes, pumpkins and sweet potatoes may be difficult to classify as fruits versus vegetables. Even though tomatoes grow from the flower of the plant and contain seeds and may, technically, be a fruit, their savory taste puts them in the vegetable category for CACFP. Remember that, at Lunch/Supper, a vegetable and a fruit (or a second, different vegetable) must be served. At Breakfast, you could serve a fruit and/or a vegetable as one component. And Snack simply needs to be two food items from two different food components.

Nutrition Made Easy (2022):

Q: You can serve a double portion of the same vegetable at lunch or supper and count it as 2 vegetables as long as the quantity is there.

A: False. If two vegetables are served at Lunch/Supper, they must be different vegetables, and both items must be served in the correct portion size for the age of children participating. Vegetables that are too similar also should not be served at the same meal. For example, avoid menu planning that pairs black beans with kidney beans or mashed potatoes with sweet potatoes. Remember that combination vegetables like peas & carrots or a garden salad count as only one vegetable.

Free training is available on Wildwood's website at www.wildwoodonline.org. From the homepage, click **CACFP | Child Care Homes | FREE Online Training**. Password is milk2014. At the end of the course is a link to the online test. Grades are sent via email automatically, and certificates are sent via email for grades of 80% or higher. If you prefer paper courses and tests, call the Colorado office to request that any of our training be mailed to you. Return completed tests to the Colorado office, and receive a printed certificate in the mail for scores of 80% or higher.