

Celebrate Summer and Get Ready for Back to School

August is Get Ready for Kindergarten Month as well as National Sandwich Month and Family Fun Month. National Grab Some Nuts Day on August 3 is a good time to think about using raw, unsalted nuts to add healthy fat and a fun crunch to a salad or Snack. Be thoughtful about serving nuts, as they can cause allergic reactions or present a choking hazard. Remember, too, that nuts and nut butters may only account for 1/2 the meat/meat alternate at Lunch/Supper. National Sneak Some Zucchini Into Your Neighbor's Porch Day "offers gardeners a way to rid themselves of extra produce." Fresh produce is at its peak in the summertime, so consider supporting small local farms, visiting farmers' markets or growing your own produce in August. Home-grown produce is a great learning opportunity for the children in your care and may help reduce grocery bills. However, home-canned fruits and veggies, as well as home-caught fish, home-harvested eggs and home-processed meat or dairy, are not approved for the CACFP. These food items must be USDA certified for safety. Enjoy the rest of your summer, and have an amazing 2023-2024 school year!

Events in August

August 3 - National Grab Some Nuts Day

August 8 - Sneak Some Zucchini Into Your Neighbor's Porch Day

August 16 - National Tell a Joke Day

August 18 - National Fajita Day

August 31 - National Trail Mix Day

Provider Resources

- Visit the National CACFP Sponsors Association's website, www.cacfp.org, for recipes, free education materials like "Identifying Gluten Free Foods" and training opportunities like the CACFP Virtual Summit August 15-17.
- The Institute of Child Nutrition also has an amazing website, www.theicn.org, where you can find free online training at iLearn as well as recipes and other resources. Sign up for their newsletters, and you'll get great information like this July Mealtime Memo all about seasonal produce: <https://theicn.org/memo/>.
- There are still several months left in this year's Counting Animals calendar. Note that 2024 calendars have been ordered and will be delivered to providers in the Fall.

Reminder About Updating Calendars

Remember to notify your field representative and update your calendar when you will be closed (prior notice). 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 is required to deduct that meal.

Summer Crafts & Activities



Fingerprint Flower Pot

Plant seeds or flowers to teach little ones about things that grow (even food!). Also makes a great gift or storage for small items. Here are some tips:

- Use acrylic paint (multiple coats if needed, mix colors as desired) on clean, dry terra cotta flower pots.
- Use a hair dryer on low setting in between paint applications for fast, even drying.



Pool Noodle Boats

Pool noodles cut easily with a serrated knife (adults only!). Kids can decorate with a straw and (foam or construction paper) sail and flag. Conduct boat races in a kiddie pool, sink or tub for even more fun!

Confetti Egg Taco

Serving Size: 1 taco * Servings: 8 * Total Time: 10 minutes
One taco provides 3/4 oz eq grains and 3/4 oz meat/meat alternate



Recipe comes from www.cacfp.org/recipes-menus/recipes/ July 2023.

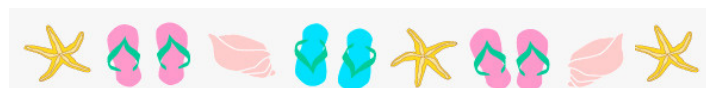
Add fruit and milk for a complete Breakfast. Or serve on its own as a fun Snack.

Ingredients:

- 2 tbsp vegetable oil
- 2 tbsp red bell pepper, diced
- 2 tbsp green bell pepper, diced
- 1/2 tsp onion powder
- 4 large eggs
- 8 corn tortillas
- 1/4 tsp salt

Directions:

- In a large skillet, heat oil on medium-high.
- Add peppers and cook 3-4 minutes.
- In a medium bowl, scramble eggs, salt and onion powder with a fork or hand mixer. Add egg to skillet and season with salt. Move egg mixture around until eggs are fully cooked.
- Place 2 tablespoons of the mixture into each corn tortilla and serve warm.



