

January is a month of new beginnings

Not everyone likes to make New Year's resolutions. But January is a great time to look back on and celebrate all that was accomplished in the previous year and look forward to new opportunities in the coming year. Wildwood encourages all providers to set personal goals for health and happiness but also to set professional goals for the CACFP. Goals like:

- Get your claim submitted by the 5th of each month for faster processing and reimbursement.
- When sending your claim, include updated enrollment forms and other necessary documents so your claim can be processed without delay.
- If not already claiming online, ask staff at the Colorado office about starting in 2023. It's fast, easy, safe and secure. Choose direct deposit to get your reimbursement faster and save trips to the bank and post office.

January is National Soup Month, National Oatmeal Month and International Creativity Month! Continue reading in this newsletter for recipes and suggestions to help you celebrate.

Fun Events in January

- Jan 7- National Play Outside Day
- Jan 13- National Rubber Ducky Day
- Jan 16 - Martin Luther King Jr. Day
- Jan 21 - International Sweat Pants Day (also Squirrel Appreciation Day)
- Jan 24 - National Compliment Day
- Jan 28 - National Kazoo Day

From the National CACFP Sponsors Association (NCA)

CACFP Week is March 12-18, 2023. NCA will celebrate with a webinar each weekday based on the themes of **C**ommunity, **A**dvocacy, **C**hildren, **F**ood Program and **P**articipation. All webinars are free, and registered attendees will receive an exclusive sample cycle menu developed by CACFP providers. Register today at info.cacfp.org/calendar.

Also from NCA this month, the association's site has a new web page with fun, free activity pages you can print and share with staff and those in your care. Bookmark www.cacfp.org/activity-pages for downloadable activity pages, and come back throughout the year for new content!

Fall Pumpkin Apple Oatmeal Recipe

**one serving provides 1/2 oz eq grains and 1/2 cup combined fruit and vegetable.*



Ingredients:

- 1 cup quick cooking oats
- 1 1/2 cup water
- 2 cups applesauce
- 1 cup pumpkin puree
- 1 tsp cinnamon
- 1 tsp vanilla extract
- 4 bananas

Directions:

- Add all ingredients to a medium saucepan
- Cook on medium-high heat until liquid is nearly absorbed by the oats
- Serve immediately while still warm. Serve 2/3 cup of oatmeal with 1/2 a banana (sliced) to each participant



Fun Winter Crafts & Activities



Make this super-cute egg carton snowman using household items:

- construction paper
- bubble wrap & white paint (to make the snow background)
- pom poms
- pipe cleaners
- felt
- black and orange markers
- googly eyes (optional)

Keep kids active while staying warm! Try some of these fun indoor activities:

- An indoor scavenger hunt (see image at right)
- Dancing to music
- Follow the leader (take turns picking movements)
- Fill up a balloon and don't let it touch the ground.
- Hopscotch (place tape on floor)

Indoor SCAVENGER HUNT

- SOMETHING THAT GOES ON YOUR HEAD
- THREE STUFFED ANIMALS
- BOOK WITH NUMBERS
- SOMETHING ROUND
- SOMETHING WITH A FLOWER ON IT
- SOMETHING SOFT
- BOOK WITH THE LETTER N
- SOMETHING PLASTIC
- SOMETHING WITH WHEELS
- TWO THINGS THAT ARE IN BLUE

Choosing Whole Grain-Rich Items:

Some crackers that are WGR include:

- WG Cheez-Its
- WG Goldfish
- Nabisco Teddy Grahams (non-chocolate flavors recommended)
- Crackers with words like "multigrain" or "made with whole grain" are not necessarily whole grain-rich. Please read ingredient labels carefully or ask Wildwood if you need help.
- Triscuits
- Wheat Thins

Some cereals that are WGR and low in sugar include:

- Plain or Berry Kix
- Plain or Berry Cheerios
- Frosted Mini Wheats
- Plain or Cinnamon Life
- Wheaties
- Total
- Corn Flakes



CLAIMS

CORNER

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

- If school-age children are in care during winter break, please mark them "Out of School" in KidKare.
- If you are open and providing care on a holiday, please mark this on your KidKare calendar or on your paper claim. Otherwise, Wildwood must deduct meals served on holidays.
- 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 or using priority mail as alternatives to get your claim in on-time.
- Paperwork: Please ensure that the provider name and date are included on all paperwork submitted to Wildwood. Names and dates should be printed clearly and legibly. Please open and review scanned documents to ensure readability before sending via email.
- Menus and Attendance: This information must be recorded on the day of service. Use KidKare to enter meals daily. Any records not entered online in KidKare must be recorded on paper and stored for the USDA-required period of three years and four months.
- WGR: 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.
- Milk: Remember that only children between the ages of 1 and 2 can have whole milk. All children over the age of 2 must be served 1% or skim (fat free) milk. Only children over the age of 6 may have flavored 1% or skim milk.

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

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

Tax Time Tips:

- Make tax time easier for your clients: Provide a W-10 form showing the amount paid for child care in 2022. A blank W-10 form is available on the Wildwood website under Child Care Homes | Forms & Docs.
- Find 2022 CACFP income for tax forms by logging into your KidKare account and choosing Reports | Claim Statements | Tax Report

Training Reminder:

CACFP requires three hours of training per year for each provider:

- 1 hour Civil Rights
- 1 hour Professionalism
- 1 hour Nutrition

The training year runs October 1 to September 30 each year. Wildwood offers many free courses that can be used to meet the requirements for food program training as well as hours required for licensing. Call the Colorado office to request training packets and tests if you prefer to complete your training on paper. Or consider going to Wildwood's website at www.wildwoodonline.org to complete online training. Online tests are graded automatically, and certificates are sent promptly via email. From the homepage, click **CACFP | Child Care Homes | FREE Online Training** and choose the courses that best fit your needs. Password is milk2014.

Holiday Hours for Wildwood Offices:

Christmas Eve: Friday, Dec 23 closed
Christmas Day: Monday, Dec 26 closed
New Year's Day: Monday, Jan 2 closed

Site Reviews Reminder:

Wildwood is required to complete three reviews per year for each provider, with at least two of them being unannounced. Reviews continue to be virtual at this time. If your Wildwood representative calls and leaves a message about doing a review, please call them back within 24 hours to complete it so that meals and snacks will not be deducted. After a review, your rep will ask you to send additional documentation like Sign-In/Sign-Out records for verification. Incomplete program reviews may result in meal deductions per USDA guidelines, so please respond promptly to requests for documentation.



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