

## Reasons to Celebrate February

Everyone loves Ground Hog Day, Valentine's Day, and the Super Bowl (which also coincides with the start of Girl Scout Cookie season, at least in Colorado!). But did you know February 14 is the birthdate of George Washington Gale Ferris, Jr., who invented the Ferris Wheel for the 1893 World's Columbian Exposition? Or were you aware that February 26 is a day to share oral histories, myths and legends commonly called "fairy tales"? Try pulling out your favorite Aesop, Brothers Grimm or Hans Christian Andersen story and reading it aloud to your little ones, using different voices for the characters and encouraging the kiddos to guess what happens next.

There are some wonderful food-related days to celebrate in February as well. **National Pizza Day** is February 9. Remember that pizza is a combination food that can credit as a grain and a meat/meat alternate and could also have a full serving of vegetables. But also remember that store-bought pizzas require a CN label or PFS to determine the serving size required to credit for reimbursement. Consider making mushroom pizza (recipe on this page) for a warm, gooey treat! **National Almond Day** reminds us that nuts are a great source of protein, but keep in mind that nuts can also be a choking hazard for small children. Nuts can be tricky to figure out for CACFP reimbursement, as you only need to serve 1/8 cup of nuts to count as 1/4 cup m/ma. BUT peanut (or nut substitute) butter may only count as HALF the m/ma at Lunch, so a second m/ma like a string cheese or a slice of turkey must be served.

Continue reading for tips and resources to be successful in the food program. Happy Leap Year!

## Events in February

February 4 - National Homemade Soup Day

February 9 - National Pizza Day

February 13 - Fat Tuesday

February 14 - National Ferris Wheel Day

February 16 - National Almond Day

February 26 - National Tell Them a Fairy Tale Day

## Menu Planning Tips

**100% fruit or vegetable juice** credits as a fruit or vegetable in CACFP meal patterns, but you are limited to one serving of juice per day. Colorado's Healthier Meals Initiative recommends no more than two servings of 100% juice per week.

**Not all graham crackers are whole grain-rich.** Look at the first ingredient on the label. Kellogg's Honey Maid grahams have "unbleached enriched flour" as the first ingredient. Any "enriched flour," while creditable as a grain on the CACFP, is not WGR. Teddy Grahams, on the other hand, list "graham flour (whole grain wheat flour)" first, so they do credit as WGR.

**A great resource on whole grains** is ICN's (Institute of Child Nutrition) January Mealtime Memo, found at <https://theicn.org/memo/>. Learn how to use product names, FDA-approved health claims and ingredients lists to determine what foods are whole grain-rich.

## Mushroom Pizza

Find recipe online at

<https://www.cacfp.org/2023/10/16/mushroom-cheese-pizza/>, courtesy of Reach Up Head Start & Early Head Start, St. Cloud, MN, also courtesy of Mushroom Council.

1 slice provides 1 1/2 ounce meat/meat alternate and 1 1/2 ounce equivalent grains for children ages 3-5



### Pizza Dough:

- 1.5 cups whole wheat flour
- 1 cup all-purpose flour
- 1/8 tsp salt
- 1 packet (2 1/4 tsp) active dry yeast
- 1 cup water
- 2 tbsp vegetable oil

### Pizza Toppings:

- 1.5 cups pizza sauce
- 3 cups (12 oz) shredded mozzarella cheese
- 2 cups (8 oz) shredded cheddar cheese
- 1 cup sliced mushrooms

### Directions:

- Spray large bowl with vegetable oil. Combine flour and salt.
- In small bowl, add yeast. Heat 1/4 cup water until it reaches 115 degrees F. Pour warm water on top of yeast. Stir until dissolved. Set aside 5 minutes.
- Add oil, water, and dissolved yeast into flour. Knead well.
- Cover with plastic and let rise until doubled (30-40 minutes). Check dough by pressing with two fingers 1/4 inch deep - the impression should remain. If it springs back, the dough hasn't risen enough.
- Preheat oven to 375 degrees F.
- Pour dough out on large sheet pan or clean surface.
- With sprayed gloved hands, punch down and divide dough into 2 dough balls, each weighing approx. 11.6 oz.
- Use a hand roller to press each dough ball into a round pizza pan or 12" x 18" pan.
- Spoon 3/4 cup of sauce on each pizza and spread evenly.
- In a large bowl, mix the cheeses together.
- Add 2.5 cups shredded cheese to each pizza and spread evenly.
- Top each pizza with 1/2 cup mushrooms, making sure they are spaced out evenly.
- Bake each sheet pan for 15-20 minutes.
- Cut each pizza into 6 even slices.