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CLAIMS

CORNER

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

- Child Enrollment Forms must be updated annually. Avoid interruptions in claiming by sending new/updated CEFs to Sue Crenner BEFORE a child's enrollment expiration date is reached. Check KidKare for children whose enrollment expiration dates are approaching.
- Remember to complete Kindergarten forms for the 2023-2024 school year to show what school each eligible child attends.
- If you're still submitting manual claims, consider switching to online! Online claims are fast, easy and secure. No more worrying about whether your claim will be delayed or lost in the mail. Add direct deposit to receive fast reimbursement and save trips to the bank!
- Don't forget to serve and record at least one whole grain-rich food item per day. Otherwise, the lowest reimbursement meal with a grain will be deducted.
- The Keep Kids Fed Act expired June 30, ending the additional 10 cent per meal reimbursement providers have enjoyed since 2022. With the end of the National Health Emergency, the waiver allowing Tier 1 reimbursement for all home providers has also ended. New Tier 1 and Tier 2 reimbursement rates went into effect July 1 (see below for details). If you do not qualify, by census or by neighborhood school free/reduced meal percentage, you may still qualify based on income. Wildwood will reach out to affected providers as soon as June claims processing is completed.

2023-2024 Child Care Home Reimbursement Rates

Meal	Tier 1	Tier 2
Breakfast	\$ 1.65	\$.59
Lunch/Dinner	\$ 3.12	\$ 1.88
AM/PM Snack	\$.93	\$.25

Wildwood Staff Announcements:

Linda Rogers has moved out of state but is still helping remotely with some administrative tasks.

Josie Venegas is Wildwood's newest field representative. She has already been on several in-home visits and is working hard to support providers in her Colorado counties.

Taree Hopson will be leaving Wildwood at the end of July. Wildwood wishes her well in all life's adventures.

Cortney Casper is no longer a rep at Wildwood. Her caseload has been redistributed among other field reps.



Often-Missed Questions on Wildwood Training:

All providers must complete annual training in Civil Rights, Nutrition and Program. 2023 training must be completed by September 30, 2023. Feel free to take additional training, as all Wildwood courses have been approved to count toward state licensing requirements in CO and WY.

Here are some questions that have stumped providers in recent online training:

Updated Meal Patterns 2023:

Q: Which foods have sugar limits in CACFP Meal Patterns?

A: Breakfast cereal and yogurt (other possible responses were "Milk and meat alternates" and "Fruits and vegetables."). Ready-to-eat cereals must be low-sugar, no more than 6 ounces of sugar per dry ounce. In addition, yogurt must contain no more than 23 grams of sugar per 6 ounce serving. Added fruit contains sugars that may elevate the total sugar in yogurt, so plain vanilla yogurt is often the easiest way to stay at or below approved sugar levels. Serve low-sugar granola or a complete serving of fruit with low-sugar yogurt for a healthy, reimbursable Snack!

Feeding Infants Using Ounce Equivalents for Grains:

Q: The Food Buying Guide from USDA can be used to determine the ounce equivalents of grain in one serving of a food item.

A: True. The USDA Food Buying Guide is "the essential resource for food yield information for all child nutrition programs." Visit <https://www.fns.usda.gov/tn/food-buying-guide-for-child-nutrition-programs> to access the online interactive FBG, use the Exhibit A Grains Tool, download the FBG mobile app or view/download the guide as a PDF. Search by program, meal component and/or food category to determine how many ounce equivalents are in common serving sizes of food items, including your favorite grains.

Free online training is available on Wildwood's website. From the homepage, click **CACFP | Child Care Homes | FREE Online Training**. Password is milk2014. Complete the training and test online or on paper. Wildwood will provide a certificate for scores of 80% or higher.

Updated Guidance on Oatmeal

During a recent audit, Wildwood learned that oatmeal and granola, while they are excellent sources of whole grain, are also subject to sugar limits on the CACFP. If you are buying and serving instant oatmeal at Breakfast, be sure to check the sugar content and confirm it is no more than 6 ounces of sugar per dry ounce. Add fruit or other toppings as desired for added flavor and color appeal.

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

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