

## January: New Year, New Start

Happy 2024 to all Wildwood's providers. We hope you had a wonderful holiday season and are ready to start the New Year refreshed and excited for what lies ahead. Consider making some New Year's resolutions related to the food program this year: start claiming online, sign up for direct deposit, get your training done early or invite a friend to join the program so they can receive reimbursement for serving nutritious meals and snacks to the children in their care.

There are some fun days to celebrate in January including National Rubber Ducky Day, National Winnie the Pooh Day, National Backward Day and several food-related days.

Celebrate National Bean Day on January 6 by serving these wonderful, flexible foods that can credit as a meat/meat alternate or as a vegetable. On January 15, serve a whole grain-rich bagel, and cover your WGR daily requirement at Breakfast! National Peanut Butter Day on January 24 is fun to celebrate with ants-on-a-log or a "sushi" rollup with tortilla, banana and peanut butter. Here's a fact about the food program and peanut butter that you might not know: at Lunch, a peanut butter (or other nut butter) sandwich can only credit as half of the meat/meat alternate, so a second m/ma like a cheese stick or serving of deli turkey is needed.

Continue reading this newsletter for tips and tricks to be successful in the food program and to receive the highest reimbursement possible each month. Happy New Year!

### Events in January

January 6 - National Bean Day  
January 11 - National Milk Day  
January 13 - National Rubber Ducky Day  
January 15 - National Bagel Day  
January 18 - National Winnie the Pooh Day  
January 24 - National Peanut Butter Day  
January 31 - National Backward Day

### Holiday Hours for Wildwood Offices

New Year's Day: Monday, Jan. 1 Closed



### Celebrate the Season with fun snacks.

Like these adorable reindeer made with celery, peanut butter, pretzel sticks, candy eyeballs (obviously not creditable) and something red for the nose like a raspberry, raisin or pomegranate seed! Feel free to serve peanut butter on January 24 to celebrate National Peanut Butter Day, but remember that peanut butter (or other nut butters) only credit for half the meat/meat alternate at Lunch.



### Other Menu Planning Tips

**Soups** are wonderful in the wintertime. However, many store-bought canned soups are not creditable on the CACFP. Tomato soup counts as a vegetable, but chicken noodle soup is a combination food with meat/meat alternate and other components. For combination foods like chicken noodle soup, a CN label or PFS (product formulation statement) is required to determine how much to serve in order to credit as a m/ma, vegetable or other food item. If you're making scratch-made chicken noodle soup, please ensure you're using ingredients in the right amounts and keep the recipe on file for future reference.

Other **combination foods** include meatballs, hamburger patties, ravioli, chicken nuggets and even French toast! If you must serve store-bought chicken nuggets, meatballs or meat patties and are unable to obtain a CN label or PFS, consider serving another m/ma like a full serving of cheese and make that your creditable food item at the meal. Check out Wildwood's free trainings on [Child Nutrition Labels](#) and [What Are Combination Foods?](#) for more information.

Serving **whole grain-rich foods** can be challenging. To be considered whole grain-rich, foods must contain at least 50% whole grains with the remaining grains in the food being enriched. Find foods with the words "whole wheat" on the front of the package or as the first item on the ingredients list. Some excellent choices for whole grain-rich foods include whole wheat bread, whole wheat tortillas, oatmeal, brown rice; crackers like Wheat Thins and Triscuits; and ready-to-eat cereals like Kix, Life, Cheerios and Frosted Mini-Wheats; even cookies like Teddy Grahams!

Avoid serving grain-based desserts. Obviously, this includes cupcakes, cookies and doughnuts. But did you know that granola bars, fig bars and other "bars" are also not creditable? If the food would be perceived by children as a dessert, it should be avoided on CACFP menus.

Bacon and sausage are not creditable. They can be served as "extra food" alongside a creditable meal, but as a general rule, bacon and sausage contain too little meat to credit when following CACFP meal patterns.

Hummus must be homemade or have a CN label or PFS.

You already know that **milk** is a required component at Breakfast and Lunch/Supper. With National Milk Day coming up on January 11, please be aware of these other milk requirements from the CACFP:

- Infants should not be served cow's milk. They should be served Iron-Fortified Infant Formula or breast milk at every meal and snack.
- Breast milk can be served at any age.
- Children aged 12 months to 23 months should be served unflavored whole milk.
- Children aged 24 months and older should be served 1% or skim milk.
- Until a child is 6 years old, all milk must be unflavored.
- 2% milk is not creditable for any age child on the CACFP.



## 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 ROMS (records of meals served) by the 5th of each month for on-time processing and payment.
- 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. They give your field representative a chance to review paperwork and menus, supply you with training and forms and give you guidance about menus, meal tracking, attendance tracking and more. So it’s vitally important that you 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.
- Contact your field rep if you wish to change your mealtimes.
- If school age children are in care during school breaks, remember to mark them “Out of School” in KidKare.
- 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.

**\*The last day Wildwood can receive original WY & CO December claims for processing is February 23, 2024.**

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

### 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: CN Labels expire \_\_\_\_\_.

A: Both A & B. Choices included (A) when the manufacturer’s product formulation changes, (B) five years from the date of approval, (C) CN Labels never expire and (D) Both A & B. Child Nutrition labels are specific to the manufacturer, product type (for example “Fully Cooked Fun Nuggets Breaded Shaped Chicken Patties”) and even package size. The label contains the CN logo, details of the meal pattern contribution, a 6-digit product identification number, the USDA Food and Nutrition Services authorization statement and the month and year of USDA approval. Five years from that date of approval, the CN label expires. Sooner if the company’s product formulation/recipe changes.

#### Diversity in Child Care (2020)

Q: Children do not notice physical differences in others.

A: False. Physical traits are shared by different races and ages of children. Infants as young as six months of age are capable of noticing differences in physical traits. From the online training, parents often make the mistake of believing that if they don’t say anything about diversity, “children will be neutral and feel that all people are equal. Unfortunately, the less parents and caregivers talk about the variety of physical traits children see on the outside, the more biased children become.”

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

Q: Title IX of Education Amendments of 1972 prohibit discrimination based on sex within any education program or those activities that receive federal funds.

A: True. Protected classes include race, color, national origin, sex, age, disability and reprisal or retaliation for prior civil rights activity. Title IX solidified that any education program or activity that receives federal assistance must not discriminate based on sex.

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.



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