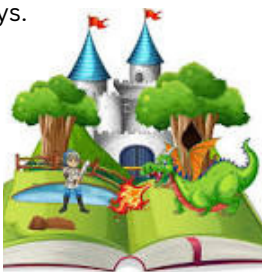
## CLAIMS



CORNER

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

- Child Enrollment Forms (CEFs) must be renewed annually. Monitor KidKare for children whose enrollment paperwork is expiring soon. Have parents/caregivers update, sign and date forms to avoid any gaps in enrollments.
- Send CEFs to Sue (email [sue@wildwoodcacfp.org](mailto:sue@wildwoodcacfp.org)) by the 25th of the month to allow time to update records before the start of a new claims month.
- Submit menus and attendance by the 5th of the month for on-time processing and payment.
- Timing of meals matters! Here are some rules you must follow with mealtimes:
  - Breakfast cannot be served past 9:30 AM
  - Dinner/Supper cannot be served before 5:00 PM
  - In Colorado, there must be at least 2 hours between the start of one meal/snack and the start of the next
  - In Wyoming, there must be at least 3 hours between the start one meal/snack and the start of the next
- Contact your field rep if you wish to change your mealtimes.
- When Wildwood advances the claim month, children whose paperwork has expired will “fall off” your roster. Call the Colorado office at 303-730-0460 to have those children reactivated so you can continue to record their attendance and meals. Reimbursement will not be paid until updated paperwork is received and processed by Wildwood.
- Site visits are an important part of the services that Wildwood provides. You must give prior notice by notifying your field representative and updating your calendar when you will be closed. 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.
- If school age children are in care during school breaks, remember to mark them “Out of School” in KidKare, or Wildwood will not be able to reimburse for those meals.
- If you are open and providing care on a holiday, remember to mark this on your KidKare calendar or your paper claim. Otherwise, Wildwood must deduct meals served on holidays.



What are some of your favorite fairy tales?

### Often-Missed Questions on Wildwood Training:

Here are some questions that have stumped providers recently in Wildwood’s training courses:

#### Child Nutrition Labels (2024)

Q: Store-bought combination foods, even if they have a CN Label, may be so costly or require such a large portion for the age of the child that they cannot be justified on the home’s/center’s menu.

A: True. Most store-bought combination foods, like chicken nuggets, hamburger patties, fish sticks, macaroni and cheese, meatballs, French toast and pizza, do not have a Child Nutrition (CN) Label. Those that do may require that, for example, two entire hamburger patties or six fish sticks be served to a 3-5 year old child, which is an unreasonably large portion and also very expensive. If you are able to buy fish portions and bread and cook them yourself at home or cook whole-grain pasta and add creditable cheese in the correct portion size, this is always a better option than purchasing commercially processed combination foods.

#### Healthy Snacks from A-Z (2021)

Q: Frozen vegetables have just as many nutrients as fresh vegetables.

A: True. From the course materials, “frozen veggies have just as many nutrients as fresh, and maybe more since they are usually frozen fresh from the field while fresh produce often travels many miles to reach your store, losing nutrients.” Canned vegetables, on the other hand, tend to be lower in nutrients and higher in sodium and sugars than fresh or frozen vegetables. Frozen veggies are also a great way to get tasty, colorful nutrients on the table in a hurry, since many stores sell bags of frozen mixed vegetables that just require a few minutes in the microwave.

#### Civil Rights Compliance for CACFP (2024)

Q: Civil Rights are the non-political rights of a U.S. citizen.

A: True. From the definition in the course materials, Civil Rights are “the nonpolitical rights of a citizen; the rights of personal liberty guaranteed to U.S. citizens by the 13th and 14th Amendments to the U.S. Constitution and by Acts of Congress.”

Visit Wildwood’s website at [www.wildwoodonline.org](http://www.wildwoodonline.org) to find FREE online training modules. From the homepage, click **CACFP | Child Care Homes | FREE Online Training**. Use the password **milk2014**. Review the content and complete the training and test online or on paper. Wildwood will provide a certificate for scores of 80% or higher.

**\*The last day Wildwood can receive original WY & CO January claims for processing is March 26, 2024.**

**\*The last day Wildwood can receive original WY & CO February claims for processing is April 24, 2024.**

**This institution is an equal opportunity provider.**