

Wildwood CACFP Newsletter – January 2022

Let's celebrate the end of 2021! Here's hoping that 2022 finds all of you safe and healthy. Below are a few inexpensive craft ideas for the kids. Winter is here and bad weather is right around the corner. These can help with entertaining and keeping the kiddos occupied.



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 hours required for licensing

Construction Paper - Firecracker



Toilet Paper Roll and Construction Paper



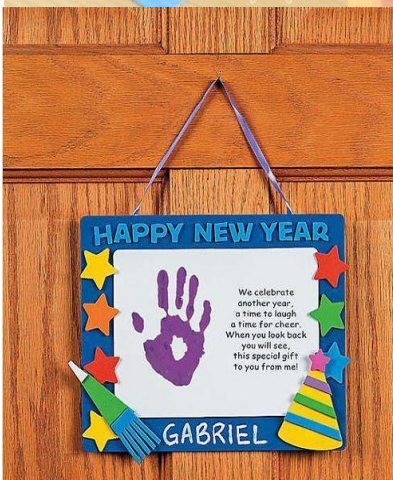
Pine Cones, Buttons, Construction Paper



Construction Paper and Paint



Construction Paper, Paint and String for Hanging



Starting with this January Newsletter 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.

Civil Rights: The Age Discrimination Act of 1975, prohibits discrimination on the basis of gender. This is **false** It is discrimination regarding age.

Using Ounce Equivalents: The serving size listed on the Nutrition Facts Label always meets CACFP requirements. This is **false**. The serving size for CACFP is based on the age of the child, which means the size may vary from the Nutrition Facts Label.

Healthy Snacks from A-Z: Tortillas are just as healthy when they are fried or baked. This is **false**. Fried tortillas have more saturated fat than baked, therefore baked are healthier.

For Online Training: wildwoodonline.org; CACFP; ChildCare homes; Free Online Training, Password: milk2014

Wildwood CACFP 12200 E Briarwood Ave, #175, Centennial, CO 80112

303 730-0460

Fax 303 730-0461

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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.

- Wildwood serves the entire states of Colorado and Wyoming. Different school districts have different schedules. Be sure to mark when a school age child is out of school to avoid a deduction.
- A whole grain-rich item is required daily. Many of you forget to mark the whole grain-rich component, which will cause a deduction.
- Child Enrollments expire every year. Be sure to submit a renewal prior to the expiration date to ensure your children don't drop off your enrollment list.
- Sign in Sign out sheets must be submitted to this office when your Field Rep request them during your Home (virtual) Visit. If they are not received, this will cause a deduction.

- **The last day** Wildwood can receive original CO & WY November claims for processing is January 24, 2022
- **The last day** Wildwood can receive original CO & WY December claims for processing is February 21, 2022

When serving yogurt, make sure there is no more than 23 grams of sugar per 6 oz to be creditable on the food program. Yogurt is a great alternative for your protein requirement. Serving yogurt in a fruit parfait is an excellent and tasty snack.



Vegetables



How About Black Bean Quesadillas?

1-15oz can Black Bean (rinsed)
½ C shredded Monterey Jack Cheese
½ C prepared Salsa, divided
4-8inch whole-wheat tortillas
2 teaspoon canola oil, divided
1 ripe avocado, diced
Combine beans, cheese and ¼ C of salsa in a medium bowl. Place the tortillas on a work surface. Spread ½ C filling on half of each tortilla. Fold tortillas in half, pressing gently to flatten. Heat 1 teaspoon oil in a large nonstick skillet over medium heat. Add 2 quesadillas and cook turning once, until golden on both sides. Repeat with remaining oil and quesadillas. Serve with avocado and remaining salsa.

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