

February is the Month of the Heart

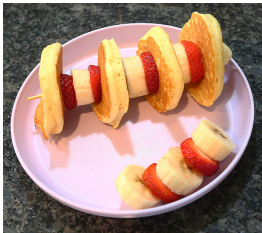
Sure, Valentine's Day may be a made-up holiday to benefit the chocolate, floral and greeting card industries. But February still can be a month to love and take good care of yourself and those around you.

February has been proclaimed National Heart Month by the American Heart Association. Anyone can be at risk for heart disease. Obesity, high blood pressure and smoking all are risk factors. But each of us can take small steps to lower our risks: take a walk, eat more greens and less fast food, quit or cut down on smoking, take the stairs or get outside and play with a child or pet. Don't forget to talk to your physician about your risk factors. And learn more at www.cdc.gov and www.heart.org.

February also is National Cancer Prevention Month, National Black History Month, National Hot Breakfast Month, National Children's Dental Health Month AND National Snack Food Month. Continue reading in this newsletter for recipes and suggestions to help you celebrate.

Valentine's Day Breakfast-on-a-Stick

**one serving provides 1 oz eq grains and 1/2 cup fruit; serves 8*



Ingredients:

- 1 cup 100% whole wheat pancake mix
- 1 cup 1% or non-fat unflavored milk
- 1 large egg
- 4 bananas, sliced in rounds
- 2 cups strawberries, cut in rounds
- 8 dull wooden skewers

Directions:

- Prepare 32 mini pancakes according to package directions. Each mini pancake is 1 tbsp pancake batter cooked
- Place 1/2 banana, 1/4 cup strawberries, 4 mini pancakes and 1 skewer on a plate
- Using the skewer, slide on a pancake, banana round and strawberry round in an alternating pattern. Repeat until all pancakes are stacked on the stick. Leave any remaining fruit on the plate.

Cute Homemade Card Ideas:



Fun Valentine's Day Crafts



Hole-Punch Hearts:

- Cut a heart out of construction paper
- Fold in half
- Hole-punch heart in several places, include hole in center at top of heart
- Thread ribbon or yarn through center hole and tie knot or bow at end
- String colorful hearts in window to brighten any room

Heart Friendship Necklaces:

- Yarn
- Beads
- Hole Punch
- Foam or Construction Paper
- Scissors



Love Monsters:

- You'll need yarn, scissors, and a small (2 1/2" x 4") piece of cardboard
- You'll also need pipe cleaners, googly eyes, 3 or 5 oz paper cups, a glue gun and (optionally) construction paper
- Make the body of your monster by wrapping yarn around the long side of the cardboard about 150 times. Use a small piece of yarn to tie all the strands together on one side of the cardboard. Cut the strands on the other side of the cardboard, making a pom pom for the monster's body
- Turn a paper cup upside down and hot glue the pom pom to the cup bottom, letting the ends of the pom pom cover the cup
- (Optional) Make a smaller pom pom (use the short side of the cardboard) and glue it, toupee-style, on top of the monster's body
- Decorate your monster with pipe cleaner antennae, googly eyes and construction paper bow ties or hearts. Make them as funny and lovable as you want!

Welcome New Wildwood Staff:

Say "Hello" to Linda Rogers who is now working in the Colorado Office to help process Homes claims.



CLAIMS

CORNER

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

- If you are open and providing care on a holiday or when school is out, please mark this on your KidKare calendar or on your paper claim.
- Claims must be received by the 5th of the month to be eligible for on-time payment. Wildwood cannot extend this deadline to take into consideration weekends, holidays or mail delays. Consider claiming online as an alternative to get your claim in on-time.
- Online claims can be completed using a computer, tablet or smart phone. Enrolled children are already in the system, so you just need to add your daily menus and attendance. Claims are submitted securely and quickly, processing is more efficient and payment can be made directly to your bank account through direct deposit. **Contact the Colorado office if you're interested in trying online claiming.**
- Complete a Medical Statement for any child who has a medical condition that requires a special meal or accommodation.
- Remember to send all claim documents to Sue Crenner (sue@wildwoodcacfp.org) in the Colorado office. Please open and check all digital files for readability before attaching to an email and sending.
- Remember to mark Whole Grain Rich (WGR) items on menus. One WGR component is required each day. If a WGR item is not marked, the meal with the lowest reimbursement will be deducted.
- With prices going up at the grocery store, especially for meat and eggs, consider other sources of protein as a meat alternate: cheese, tofu, yogurt, nuts/seeds, beans and peanut butter all may be creditable. Continue to use coupons and shop for items in bulk.

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

***The last day Wildwood can receive original WY & CO January claims for processing is March 28, 2023.**

Fun Events in February

- Feb 2 - National Optimist Day
- Feb 7 - National Send a Card to a Friend Day
- Feb 9 - National Pizza Day
- Feb 17 - National Caregivers' Day
- Feb 20 - National Muffin Day
- Feb 26 - National Tell a Fairy Tale Day

This institution is an equal opportunity provider.



Often-Missed Questions on Wildwood Training:

Remember that participating in the CACFP requires each provider to complete annual training in Civil Rights, Nutrition and Program. Key Staff Training also is required for any Colorado helpers or substitutes. Here are some questions that have stumped some providers in recent online training:

Updated Meal Patterns 2023:

Q: 100% juice can be served at any meal or snack during the day. A: True. 100% juice can replace the entire fruit or vegetable component at any meal or snack. However, 100% juice only can be served once per day, and best practices limit juice to two servings per week.

Crediting Store-Bought Combination Baby Foods:

Q: Combination baby foods ALWAYS count as a full portion of each food listed on the label. A: False. The amount of each component must be determined based on the ingredients and product label, and the full, required amount of each food component must be served.

Feeding Infants Using Ounce Equivalents for Grains:

Q: Bread/bread-like items, crackers, or ready-to-eat cereals may be served as part of any reimbursable meal or snack for infants. A: False. These items only may be served as part of snack in the CACFP infant meal patterns. At breakfast and lunch/supper, the grain component only may be fulfilled with iron-fortified infant cereal.

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 passing grades. If you prefer to read course materials and take tests on paper, call the Colorado office to request any of our training courses.

Update to Status of Public Health Emergency:

The U.S. Department of Health and Human Services recently announced that the Public Health Emergency has been extended. As a result, Wildwood will continue to conduct virtual site visits through the end of April 2023. Wildwood representatives are required to complete three site reviews per year. Please continue to respond to your Wildwood representative in a timely fashion when they contact you to conduct a site visit. Please also continue to send supporting documentation as requested, as incomplete program reviews may result in meal deductions.

2022 Tax Information:

Online claimers in WY & CO can access their 2022 tax statements in KidKare by clicking Reports | Claim Statements | Tax Report. Reports for manual claimers will be mailed at the end of January 2023.